



YELLOWSTONE WINTER WONDERLAND

Adventures in Dogsledding, Snowshoeing, Sleigh Rides,
Snowcoach, and Wildlife Viewing

First & Still the Best!
Since 1982

2015 ~ Celebrating 33 Years!

DATES

February 15 - 21, 2015

COST

\$3,195 (\$600 deposit)

RATING

Moderate

ACTIVITIES

Wildlife viewing, natural history, snowcoach
tour, sightseeing, sleigh ride, photography, dog-
sledding, snowshoeing.

MAIN ATTRACTIONS

- Snowcoach tour into Yellowstone National Park's Old Faithful geyser and thermal features.
- Luxury log cabin accommodations at our favorite Montana Guest Ranch and winter sleigh ride.
- Drive your own dogsled for the morning in Big Sky!
- Explore Yellowstone's Mammoth Hot Springs, the terraces, and the Lamar Valley, home to wolves, elk, bison, and more!
- Enjoy snowshoeing into Yellowstone backcountry for a winter wonderland adventure.

AdventureWomen is the oldest
adventure travel company for active
women over 30.

What could be more dramatic than Yellowstone in the winter! Billowing geysers, frosted landscapes, frozen waterfalls, abundant wildlife, and surreal snowscapes are the magical world of winter in Yellowstone – a natural display of unique splendors like no place else on earth!

This 7-day/6-night winter adventure, an AdventureWomen **exclusive**, is custom-designed by AdventureWomen. You won't find another trip like this on anyone else's schedule! It is a one-of-a-kind, very special itinerary, with space limited to only 11 participants.

We enter Yellowstone National Park at both its north entrance, Mammoth Hot Springs, and also from the west entrance at West Yellowstone, to experience winter wonders that exist no other place on earth. Our professional guide and Big Sky-based naturalist will amaze you with her knowledge of the ecology and wildlife in this white-on-white wonderland. Our unique program incorporates guided explorations via snowcoach, snowshoes, and on foot, traversing the Park from the famous terraces at Mammoth Hot Springs to the stunning thermal features of Old Faithful.

One of the most special features of this week is the time we spend viewing wildlife through the beautiful landscapes of the Lamar Valley, getting a rare glimpse of the natural habitat and ecology that is home to Yellowstone's famous wolves, bison, elk, and other animals. We also take a snowshoe excursion at the upper terraces of Mammoth Hot Springs.

This trip includes our favorite Montana guest ranch, just on the border of Yellowstone National Park and a short distance from the Park's west entrance. From the ranch we continue our jam-packed week of adventurous activities, beginning with a sleigh ride beneath a deep black, star-studded Montana sky with the sounds of crunching snow and jingling harnesses of the draft horses who guide us. There is snowshoeing into the NW corner of Yellowstone Park and a hike to beautiful frozen waterfalls on the Gallatin river. In Big Sky, dogsled teams of beautiful huskies pull us down the trail where the only sounds are of panting dogs and the swish of sled runners on the snow. Imagine the excitement and thrill of driving the team, operating in harmony with these well-trained athletes!

Yellowstone, the World's First National Park, was created to preserve for all time the essence of this wilderness with its fragile thermal wonders that struck awe in the hearts of early explorers, and to provide a safe habitat for its wildlife to roam.

Come join AdventureWomen for a spectacular winter adventure in Yellowstone—the **BEST** time to be in the Park—during prime wildlife viewing season, and with the fewest number of visitors.

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715
EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com
406-587-3883 | 800-804-8686 | 406-587-9449 FAX

WHAT'S INCLUDED IN YOUR YELLOWSTONE VACATION

- 6 nights twin-bedded, double occupancy accommodations:
 - 2 nights at the Best Western Mammoth Hot Springs Hotel in Gardiner;
 - 3 nights in log cabins at the 320 Guest Ranch, Big Sky, Montana;
 - 1 night at the Best Western Plus GranTree Inn, Bozeman, Montana.
- All meals as listed in the itinerary, plus final celebration dinner at AdventureWomen's headquarters on day 6.
- All transportation throughout the trip, from Bozeman back to Bozeman, in a 15 passenger van and a privately chartered snowcoach.
- All park fees.
- Sleigh ride at 320 Guest Ranch.
- Half-day guided dogsled trip at Moonlight Basin, Big Sky, Montana.
- Fully guided tours led by AdventureWomen Associate Leslie Stoltz, resident naturalist/guide in Big Sky and Yellowstone for more than 25 years.
- Snowshoe rental.

