

## SNOWSHOE TRIPS

Thank you for registering for an Everett Parks and Recreation snowshoe trip. This handout will help you prepare for the trip, and give you an idea what to expect.

### THINGS YOU SHOULD KNOW

- Before your trip, go to [www.AlpineAndy.com](http://www.AlpineAndy.com). Everett Parks trip leader Andy Boos maintains this web site related to the snowshoe trips and other outings he leads. You can get current information about upcoming outdoor trips (including weather forecasts and trail conditions), see photos of recent outings, and get the latest announcements about trips.
- Most trips go as scheduled, but sometimes conditions force us to make changes. Be sure we have reliable **DAY** and **EVENING** phone numbers for you, so we can alert you to any changes ahead of time.
- If your level of conditioning is inadequate for the trip, you won't have any fun, and you could become a safety hazard for yourself and the group. These **aren't** extremely difficult trips by most people's standards, but they usually aren't totally flat and effortless either. The trip description in the guide should give you some idea of the length and elevation gain involved. If you're unsure that you're capable of doing the trip, talk with us **BEFOREHAND**. The important thing is, we want you to enjoy yourself!
- Try to arrive a little early on the morning of the trip. We need you to fill out a hold harmless form, and you'll need time to unload your gear and get it into the van. If we delay the departure time and wait for people who are late, we are unfairly depriving the rest of the group of time they would like to have for snowshoeing.
- If you decide to cancel at the last minute, and it's after regular office hours and you cannot reach anyone at the Parks Department, **PLEASE DON'T JUST BE A NO-SHOW!!!** You can leave a voice mail at 425-257-8319. The trip leader will be able to retrieve your message on the morning of the trip. **IMPORTANT:** You should only use that voice mail number within 24 hours of the departure time of the trip. Cancellations prior to that **MUST** be through the Recreation Office (425-257-8300).

### THINGS THAT WE PROVIDE

- ◆ **Snowshoes**— We only provide free snowshoe rentals for the Snowshoe Introductory Tours and for ALL Youth. They are MSR Denali Llama 22" snowshoes. These are light, durable, easy-to-use, and adjustable to almost any size boot. Note: You may provide your own snowshoes, if you wish, but make sure yours are in good repair, have traction devices, and aren't overly heavy or long (36" max). Check with us if you aren't sure.
- ◆ **Ski Poles**— We have adjustable-length MSR poles, which are very helpful for balance.
- ◆ **Transportation**-- You'll travel to and from the trip in a nice, comfortable, 15-passenger van that is fully equipped for winter driving in the mountains.
- ◆ **Trip Leader**-- Our experienced leaders will see to it that you have a safe, enjoyable and informative time.

### THINGS THAT YOU MUST BRING

- ✓ **Snowshoes**— We can provide optional snowshoes for all trips for an additional fee. They are MSR Denali Llama 22" snowshoes. These are light, durable, easy-to-use, and adjustable to almost any size boot. Note: You may provide your own snowshoes, if you wish, but make sure yours are in good repair, have traction devices, and aren't overly heavy or long (36" max). Check with us if you aren't sure.
- ✓ **Warm boots**, suitable for walking in snow, such as medium or heavy-weight hiking boots (treated with a waterproofing compound ahead of time), Sorrels, or snowmobile boots with felt liners. Soft, lightweight hiking shoes are somewhat marginal-- some find that they aren't warm and waterproof enough, even if they've been treated.
- ✓ **Socks**-- Most snowshoers prefer two layers: a thin polypropylene liner sock against the skin, and a warm, cushiony wool sock over that. Cotton socks are not recommended. Wearing waterproof socks, or simply using plastic bags between your two sock layers, can be an effective way to combat wet, cold feet.

