



Learn to Ski and Snowboard

PRE-TRIP MEETING: _____ @ 6PM in the Peak Adventures office (www.peakadventures.org for map)

TRIP: Date of Trip: _____ Meeting Place: **Peak Adventures office**

Meeting Time: 7:00AM Approx. Finish Time: 6:00PM

All ski/snowboard equipment such as skis, boards, boots, poles and helmets will be provided by the resort. Trip includes a one hour lesson and an all-day pass to the beginner slopes.

Clothing

* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.

* You will want clothing to fit comfortably loose.

- Layering System:
 1. Base Layer - wicks moisture off the skin to prevent evaporative cooling
 - Long underwear top and bottom
 2. Insulation Layer - traps body heat to maintain warmth
 - Fleece/down jacket or wool sweater
 - Fleece pants
 3. Weather proof layer - blocks outside elements
 - Water and wind proof/resistant top and bottom
- Waterproof insulated gloves (2 pairs suggested)
- Wool or synthetic hat or ear covering
- Shoes or boots for icy conditions
- Wool or synthetic socks (2 pairs suggested)
- Neck gaiter or scarf (suggested)
- Change of clothes for the car ride home (suggested)
- REMEMBER: **NO COTTON, NO JEANS**

*Money saving tips: try to borrow clothes from friends or look in a military surplus store or thrift shop for affordable clothing.

Alcohol and drugs are prohibited on all Peak Adventures trips.

Cancellation and Refund Policy:

- Cancellations made more than 10 business days prior to event will receive a refund minus a \$10 fee.
- Cancellations made 10 business days or less before the event are not eligible for a refund.
- There is a \$10 fee for all transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

Food:

You will need lunch and extra snacks. You will want to have snacks easily available. Food is also available for purchase at the resort, bring cash or credit card.

- Water (at least 2 liters) in a hydration bladder or water bottles
- Example foods - bagels, salami, cheese, energy bars

Other Essentials:

- Daypack
- Goggles (suggested) or sunglasses
- Sunscreen and lip balm
- Camera (optional)
- Optional locker rental is \$5. Peak Adventures is not responsible for lost or stolen items.