NOT INCLUDED

- Round trip airfare to Bozeman, Montana.
- Extra night hotel accommodations in Bozeman, if you have to come in one day early.
- Meals where specified.
- Any drinks and alcoholic beverages with included meals.
- Total gratuities of approximately \$120: we suggest approximately \$100 per participant for your AdventureWomen guide; and \$10 per participant to dogsled guides and snowcoach driver-guide.

HOW TO REGISTER

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultant Ciretta Green (1-800-247-3538), to make your airline reservations.

IMPORTANT TRAVEL INFORMATION:

TRAVELING TO BOZEMAN, MT

It is important that you plan to arrive at the airport in Bozeman, Montana, and be at the **Best Western Plus GranTree Inn for your 1 p.m. pick up on Sunday, February 15, 2015**, for our group transfer to Gardiner, Montana, and the North Entrance to Yellowstone National Park. Bozeman-Yellowstone Airport at Gallatin Field is served by Delta, United, Horizon, Frontier and Allegiant Airlines.

If you cannot arrive on February 15 by this time, you should plan to come in one day early, just to make sure that you are able to be on the group transfer to Gardiner. If you miss the transfer, there really is no other way to get there except to rent your own car and drive.

We will be staying at the Best Western GranTree Inn, 1325 N 7th Avenue, Bozeman, Montana 59715, on the last night of your trip, Friday, February 20. You are free to make your departure any time of the day on Saturday, February 21, 2015.

If you choose to come early or stay longer, please make your own reservations for extra nights directly with the Best Western. Call Valerie Boylan at 406-556-6205 or email her at gtsales@bresnan.net and tell her you are coming on the AdventureWomen Yellowstone Winter Wonderland trip. Or, if you make your plane reservations with our air agent, **Ciretta Green**, she can also make hotel reservations for you.

The hotel provides free shuttle service to and from the airport. You can call the hotel (406-587-5261) a day or two ahead of your arrival to request shuttle service and they will be waiting when you arrive. Or you can call when you arrive and they will come pick you up.

Once you have your air schedule, we request that you fax, email, or mail it to AdventureWomen so we know your arrival and departure time.

**LIABILITY FORM
AND FINAL PAYMENT**

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

NOVEMBER 25, 2014.

**CANCELLATIONS AND
REFUNDS**

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a **\$75 fee to switch**. You may not switch your deposit to a trip in another calendar year.

**ADVENTUREWOMEN'S NO
SMOKING POLICY**

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

BOOKING YOUR AIR TRAVEL TO BOZEMAN

We suggest that you book your air reservations with our travel consultant soon after registering for this trip! We also suggest that you might consider coming in a day early (on Saturday). In addition to winter weather issues, airlines these days cancel flights often, so arriving a day early assures that you will be here on Sunday, the day the trip begins.

There is PLENTY to do in Bozeman if you arrive early. Plan to explore the fun town of Bozeman and its historic downtown area. The movies "A River Runs Through It" and "The Horse Whisperer" were filmed in the area! Coming a day early will also allow you to acclimate to an altitude of approximately 5,000 feet, as you will be at almost 7,000 feet at Bridger Bowl ski area. The upbeat atmosphere is that of "a small town in big britches." While images of cowboys, pioneer women and rowdy miners are still reflected by the locals' faces, the city's historic downtown has everything from gourmet restaurants to art galleries. The famous Museum of the Rockies, located on the Montana State University campus not far from downtown, was the permanent home to one of the largest and most complete Tyrannosaurus rex skeletons on exhibit anywhere in the world. It was recently sent to the Smithsonian to be on exhibit. In your final trip information, sent about a month prior to the trip, we will enclose a list of restaurants in downtown historic Bozeman, wonderful places to shop, and some fun things to do if you come early, or stay later.

