

XC 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

- XC Skis
- Ski Boots
- Ski Poles
- Helmet*
- Athletic Sun Glasses

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
- Small Day Pack to carry snacks/ water/ clothing layers

Food

- Water
- Snacks
- Lunch Bag (lunch can be left in the lodge)

Personal

- Sunscreen
- Lip Balm
- Personal Medication

Optional

- Hand/Toe Warmers

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

Online Waiver Instructions

Go to 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



Refund Policy

- For Refund Policy information, 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 for more information and “like” the Whitworth Outdoor Rec Facebook page to stay updated about upcoming trip opportunities!

