

THINGS TO HAVE FOR WINTER HIKING/SNOWSHOEING, IMPORTANT INFO & WAIVERS

*Backpack

*Water (reusable bottle preferred to be friendly to the environment. For a long day hike like the Spout you're going to want at least a liter, I carry 2lt in a water bladder.)

*Hiking Poles

*Hiking boots and Ice Cleats (boots should be broken in to save on blistered feet.)

*Snowshoes

*Change of clothes (just in case)

*A thin sweater or coat to add a layer when we stop for lunch, you will find it chillier when we stop.

*A big garbage bag, works great for making a place to sit on a log or in the snow to keep your bottom dry.

*Do not wear cotton clothes, quick dry, polyester clothing is best.

*Wool or merino wool socks are best, take an extra pair in case your feet get wet.

*Warm hat & gloves/mittens. Extra gloves/mittens in case yours get wet.

*Sunglasses, sunscreen & lip balm

*Water proof coat

* Bring your own mug for a cuppa tea on the trail.

**Dressing in layers is VERY IMPORTANT you can then take off or add on clothing to your comfort level.

THERE IS NO ALCOHOL OR DRUGS PERMITTED AT ALL!!!!!!!

WE ARE NOT RESPONSIBLE FOR DAMAGED, LOST OR STOLEN PROPERTY.

A General Waiver and Covid Waiver must be filled out for each person in the group.

Waivers can be found on the main page of the website at www.windatyourbacknl.ca , scroll down the main page to find them.

**Specific directions to the meeting place for your hike will be sent to you via email.

PLEASE DO NOT LITTER ALONG THE ROADWAYS OR ON THE TRAILS, RESPECT WHERE WE OPERATE OUR ADVENTURES!! ACTUALLY JUST DON'T LITTER ANYWHERE, EVER!!