In order to facilitate group arrivals and departures, we ask that you work directly with our travel consultants at **Travel Café** to make your travel arrangements. Either before or after booking your trip, please contact **Ciretta Green** at:

1-800-247-3538 OR FAX 1-406-586-1959
email: Ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen Traveler. If you leave a message on Ciretta's voice mail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket

through Travel Café, you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure! Please keep this in mind when making your travel plans.

The nights of February 15 and 16, we stay at the **Best Western Mammoth Hot Springs Hotel (406-848-7311)** in Gardiner, Montana.

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

The nights of February 17, 18, and 19, we stay at the **320 Guest Ranch (800-243-0320)** in beautiful Big Sky, Montana.

On February 20, we return to Bozeman and the **Best Western Plus GranTree Inn (1325 North 7th Avenue, Bozeman, Montana 59715, 406-587-5261 or 800-624-5865)**. You are free to make your departure for any time of the day on February 21. The hotel provides free shuttle service to and from the airport.

HEALTH REQUIREMENTS AND HEALTH INSURANCE

You **must** have your own health insurance, and not have any physical problems or condition that would be adversely affected by cold weather, or altitudes of approximately 7,000 feet.

EXPERIENCE AND CONDITIONING

We rate this trip as MODERATE. The better physical condition you are in, the more you will enjoy your week. Working out before this trip (walking, treadmill, aerobics, whatever you find most comfortable), so that you are in the best condition possible, is important. We also assume that you will come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that winter fun in Montana requires!

ABOUT OUR GUIDE

Leslie Stoltz moved to Montana more than 25 years ago to conduct research in Glacier and Yellowstone Parks. This served as the foundation for a career of teaching and guiding visitors in national parks and wild areas throughout the Rocky Mountain West. She settled in Big Sky to guide hiking and cross country ski tours, where she shares her expertise in birding, edible and medicinal plants, and wildlife observation. Leslie has led many AdventureWomen and other company's trips over the years and we are fortunate to have her as our guide for this one!

OUR EXCITING ITINERARY FOR THE YELLOWSTONE WINTER WONDERLAND ADVENTURE

Day 1, Sunday, February 15 - Arrive in Bozeman and Transfer to Gardiner, Montana

Plan to arrive at the Best Western Plus GranTree Inn in Bozeman, Montana by 1:00 pm at the latest for our group pick up and transfer to Gardiner, Montana, our home for the next two nights. The Best Western Mammoth Hot Springs Hotel is conveniently located next to the Park's north entrance and is a great place to stay.

Check in to our hotel and relax before we have dinner and orientation at the "Cowboy Grill."

(Dinner)

Day 2, Monday, February 16 - Wildlife Watching in the Lamar Valley and Snowshoeing at Mammoth Hot Springs

This morning after breakfast we depart with a sack lunch, entering Yellowstone's northern end of the park through the Roosevelt Arch. This archway was the first major entrance for Yellowstone, our first National Park. In 1903, President Roosevelt was visiting Yellowstone and was asked to lay and dedicate the cornerstone for the arch. Above the arch is carved what can be argued as the best motto for National Parks around the globe: "For the Benefit and Enjoyment of the People."

Returning to Mammoth Hot Springs, we pick up snowshoes for our first snowshoe excursion of the trip, around the upper terrace drive of the famous "travertine terraces."

Before returning to our hotel in Gardiner, we pay a visit to the Mammoth Hot Springs Visitor Center. Tonight's dinner is on your own.

