



# Snowshoe Basics

## How To Put On Snowshoes

- Footwear - Snowshoes adjust to fit pretty much any type of boot or shoe. Wear something that keeps your feet warm and dry. An insulated, waterproof boot is a great option.
- Place the ball of your foot in the center of the binding. Your foot shouldn't be too far forward or too far back of the snowshoe.
- Tighten all straps or bindings (toe, heel, in-step). Make sure it's not too tight or too loose.
- If any excess from straps, make sure you tuck them in so you don't step on them while snowshoeing.

## Snowshoe Safety for Beginners

- Plan ahead. Consider the time your hike will take, be aware of the weather, and remember that snowshoeing is typically slower than regular summer walking. Plan ahead so you tackle a reasonable distance that you can perform safely.
- Dress in layers. Snowshoeing is a great form of winter exercise, and you will work up a sweat! Dressing in layers lets you adjust to your comfort level during the hike.
- Snowpants, wind pants, or other pants with a waterproof/slippery covering is recommended, to keep snow from sticking to your pants when it kicks up from the snowshoes.
- Stay hydrated. Drinking water is not just for summer workouts. While you may not feel as thirsty when exercising in the cold, your body still needs fluids. Start your hike well-hydrated, and if you plan to be out long, take water with you.
- Know the signs of hypothermia, which is when your body reaches dangerously cold temperatures. Warning signs can include shivering, numbness in fingers and toes, lethargy, and shallow, rapid breathing.
- Be sure to wear warm, waterproof gloves or mittens to prevent frostbite on your hands. Wear appropriate coverings for your face when the temperature and wind chill is very cold.
- Share your trail plans. It is best to hike with a friend. Whether going alone or together, it is still important to tell someone where you are going. Be sure to take your cell phone, but know that sometimes when hiking in more remote areas, cell phone reception may be poor.

## How to Use Snowshoe Poles (Optional)

- These 3-section snowshoe poles can be adjusted for your height, and can be collapsed for easier transport when not snowshoeing.
- To set your pole length for flat terrain, flip your pole upside-down and grab the pole just under the basket. Adjust the length until your elbow is at a right angle.
- Put your hands up through the pole straps from below. This allows you to rely on the straps alone when you need to relax your grip in order to give your hands a brief rest.
- The snowshoe poles have a rubber tip. This can be removed to reveal a pointed ice pick that can be helpful in icy conditions. Just be sure to put the rubber tips somewhere you'll be able to find them when you are done.

**The Most Important Rule - Have Fun and Be Safe!!!**