



# Go snowshoeing



## Did you know?

In the past, most snowshoes were made of wood.

Now most snowshoes are made of aluminum. They are very light. They are easy to use.



## Try snowshoeing this winter

✓ You can often rent snowshoes at a ski rental place. Then you can try snowshoeing in a park.

✓ Sometimes you can try snowshoeing at a winter festival.

✓ Ask about snowshoeing lessons in your area.

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## What will you need?

You will need:

- snowshoes
- hiking boots or waterproof boots
- waterproof pants
- poles with baskets

## How to put on snowshoes

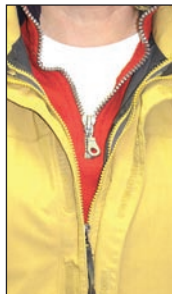
Snowshoes are easy to put on. A snowshoe has a binding. The binding goes around your boot.



binding

## What to wear

Try to wear layers of clothes. Then you can take off a layer if you get too warm.



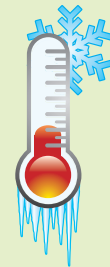
## Tips

✓ It is nice to snowshoe right after it snows.



✓ On your first day, snowshoe for about 15 or 20 minutes.

✓ Don't snowshoe if it is very cold.



✓ Use lip balm and sunscreen.



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## How to get up if you fall down



**1** Put your poles beside you.



**2** Roll over.



**3** Get on your hands and knees.



**4** Move one leg forward. Put your hands on your knee. Push yourself up.



**5** Don't forget your poles.

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## How to turn around



**1** Start with your feet together.



**2** Lift your right foot. Turn it to the right.



**3** Move your left foot over to your right foot.



**4** Repeat a few times.