(Breakfast and Sack Lunch)

Day 3, Tuesday, February 17 - Transfer from Yellowstone's North Entrance to Big Sky, Montana

After an early breakfast we pack up and depart Gardiner, driving north through Paradise Valley and along the famous Yellowstone River, with stunning views of the Absaroka Mountains. Passing through Bozeman, we turn south and travel along the Gallatin River (where much of the movie "A River Runs Through It" was filmed), to Big Sky, Montana. On our way to Big Sky we stop to pick up lunch at one of our favorite sandwich shops.

This afternoon we have a guided walk to Ouzel Falls, walking on a snow covered trail for one mile each way. Designed and built by the Gallatin Valley Land Trust, the trail accesses a spectacular 60 foot waterfall where the South Fork of the Gallatin River falls over a break in the Canyon. In the winter, these falls are frozen with magical ice crystals, forming a lacy curtain of rime (an accumulation of granular ice tufts on the windward sides of exposed objects that is formed from supercooled fog or cloud and built out directly against the wind) and other treasures that the cold weather brings.

The name "Ouzel" is taken from a small aquatic songbird who easily survives difficult winter conditions where there are clear, fast flowing streams. Also known as the American Dipper, the Ouzel has the benefit of several unique adaptations such as an inner protective eyelid and an extra layer of downy feathers, allowing it to dive into cold, often turbulent rivers and streams, swimming, and walking along the bottom of the river. It uses the pressure of water on its wings and tail to help keep it down while it searches for insect larvae and other small animals on which to feed.

After the walk we travel a short distance south to 320 Guest Ranch, our home away from home for tonight and the next two nights. In 1898, when the west was wilder, two homesteads totaling 320 acres

were combined to form the 320 Ranch. In 1936 Montana's first woman doctor and first pathologist, Dr. Caroline McGill, purchased the working cattle ranch as a rest and relaxation retreat for her friends and patients. Today, picture a quiet place, just north of Yellowstone Park and just south of Big Sky Ski Resort, where the pristine Gallatin River winds through sage and towering pines, snow-covered mountains rise against crystal-clear blue skies, and there's an abundance of pure, clean mountain air! That's where you find the 320.

At 5:30, get ready to glide beneath a deep-black, star-dotted Montana sky, with only the sound of crunching snow and the jingling harnesses of the Percheron draft horses, which are skillfully guiding you along the frozen Gallatin River. The wool-wrapped wranglers talk about the 320's remarkable history, and maybe tell a few tall tales along the way. You arrive at the mountain man campsite, where you're handed a steaming mug of cowboy chili, and some hot cider spiced with rum!

We return to the ranch for a scrumptious dinner in the 320 Steakhouse Restaurant, before turning in after a busy day, to our comfortable, cozy log cabins.

(Breakfast, Lunch, Dinner)

Day 4, Wednesday, February 18 - Backcountry Snowshoeing into the Northwest Corner of Yellowstone

Today we have a short drive to a remote corner of Yellowstone Park. Putting on our snowshoes, we begin at the trailhead and quickly access the hidden wonders of Yellowstone's high country winter.

We see signs of how wildlife survives the struggles of winter, the magic sculptures snow covered trees form, and hear the silence that such a snow-blanketed landscape offers. Our route follows a large creek most of the way as we travel along rolling terrain for about 4 hours. The distance we travel depends on snow conditions and how often we stop. We bring along a box lunch to snack on.

Returning to the trailhead we drive back to the 320 Ranch. The remainder of the afternoon is at leisure, and dinner tonight is on your own at one of our favorite local dining spots in Big Sky, Buck's T-4 Lodge and restaurant.

(Breakfast and Sack Lunch)

Day 5, Thursday, February 19 - Guided Snow Coach Tour into Old Faithful, with Winter Wonders Along the Way

After an early breakfast, we transfer by van to West Yellowstone and our private and spacious 14-passenger snowcoach tour into Yellowstone National Park and Old Faithful. Sit back and relax in the winter wonders of Yellowstone while enjoying a guided tour in comfort and warmth into the park's pristine winter environment.