- ✓ **Plenty of clothing** to keep you warm and dry. Dress with the layering system for the most comfort. The layers allow you to adjust your clothing for the level of your activity. Start with (1) an underwear layer. The best materials (polypropylene, polyester) will transport moisture away from your skin. The next layer (2) provides insulation, which traps the warm air near your body. Down, wool, and polyester fabrics all work well, while cotton and denim do not. The outer layer (3) provides wind and water protection. It will preferably have a hood, cuffs that close, drawstrings and material that repels water and wind. Gore-Tex or coated nylon garments are best. Avoid heavy insulated parkas, which are usually too *warm* for snowshoeing.
- ✓ **Hat & gloves** (or mittens). An extra pair of mittens is always wise, since the first pair invariably gets wet. Remember that mittens are warmer than gloves of the same thickness.
- ✓ **Sunglasses & Sunscreen** (very important, whether the sun is out or not).
- ✓ **Food & Water**—Don't go overboard though.
- ✓ **Day pack** to carry everything in.

### THINGS THAT ARE OPTIONAL (BUT OFTEN VERY HELPFUL TO HAVE)

- ✓ Gaiters -These wrap around your lower leg to cover the gap between your pant leg and boot. They keep water and snow out of your boots, and are very strongly suggested.
- ✓ Insulated sitting pad – great for rest breaks or an emergency
- ✓ Thermos with something hot to drink- it's worth the extra weight!
- ✓ Whistle
- ✓ Chemical hand-warmer packets
- ✓ Toilet paper
- ✓ Dry clothes and shoes to change into after trip
- ✓ A few dollars (we usually stop for a snack afterwards, and sometimes before too)
- ✓ The "Ten Essentials" – Safety items that will help you survive the unexpected
 

1. Map of the area	6. Flashlight (extra batteries, bulb)
2. Compass	7. Sunglasses (required)
3. Extra food	8. Fire starter (candle, etc.)
4. Extra clothing	9. Matches (waterproof container)
5. Pocket knife	10. First aid kit (see list)

#### \*\*Suggested First Aid kit contents:

Band-Aids, wide tape or gauze, disinfectant, gauze bandage or compress, large triangular bandage, razor blade or scissors, mole skin, lip protection, Ace bandage, butterfly bandage, safety pins, tweezers, aspirin, needle, salt tablets, tape. Optional items: Pain killers, allergy medicine, antacids

### A FEW FINAL NOTES

- Don't worry if you don't have top-of-the-line equipment. We don't expect everyone to run out and buy everything on the list. But we don't want you to be miserable either. Please be sure, at a minimum, that your boots and your rain gear are going to be reliable.
- When driving to and from the trip, we try to be accommodating in regards to restroom stops. If you need a stop, don't be afraid to speak up. Bear in mind also that the restrooms in remote areas can be somewhat primitive, so it may even be wise to carry a little extra t.p. in a jacket pocket, just in case.
- We try to make it back to Everett by the scheduled return time, but the unpredictable nature of outdoor trips sometimes makes this difficult, so we ask for your patience and understanding. If you get in a jam because of a late-returning trip, we'll make sure you can access a phone to notify the appropriate people.
- **All participants should be aware of the Parks Department Refund policy. It is printed in the quarterly guide. Full refunds or credits are not issued within 2 weeks of trip departure dates.** If you have any questions or concerns regarding the trip, we encourage you to call us at (425) 257-8300. Office hours are Mon. - Fri., 9 am – 5:30 pm.

*FOR CANCELLATIONS WITHIN  
24 HOURS OF TRIP DEPARTURE TIME,  
LEAVE MESSAGE AT (425) 257-8319*

Will you be prepared for...

## **HARSH WINTER WEATHER?**

Many of our winter trips, particularly those that take place at elevations above 4000 feet are subject to harsh weather. This could mean cold temperatures, strong winds, bitter wind chills, blowing snow, sleet or freezing rain. We can't control the weather but we can still be safe and have an enjoyable time despite the conditions.

### **BE PREPARED for possible harsh weather on any of the following trips:**

Grace Lakes, Mt. Rainier (all trips), Skyline Lake, Hurricane Ridge (all trips), Lanham Lake, Heather Meadows/Mt. Baker, all challenging-level snowshoe trips, AND any other trips going above 4000 feet in elevation. How do I know what elevation my trip goes to? Read on...

### **Get a reliable weather forecast before your trip.**

Your BEST resource is to check on the web at [www.AlpineAndy.com](http://www.AlpineAndy.com). Go to the "UPCOMING TRIPS" page, and find the info for your trip, and a link to the weather forecast. The forecast is customized for the location and elevation of THAT particular trip.

