

Washington Outdoor Women



2019 Snowshoe Workshop

Date: Saturday, January 19, 2019

Time: 10 am - 3 pm

Location: Dalles Ridge off Highway 410 (NE corner of Mount Rainier)

Day-of Contact: 425-785-3555

Meeting Up

We will meet at the Dalles Ridge Trailhead - <https://goo.gl/maps/LoQ18SVPtTE2>
Drive Hwy 410 and turn left onto Forest Service Road 72. Proceed a few hundred feet to a parking area, and see the gated road. You will see WOW signage at the trailhead.

Refreshments

Warm tea, hot chocolate and biscuits will be provided before we head out on the trail.

Please bring water and a bag lunch for yourself in a small backpack.

Gear Required

- **Snowshoes** (please bring your own. Snowshoes can be rented from various ski rental facilities, outdoor outfitters, or REI and cost about \$20 for 48 hours).
- **Multiple layers** of synthetic or wool clothing (avoid cotton):
 - ◊ Baselayer/longjohns
 - ◊ Sweater and pants
 - ◊ Jacket or vest
 - ◊ Waterproof layer
 - ◊ Winter hat and gloves
 - ◊ Two pairs of socks
 - ◊ Waterproof hiking boots
- The **ten essentials** in a small backpack (navigation, sunglasses, whistle, extra clothing, headlamp, firestarter, knife/repair kit, snacks, water, emergency shelter).
- Hiking or skiing **poles** can be helpful, but not required.
- Fun attitude!

More Info

[Dalles Ridge Snowshoe](#) - trail info from the Washington Trails Association

Register at <http://washingtonoutdoorwomen.org/workshops/snowshoeing/>