Sack lunches are provided as we travel at a comfortable pace with outstanding views and opportunities to get out and take pictures along the way. We look for bison, elk, and coyote, and experience the greatest concentration of geysers in the world. Journey along the Firehole and Madison Rivers where we can see bird life that includes Trumpeter Swans, Bald Eagles, and a variety of ducks, geese, and possibly water ouzels. Continue to Fountain Paint Pots and Biscuit Basin, and see the sights at Old Faithful. If we're lucky, we just might catch a glimpse of Old Faithful geyser erupting. Winter around Old Faithful Geyser Basin is magnificent, and you can see lots of animals, steaming pools, geysers, and surreal surroundings that glisten like diamonds in the sun and snow.

We return to 320 Ranch and dinner in the 320 Steakhouse Restaurant.
(Breakfast, Sack Lunch and Dinner)

Day 6, Friday, February 20 - Dogsledding at Big Sky Resort, and Return to Bozeman

After breakfast we shuttle to Huntley Lodge at the Big Sky ski area, where we are met and transferred to Moonlight Basin for our half-day dogsled adventure.

No other method of travel over snow can compare with dogsledding! This trip to the past is one you will never forget. The energy, excitement, and enthusiasm of these amazing huskies is a wonder to behold. The dogs love to run and their high spirits and big, lovable hearts quickly win yours.

Experienced guides give hands-on instruction so you can feel, first hand, the thrill of driving a sled dog team. Lift your foot off the brake and make for the hills as the dogs "mush" ahead. Our ten-mile trip allows for plenty of photo opportunities and snack time as we travel through the beautiful mountain scenery of Moonlight Basin Ranch. If riding is more your style,

you are welcome to ride inside the sled.

After dogsledding we stop for lunch at a local restaurant, then return to Bozeman and check into the Best Western Plus GranTree Inn. After freshening up, we depart for our last night's dinner celebration at AdventureWomen's headquarters in Bridger Canyon.
(Breakfast and Dinner)

Day 7, Saturday, February 21 - Farewell Montana!

You may depart on the hotel's shuttle at any time during the day for the Bozeman Yellowstone International Airport at Gallatin Field and home.

HOW TO PACK FOR YOUR YELLOWSTONE WINTER VACATION

VERY IMPORTANT! You will be traveling in a 12-15 passenger van, and there is NOT a lot of room for luggage!

It is **IMPERATIVE** that you do **NOT** bring a large suitcase or duffel bag!

Following are the dimensions that are appropriate and safe for fitting into the vehicle, along with 12 women (11 participants and your driver-guide):

- If you bring a **suitcase**, it should be **soft-sided**, and NO LARGER than the following dimensions: **26 inches high, 16 inches wide, and 9 inches deep.**

- If you bring a **duffel bag**, it should be NO LARGER than **28 inches long, 12 inches wide, and 12 inches deep.**

Your carry-on bag should be your **daypack**, which you will need to carry for most of your activities during the daytime. It should be able to fit under the seats in the van (the size that would fit under an airline seat in front of you). If it does not fit under the seat, you will need to carry it on your lap.

Winter Clothing

Winter weather in Montana can be variable and extreme; one day it may be above 50 degrees, and the next day may be below zero! Please come prepared! We recommend layering as it allows you to add or shed clothing according to the weather, snow conditions, and your level of exertion. Having the proper clothing and equipment for winter outdoor travel can make the difference between being comfortable and having a great time, or being cold and miserable.

The layered use of synthetics, silk, and wool, with protection from the wind, is the goal of your clothing choices. Loose fitting layers allow you to maintain a comfortable, dry body by having flexibility in insulation as outside temperatures change and as your own body temperature and moisture output change with your level of exertion.

It is strongly recommended that you do NOT wear cotton clothing outdoors in the winter, especially next to your skin. Cotton absorbs your body moisture and remains cold and wet, whereas the proper synthetics allow moisture to “wick” (escape from your body) and keep you dry and warm.

