



## Cross-Country Ski and Snowshoe Daytrip Checklist

While you will eventually figure out what works for you, here is a suggested list of items that would be useful to bring on your first few daytrips.

If you are new the sport, see our other guide to dressing for winter fun.

- ❄ Trip confirmation email on your phone (or hard copy)
- ❄ Cash (just in case!)
- ❄ Your health card and other personal identification (just in case!)
- ❄ Ski equipment (if not renting) – boots, skis, poles
- ❄ Lunch & snacks (if you aren't buying)
- ❄ Water
- ❄ Extra base layers in case the temperature changes
- ❄ Toque, gloves, and socks!
- ❄ Sunscreen (especially on sunny days)
- ❄ Sunglasses
- ❄ Extra clothes to change into for the bus ride home

