

# Overnight Ski Trip



**PRE-TRIP MEETING:** \_\_\_\_\_ @ \_\_\_\_\_ PM in the Outdoor Rec Office → U-Rec

**TRIP:** Date of Trip: \_\_\_\_\_ Meeting Place: Outdoor Rec Office → U-Rec

Meeting Time: \_\_\_\_\_ Approx. Finish Time: \_\_\_\_\_

## Equipment

- Skis or Snowboard\*
- Ski or Snowboard Boots\*
- Ski Poles
- Helmet\*
- Goggles

## Clothing

- Base Layer – wicks moisture off the skin to prevent evaporative cooling
  - Long underwear top and bottom
- Insulation Layer—traps body heat to maintain warmth
  - Fleece/down jacket
- Weather Proof Layer—blocks outside elements (both top and bottom)
  - Water and wind proof/resistant top and bottom
- Wool or Synthetic Socks

- Waterproof insulated gloves or mittens and liner gloves (2 pairs suggested)
- Wool or Synthetic hat or ear covering
- Scarf/Balaclava
- Clothing for drive up and change of clothing for drive down
- Clothing to sleep in

## Food

- Water
- Snacks

## Personal

- Sunscreen
- Lip Balm
- Toiletries
- Personal Medication

## Optional

- Hand/Toe Warmers

\*Available to borrow from outdoor for a fee upon request.

## Food

Whitworth Outdoor Rec will provide food for lunch on the day at the resort and breakfast is served at our lodging. You are responsible for your own dinners on the way up and back. You can either get food at Red Mountain when we arrive or bring your own food. On the way back we will be stopping for food, but you are responsible for buying this meal.

## Online Waiver Instructions



Go to [www.whitworth.edu/urec](http://www.whitworth.edu/urec) and follow the link that says "Waivers" on the left side of the page in the grey box. Next, click on "Outdoor Recreation Waiver" and you will be prompted to enter your login credentials. Please be sure to fill out the waiver BEFORE the trip.

### Questions/Contact

[whitworthoutdoorrec@gmail.com](mailto:whitworthoutdoorrec@gmail.com)

### Refund Policy

- For refund policy information, refer to [www.whitworthoutdoors.com/policies](http://www.whitworthoutdoors.com/policies)
- Should Whitworth Outdoors cancel a trip or class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and lack of participant numbers.

Check out [www.whitworthoutdoors.com](http://www.whitworthoutdoors.com) for more information and "like" the Whitworth Outdoor Rec Facebook page to stay updated about upcoming trip opportunities!

