

# 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](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

Refund Policy

* Prior to 14 Days: 75% refund given in choice of either U-Rec account credit or cash refund  though the Whitworth University Business Office (Subject to manager approval).
* 14 - 2 days before trip: 50% refund given as U-Rec account credit.
* 48 hours prior to trip: No refund is given.
* 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!