Here is a list of suggested clothing, beginning from the inside (next to your skin) to the outside. This should suffice for whatever activity you are engaging in: showshoeing, hiking, dogsledding, or standing idle to watch wildlife. With the proper daypack, you can shed clothes into it if you are too warm, or pull clothes out if you are too cold. Layering is the KEY.

- ❑ Synthetic (polypropylene/capilene) top and bottom long underwear. It should have the ability to wick moisture away from your body. There are several weights available, but a light or medium weight is adequate (we are not climbing Mt. Everest...).
- ❑ Polypro shirt/sweater. A lightweight-200, synthetic fleece garment is recommended.
- ❑ Mid-weight-300 fleece sweater/jacket, which is a slightly heavier layer that can be very helpful for less active times.
- ❑ Down or holofil vest. Down has the advantage of being very light and compact for its warmth, but becomes useless when wet. It is useful here for a warm, compact layer for less active times.
- ❑ Wind shell with hood. A layer that breaks the wind but breathes is important. A breathable nylon shell is good and usually adequate in this relatively dry

climate. Gortex shells are also good, and more water-proof.

- ❑ Wool or polypro liner gloves (2 pairs) with over-mitten. Hands usually stay warm while exercising, and a light covering is adequate. Warmer mittens are for rest times and very cold weather. Mittens are warmer than gloves.
- ❑ Shell over-mitten, to protect mittens from wind and moisture.
- ❑ Hat that covers your ears and/or additional ear protection. Ragg wool or synthetic cap, or a balaclava-type hat is good.
- ❑ Synthetic neck warmer (or neck gaiter).
- ❑ Socks. A light polypro liner with a heavier, tall wool sock over the liner is fine. Bring a few pair of each.
- ❑ Synthetic fleece/pile pants or tights. The fleece variety in a 200-weight are excellent.
- ❑ Nylon wind pants or Gortex pants. When you buy a nylon/Gortex jacket, you should be able to buy the pants to match.
- ❑ Gaiters (knee high) to keep the snow out of your boots, and to keep your socks and pants dry (snowshoeing and dogsledding).
- ❑ Boots. Footwear should be warm and large enough to fit over thick socks. Tight boots are the surest way to have painfully cold feet. Sorels are a good choice. Please keep in mind that general hiking boots will not provide adequate insulation and warmth.

Equipment List

- ❑ Water bottle. Drinking plenty of water is absolutely essential to prevent dehydration and fatigue. One quart/liter bottle is the minimum, and a water bottle with an attached lid is the best. “Camelback” and similar hydration systems are generally not suitable for winter conditions, as the tubing and bite valve can easily freeze.
- ❑ YakTrax Pro for added traction on walks that do not require snowshoes. You can purchase these at most sporting good stores or online at www.amazon.com. Be sure to get the Pro version. The strap helps to keep them on your boots.
- ❑ Sunglasses and/or goggles with side protection, to protect from glare and blowing snow.
- ❑ Sun block and lip protector (chapstick) with sunscreen.
- ❑ Your favorite snacks for each day.
- ❑ 3-4 cotton bandanas (much better for blowing your nose than paper tissues).
- ❑ Day pack, to put your water, lunch, snacks, camera, extra gloves, and still have room for clothes that you

- ❑ Camera, more memory cards than you think you will need, extra camera batteries and battery charger.
- ❑ Travel alarm clock.
- ❑ Small binoculars for viewing wildlife in Yellowstone (recommend a lightweight pair like Nikon or Minolta, a general game viewing 7 X 28 or 8 X 20).
- ❑ Small flashlight or headlamp (with extra batteries and bulb).
- ❑ Small notebook and pencil.
- ❑ Pocket hand and foot warmers.
- ❑ Extra clothes for dinner in the evenings (casual).
- ❑ Bathing suit for hot tub at 320 Ranch.
- ❑ Toiletries
- ❑ Underwear/pajamas
- ❑ Shoes (for inside)
- ❑ Book(s)
- ❑ Earplugs. For snoring roommates or howling coyotes! We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- ❑ National Park Pass – If you have a senior pass or any national park pass, please bring it with you.

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*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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