### **Extra items of equipment should be carried if you expect potential harsh weather:**

- Hat that covers the ears
- Warm MITTENS (note: gloves, which do not allow the fingers to be held together, cannot provide as much warmth as comparably thick MITTENS)
- Balaclava (face mask) to protect face from cold wind chills. A neck gaiter can also be used.
- Ski goggles to protect eyes from blowing snow, sleet or rain

### **Other items that are always helpful on winter trips**

- Good boots – (try adding a plastic bag for your feet if your boots leak)
- Gaiters – ankle or knee high will keep the snow out and your feet dryer
- Wind/waterproof outerwear (includes hat, mittens, pants, and coat)
- In your pack carry EXTRA mittens and EXTRA sweater or vest
- Chemical hand-warmer packets for those cold extremities
- Thermos of something hot to drink – it's worth the weight
- Insulated pad to sit on for lunch or emergency

**Being well prepared makes you and the group safer, and helps everyone have a better time in spite of the harsh weather.**



EVERETT PARKS AND RECREATION DEPARTMENT
HOLD HARMLESS AGREEMENT

Program: 2010 Programs, Trips & Tours

Instructor: All

In consideration of the City of Everett granting the undersigned the opportunity of attending or participating in the Everett Parks and Recreation Program, to be held from Jan. 1, 2010 to Dec. 31, 2010, for the purpose of leisure enjoyment; and the undersigned recognizing the fact that no benefits are derived by the City of Everett by allowing the undersigned to attend or participate. I, the undersigned, hereby release and hold harmless the City of Everett, its officer, employees and agents from any and all liability claims, damages, costs, and expenses for both personal injury and/or property damage which may arise as a result of my, or my child's participation in the program. I agree to assume all risks associated with the program.

In case of emergency, and you are unable to contact me/us and/or you believe it is necessary to obtain the services of a doctor and/or hospital without first contacting me/us, I hereby authorize you and my doctor or hospital to immediately render all services and treatment deemed necessary at my/our expense.

The undersigned agrees to release the City of Everett, its officers, agents, and employees, from any and all claims, suits, actions, damages, or compensation in any way related to the use and reproduction of photograph(s) taken of me which are used in City sponsored publications.

PLEASE PRINT LEGIBLY

Participant: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_
Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_
Signature of Participant: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_

[ ] Yes [ ] No I give permission for my minor child, \_\_\_\_\_ to be dismissed from Everett Parks Program without the presence of an adult.

MEDICAL HISTORY

Physician's Name \_\_\_\_\_ Date of Last Exam \_\_\_\_\_

Do you have or have you had any of the following: (Please indicate with a check mark [x].)

- Any Heart Problems High Blood Pressure\* Diabetes
Stroke Low Blood Pressure\* Excessive Bleeding
Anemia Circulatory Problems Hepatitis
Nervous Problems Psychiatric Care Ulcer
Malignancies Radiation Treatments Measles
Mumps Rheumatic Fever Scarlet Fever
Typhoid Fever Tuberculosis Allergies to Anesthetics
Tonsillitis Sinus Problems Allergies to medications/ drugs
Asthma Arthritis Allergies to: \_\_\_\_\_

Are you pregnant? \_\_\_\_\_ \*Blood Pressure: S \_\_\_ /D \_\_\_ / \_\_\_ Blood Type (if known) \_\_\_\_\_

Please describe any current medical treatment, impending operations, or any other medical or dental information that may possibly affect your treatment (including prescription medications). \_\_\_\_\_

If any of the above are checked, are there special precautions staff should take? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please indicate what precautions should be taken. \_\_\_\_\_

EMERGENCY CONTACT

Name \_\_\_\_\_ Relationship \_\_\_\_\_
Phone (Day) \_\_\_\_\_ Cell \_\_\_\_\_ Phone (Evening) \_\_\_\_\_

I hereby affirm that the information on this Hold Harmless and Medical History is current and correct.

Signature: \_\_\_\_\_



2010

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