

## CROSS - COUNTRY SKI TRIPS

Thanks for signing up for this Everett Parks and Recreation Cross-Country Ski Trip. This handout will help you prepare for the trip, and give you an idea what to expect.

### THINGS YOU SHOULD KNOW

- ❖ 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 and/or skiing ability 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 do require some basic skills and conditioning. The trips generally aren't instructional in nature, so first-timers need to develop a few basic skills before doing a trip (see the Parks Department catalog for information on ski lessons). If you're not sure whether you're capable of doing the trip, talk with us **BEFOREHAND**. The important thing is, we want you to enjoy yourself!
- ❖ Try to arrive 15 minutes 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, plus have your skis put up on the racks. 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 skiing.
- ❖ 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 257-8319. The trip leader will be able to retrieve your message on the morning of the trip. **IMPORTANT:** You may 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 (257-8300).

### THINGS THAT WE PROVIDE

- Van-- You'll travel to and from the trip in a nice, comfortable, 15-passenger van which is fully equipped for winter driving in the mountains. The van also has a ski rack.
- Trip Leader-- Our experienced leaders will see to it that you have a safe, enjoyable, and informative time.

### THINGS THAT YOU MUST BRING

- ✓ Cross Country Skis suitable for basic touring terrain.
- ✓ Boots. Be sure you know how to attach your boots to the bindings on your skis.
- ✓ Ski Poles.
- ✓ 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, polyester fabrics all work well, while cotton and demin 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.
- ✓ Socks. Most skiers prefer two layers: a thin polypropylene liner sock against the skin, and a warm, cushiony wool sock over that. Cotton socks are not recommended.
- ✓ Hat & gloves (or mittens). An extra pair of mittens is always wise, since the first pair invariably gets wet.

(continued on reverse)

- ✓ Sunglasses (very important, whether the sun is out or not).
- ✓ Food & Water.
- ✓ A day pack to carry everything in.

### **THINGS WE RECOMMEND YOU BRING**

- ✓ 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.
- ✓ Foam sitting pad
- ✓ Whistle
- ✓ Sunscreen
- ✓ Toilet paper
- ✓ Repair Kit
- ✓ Maxi-Glide or some similar type of lubricating compound (to combat “sticky” skis)
- ✓ Dry clothes to change into after trip
- ✓ A few dollars (we usually stop for a snack afterwards, and sometimes before too)
- ✓ Ten Essentials – Safety items that will help you survive the unexpected
  1. Map of the area
  2. Compass
  3. Extra food
  4. Extra clothing
  5. Pocket knife
  6. Flashlight (extra batteries, bulb)
  7. Sunglasses (required)
  8. Fire starter (candle, etc.)
  9. Matches (waterproof container)
  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

If you have waxable skis, prepare them before the trip (remove old wax, etc.)

### **A FEW FINAL NOTES**

- Be forewarned that skiing conditions around here can be very unpredictable (soft, crusty, icy, slushy), and trips that normally are considered “easy” can be more challenging at times.
- 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. Be we don’t want you to be miserable either. Please be sure, at a minimum, that your skis, 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 restrooms 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, it is usually possible to make a call on the van’s phone.
- **All participants should be aware of the Parks Department Refund policy. It is printed in the quarterly guide. Full refunds 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., 9am – 5:30pm.

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

# Skiing Safety

Before venturing into the backcountry it is a good idea to equip yourself with special skills. An education in mountain travel, avalanche awareness, mountaineering First Aid, CPR and emergency preparedness will stand you in good stead. Be sure to take the 10 essentials and all the basic emergency equipment with you when you travel away from a patrolled ski area.

Check ranger stations for more detailed information on places to ski. Several have free booklets made up of good winter trails. They also have the latest information on avalanche hazards in their areas.

## Trail Courtesy & Ethics

- yield to skiers coming downhill
- try to keep in the ski tracks
- when traveling in a group, do not block the trail by skiing three or more abreast
- if you must stop on the trail move over to one side to let the faster skiers by
- watch your speed when traveling on trails with poor visibility
- if you wish to pass a skier on the trail shout "track"
- give way to snowmobiles, you can hear them but they can't hear you
- respect private property and "no trespassing" signs
- avoid taking dogs on organized ski trails
- don't leave any garbage, pack it in, pack it out.

## **Web Sites for great information**

Dept. of Transportation – Pass Information [www.traffic.wsdot.wa.gov/sno-info](http://www.traffic.wsdot.wa.gov/sno-info)

Northwest Weather and Avalanche Center [www.nwac.noaa.gov/](http://www.nwac.noaa.gov/)

## **Ranger Stations:**

Mt. Baker/Snoq. NF	Darrington RD	360 436-1155	
	Verlot Public Service Center	360 691-7791	Summer only
	North Bend RD	360 888-1421	
	Skykomish RD	360 677-2414	
Wenatchee NF	Lake Wenatchee RD	Leavenworth	509 763-3103
	Chelan RD		509 682-2576
	Entiat RD		509-784-1511
	Cle Elum RD		509 674-4411
	Leavenworth RD		509 782-1413
	Naches RD		509 653- 2205

Snow Park Permits are required to park at most trail access points

**Washington State Parks /National Forest Snow Park Permit**

Purchase at Cascade Crags, Ranger Stations, Snoq. Travelers Inn, McDonalds in Granite Falls, Chevron in Sulton (among others)

\$20 / season plus \$20 for Special Groomed Trails Permit or \$8 day pass

Purchase groomed trails map for \$5

**Rentals/Equipment for Nordic Skiing:**

Cascade Crags 2820 Rucker Ave Everett 98201 425 258-3431 Rental \$15/day

Mt. Pilchuck Ski/Sport 10822 Hwy 99S Everett 353-3400 \$12/day

Sales only: REI Alderwood Mall 425 640-6200

Rental and Sales: REI Seattle and Redmond

**Stevens Pass Nordic Center** 206 812-4510 X 293 <http://www.stevenspass.com>

Nordic : Trail Adult 13-61 \$15.71; Yth7-12 \$10.84 /62-29 \$9.75; 70+\$ 5.42 Fri-Sun and Holidays 9-4 Rental \$21.68 Snowshoes \$19.51;

Our "Daily Conditions" information is also available by 5:30am on our hotline.

Seattle (206) 634-1645 Everett (425) 353-4400

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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