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## Parks and Recreation Department City of Bellingham

### **Women's Full Moon Snowshoe Adventure** **Saturday, March 7, 2020** **Clothing and Equipment List**

We're hoping for ideal conditions, but you never know in the Pacific Northwest! In other words, the weather can be unpredictable and change quickly. It's important to come prepared with necessary clothing/supplies. If we must change our plans because of inclement weather and/or poor road conditions, we'll let you know as soon as possible. Exact location of the snowshoe hike will depend upon recent snowfall and current weather conditions.

**The van departs from the Bloedel Donovan Multipurpose Building at 3:30 PM and returns at approximately 10:30 PM.**

Any special needs not noted at registration, which may include allergies, behaviors to be aware of, or relevant issues related to accessibility adaptations, must be shared with our office. Please call our office immediately at (360) 778-7000.

We recommend you dress in several insulating layers (e.g. long underwear, light sweater or overshirt, snow pants or bibs, jacket and/or rain gear). This allows you to adjust clothing easily when the activity level or weather changes. Clothing made of synthetic fibers, fleece, moisture-wicking fabric, wool or silk are recommended. Cotton clothing is not preferred because it won't insulate when damp or wet. We recommend exterior layers be water-proof or water-repellent.

#### **Required and Highly Suggested Clothing:**

- Long underwear or Base Layer (top and bottom)
- Snow pants, bibs or ski tights (denim jeans or cotton sweatpants are not recommended)
- Hat
- Sweater or overshirt
- Jacket/parka
- Socks (2 pairs - thin liners and thicker layer) or boot socks made for hiking
- Mittens or gloves
- Footwear should be waterproof hiking, Sorrels, or snowboard boots
  - Snowshoes should be able to be adjusted to fit snugly around your boots

Optional: extra shoes/socks/hat/gloves, clothes to change after hike or add layers, boot gaiters, sunglasses and/or goggles

#### **Required Equipment:**

- Snowshoes and poles
  - May be rented at Yeager's (360) 733-1080, Backcountry Essentials (360) 543-5678,

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**Main Office**  
210 Lottie Street  
Bellingham, WA 98225  
Phone: (360) 778-7000  
Fax: (360) 778-7001  
Email: [parks@cob.org](mailto:parks@cob.org)  
[www.cob.org/parks](http://www.cob.org/parks)

**Operations**  
1400 Woburn Street  
Bellingham, WA 98229  
Phone: (360) 778-7100  
Fax: (360) 778-7101  
Email: [parks@cob.org](mailto:parks@cob.org)  
[www.cob.org/parks](http://www.cob.org/parks)

**Arne Hannah Aquatic Center**  
1114 Potter Street  
Bellingham, WA 98229  
Phone: (360) 778-7665  
Fax: (360) 778-7062  
Email: [aquatics@cob.org](mailto:aquatics@cob.org)  
[www.cob.org/ahac](http://www.cob.org/ahac)

**Bayview Cemetery**  
1420 Woburn Street  
Bellingham, WA 98229  
Phone: (360) 778-7150  
Fax: (360) 778-7151  
Email: [bayview@cob.org](mailto:bayview@cob.org)  
[www.cob.org/bayview](http://www.cob.org/bayview)

REI (360) 647-8955, or American Alpine Institute (360) 671-1570

- Snacks/food (high energy snacks or fruit and a sandwich is recommended)
  - Participants may eat in the van as well as take breaks on the hike
- Backpack to carry food, drinks, and supplies
- Money for no-host dinner at an area restaurant at the conclusion of the hike

Optional: camera, handwarmers, tissues, hot beverages, book/music for the ride, lip balm

**If you have any questions or need any clarification, please call  
Bellingham Parks and Recreation at (360) 778-7000**