### **Essential Winter Hiking and Snowshoeing Gear for Beginners**

When you’re new to winter hiking or snowshoeing, it can be overwhelming to figure out what gear to buy. But don't worry—this guide will help you understand the essential items you need for a safe and comfortable winter adventure.

### **1. Snowshoes**

Snowshoes are the most important gear for snowshoeing. They help distribute your weight over a larger surface area, preventing you from sinking too deeply into the snow.

* **What to look for**:
	+ **Size**: Snowshoes come in various sizes, typically based on your body weight and the type of terrain you'll be crossing. ***Since most events will take place on alpine trails, it's best to opt for a smaller snowshoe size.*** Larger snowshoes, designed for deep powder, can feel clumsy and make movement more difficult on firmer, denser snow.
	+ **Material**: Most snowshoes are made of **aluminum or plastic**. Aluminum frames are lightweight and durable, while plastic options may be more affordable and easier to maintain.
	+ **Bindings**: Snowshoes should have adjustable bindings that hold your boots securely. Look for bindings that are easy to use, especially in cold conditions.
	+ **Traction**: Snowshoes should have metal **cleats or crampon-like teeth** on the bottom for traction on icy surfaces.
* **Example**:
	+ **MSR Evo Ascent** (lightweight, durable, good for steep terrain)
	+ **Atlas 9 Series** (comfortable, easy-to-use bindings, good for beginners)

### **2. Footwear for Snowshoeing**

Since snowshoeing can take you through deep snow and ice, it's essential to have proper footwear.

* **Winter Boots**:
	+ Look for waterproof, insulated boots that keep your feet warm and dry. They should be tall enough to support snowshoe bindings and protect your ankles.
	+ **Insulated** boots (e.g., Thinsulate or down) will keep your feet warm in cold conditions.
	+ **Waterproofing** is crucial, especially in wet snow or slush.
* **What to look for**:
	+ Waterproof and insulated boots with good grip
	+ High boots that can accommodate snowshoe bindings
* **Example**:
	+ **Columbia Bugaboot Plus** (insulated, waterproof)
	+ **Sorel Caribou** (warm, waterproof, durable)

### **3. Traction Devices**

While snowshoes provide flotation in snow, additional traction can be helpful in icy or hard-packed conditions. For winter hiking, **microspikes** or **crampons** provide excellent grip.

* **Microspikes**:
	+ These are small, lightweight devices with metal spikes that fit over your boots, helping you walk safely on icy or rocky terrain.
* **Crampons** (for more technical terrain):
	+ These are larger and more aggressive than microspikes. They are often used in mountaineering or when ice climbing.
* **What to look for**:
	+ Adjustable microspikes that easily slip onto your boots
	+ Microspikes are usually enough for beginners, but crampons may be necessary for steeper, more technical hikes
* **Example**:
	+ **Kahtoola MICROspikes** (lightweight, easy to use)
	+ **Hillsound Trail Crampon** (good for ice and snow)

### **4. Clothing Layers for Winter Hiking/Snowshoeing**

When it comes to clothing for winter hiking or snowshoeing, the key is **layering**. This will help regulate your body temperature as you move and prevent you from getting too hot or too cold.

* **Base Layer** (Next-to-skin):
	+ This layer is designed to wick moisture away from your skin. Avoid cotton—cotton absorbs moisture, making you cold and uncomfortable. **Merino wool** or **synthetic materials** like polyester work best.
* **What to look for**:
	+ Moisture-wicking fabrics (merino wool or synthetic)
	+ Long-sleeve tops and pants
* **Example**:
	+ **Icebreaker Merino Wool Base Layer** (soft and warm)
	+ **Under Armour ColdGear** (synthetic, moisture-wicking)
* **Mid Layer** (Insulation):
	+ This layer traps body heat and keeps you warm. You can use a **fleece jacket** or **down/synthetic jacket**.
* **What to look for**:
	+ Insulating, breathable materials (fleece or synthetic down)
	+ Lightweight yet warm
* **Example**:
	+ **Patagonia R1 Fleece** (warm, lightweight)
	+ **Arc'teryx Atom LT** (synthetic down, great warmth-to-weight ratio)
* **Outer Layer** (Protection):
	+ The outer layer protects you from wind, snow, and rain. Look for a **waterproof, windproof jacket** with good ventilation.
* **What to look for**:
	+ Waterproof and breathable fabric (Gore-Tex or similar)
	+ Adjustable hood and cuffs to keep the cold out
* **Example**:
	+ **Arc'teryx Beta AR** (lightweight, breathable, waterproof)
	+ **Columbia OutDry Ex** (affordable, waterproof)

### **5. Winter Gloves and Mittens**

Keeping your hands warm is essential in winter conditions. Opt for **insulated, waterproof gloves or mittens**. Mittens are generally warmer than gloves, but gloves offer more dexterity if you need to handle gear or equipment.

* **What to look for**:
	+ Insulated, waterproof gloves or mittens
	+ Fleece liners (for added warmth)
	+ Waterproof fabric for cold, wet conditions
* **Example**:
	+ **Black Diamond Guide Gloves** (insulated, waterproof)
	+ **Outdoor Research Alti Mitts** (warm, durable, waterproof)

### **6. Hats and Neck Warmers**

A good winter hat keeps your head warm and your ears protected from the cold wind. A **balaclava**, **neck gaiter**, or **buff** can provide extra warmth for your face and neck.

* **What to look for**:
	+ Warm, breathable fabrics (wool or fleece)
	+ Neck gaiters and balaclavas are ideal for covering the face
* **Example**:
	+ **Smartwool Merino Wool Hat**
	+ **Buff Original Neck Gaiter** (versatile and warm)

### **7. Backpack for Snowshoeing**

A small daypack will be enough to carry your essentials for a snowshoeing adventure. It should be large enough to fit extra layers, snacks, water, and safety gear, but small enough to not be cumbersome while snowshoeing.

* **What to look for**:
	+ Comfortable straps
	+ Water-resistant fabric
	+ Capacity for essentials (usually 15-25L)
* **Example**:
	+ **Osprey Daylite** (light, comfortable)
	+ **Deuter Speed Lite 20** (compact, durable)

### **8. Hydration and Snacks**

Even in winter, it's important to stay hydrated and fueled. Bring an **insulated water bottle** or **thermos** to keep your liquids from freezing. Pack high-energy snacks like **trail mix**, **granola bars**, or **energy gels**.

* **What to look for**:
	+ Insulated water bottles or thermoses
	+ Easy-to-carry, high-calorie snacks
* **Example**:
	+ **Hydro Flask Insulated Bottle** (keeps liquids from freezing)
	+ **Clif Bars** or **Kind Bars** (easy-to-eat, energy-packed)

### **9. Safety Gear**

* **Headlamp**: Essential in winter as days are shorter. Make sure it’s waterproof and has enough brightness for low-light conditions.
* **First Aid Kit**: Always carry a basic first aid kit with essentials like bandages, blister treatment, and pain relief.
* **Whistle and Emergency Blanket**: Helpful for emergency situations, especially in remote areas.

### **Conclusion:**

Winter hiking and snowshoeing require a bit of preparation, but with the right gear, you’ll be able to enjoy the beauty of winter landscapes safely and comfortably. Focus on layering your clothing, choosing the right boots, and getting snowshoes that fit your needs. Over time, as you get more experience, you can fine-tune your gear to suit different conditions.