Beginner Cross Country Skiing
Windblown, N.H.
Sunday, February 25, 2018

TRIP DESCRIPTION: Come learn to cross country ski at Southern New Hampshire’s Premier Cross Country Ski Area. Since 1972 skiers from all over New England have been returning each year to ski their favorite trails at Windblown. The facility provides exceptionally groomed trails and a handcrafted Base Lodge with healthy food and pleasant wood-heated spaces. Discover the scenic trails that undulate and curve with rhythms and landscapes that say, “Ski me one more time”.

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

COST: $40 Students, $85 Guests.

If you have your own Nordic or cross country skis but want to join the group, contact us for a discounted rate!

INCLUDED IN TRIP COST
- Transportation—12 passenger van, unless otherwise noted.
- Equipment Rental and Entrance Fees—with the exception of some clothing and personal items listed on the packing list.
- Hot Drinks – warm up with hot cocoa or tea on our lunch break.
- Instruction – instruction on how to Cross Country Ski is provided.

REGISTRATION
- Fill out an Online Waiver
- Register Online
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Moderate: skiing requires a decent level of physical fitness due to the nature of the sport. A person in good physical health will have no problems participating. However, the amount a person participates is entirely up to them. There are no Prerequisites for this trip.

PRE-TRIP MEETING
- The trip leader(s) will contact by phone two days before the trip

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.

Sunday
- 8:00 a.m. Meet in the Atrium of the Campus Recreation Center, load up!
- 9:15 a.m. Arrive at Windblown and get geared up
- 9:45 – 10:45 a.m. Cross Country Skiing Instruction, then we hit the trails
- Lunch — snacks are available for purchase at the lodge, we recommend you bring your own
- 5:00 p.m. Head back to campus
- 6:00 p.m. Arrive back to campus. De-issue gear and trip evaluations
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

- Lunch and Snacks – *don’t forget to bring your lunch.*
- Sunglasses: highly recommended, borrow from a friend or buy a cheap pair of either.
- Hat: fleece or wool.
- Gloves: make sure they are water resistant.
- Warm Socks: fleece or wool is best, calf-height socks work well when wearing ski boots
- *Ski/Snowboard Type Jacket and Pants: suitable for cold, snowy conditions. (Layered fleece pants and rain pants are also acceptable - [no jeans]).
- Top & Bottom Base Layers: worn next to skin to keep you warm, quick-dry materials work best.
- Insulating jacket: ski jacket, fleece or down is preferred with water resistant finish.
- Sunscreen & lip balm: 15 SPF minimum.
- Camera: protective case is highly recommended.
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement.
- Personal medical insurance card,
- *2 water bottles: quart size are required.
- *Mug for hot drinks.
- *Cross Country Skis & Boots.
- *Ski Poles.

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (skis, poles, etc.) you would like to bring on this trip, please contact the trip leaders so they can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
outdooradventure@umi.edu