Cross Country Skiing
Jackson, N.H.
March 23, 2019

TRIP DESCRIPTION: Come learn to cross country ski with the Jackson Ski Touring Foundation! Explore over 150 Km of trails considered to be some of the best in the Eastern US. Whether you are a beginner or have been in skis your whole life, Jackson has the trails and supportive staff to facilitate a quality fun experience.

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 UML Students/Faculty/Staff, $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
- Register Online

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Moderate: Participants will ski 3-7mi/ 5-11km with the weight each participant carries ranging from 3-5lb/ 1-2kg. Trails may include heavy snow, ice, steep hills and sharper turns. Expect temperatures ranging to 10F/-12. No previous experience is required, but good physical fitness is recommended. Participants can expect elevation changes up to 300-1000ft/90-300m over 2-5 hours.

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
- 7:00 a.m. Meet in the Bike Shop/ Outdoor Center, load up!
- 9:30 a.m. Arrive in Jackson and get geared up
- 9:30 – 11:00 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
- 4:00 p.m. Head back to campus
- ~7:00 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.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ 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:
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