Snowshoeing is a great winter time activity to get you out hiking on the snow covered trails with ease. Snowshoes are essentially planks that get strapped to the bottom of your boots that help distribute your weight and prevent you from sinking in deep snow. On the bottom of the snowshoe is a series of metal traction devices called “crampons”, which prevents you from slipping on hard snow and ice. Snowshoes are fairly easy to use. You essentially just strap your winter boots into the binding and start walking.

Before arriving for your snowshoe hike, there are a few items that you will need to have/bring with you:

- Winter boots – Preferably something warm and waterproof that are comfortable to walk in.
- Clothing – Dress in clothing that is both warm and suitable for hiking all day. Dressing in layers works best for winter time. Also, try to avoid wearing clothing made of cotton. Cotton holds moisture if it gets wet and will make you colder
- Food – Please bring a lunch and snack to get you through the day
- Water – At least 1 liter of water
- Backpack – Bring a small backpack to store your food, water and a layer of clothing