Ski/Snowboard Weekend
Killington, VT
March 23-25, 2018

TRIP DESCRIPTION
Come join us for a weekend of exciting skiing and snowboarding at Killington Resort!

COST:
Base trip cost $195 UML Students/Faculty/Staff $250 Guests.
Ski or Snowboard Rentals $50 additional
Lessons: Learn to Ski/Ride $35, Adult Lesson – 1 day $65, 2 days $130 additional. Click here for additional information on lessons. Lessons must be reserved at least 5 days in advance of the trip.

INCLUDED IN TRIP COST
- Leadership and Instruction: Instruction for skiing & snowboarding provided by trip staff.
- 2 full day Lift Tickets to all areas.
- Transportation—12 passenger van; includes shuttle from condos to slopes.
- Lodging @ Killington Resort

- Meals NOT INCLUDED. Some snack food will be provided. Participants are responsible own meals.

REGISTRATION
- Fill out an Online Waiver
- Register Online or at The Campus Rec Center Welcome Desk on East Campus

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Moderate: Skiing requires a decent level of physical fitness due to the nature of the sport. However, the amount a person participates is entirely up to them. There are no Prerequisites for this trip. Instruction for skiing & snowboarding provided by trip staff.

PRE-TRIP MEETING
- When: Tuesday, March 20, 2018 at 7 p.m. Pre-trip meetings typically take 1-2 hours
- Where: Meet in the Campus Recreation Atrium
- What to Bring: Any questions you have, room arrangements will be set at this time.
- Attendance at the pre-trip meeting is mandatory. Contact us ASAP with any schedule conflicts.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
- Friday-
  - 4:30 p.m. Meet in the CRC atrium
  - 5:00 p.m. to 10 pm- Drive to Killington, VT
  - 10:00 pm Check in! get some sleep!
- Saturday
  - 8:00 a.m.- Breakfast – Meet up with trip leaders to get lift tickets/rental vouchers.
  - 9:00 a.m.- Participants are on their own to ski/snowboard throughout the day. A free shuttle will transport you between condos and mountain.
  - 10:00 p.m. Condo check-in.
- Sunday
  - 8:00 a.m. Breakfast
  - 9:00 a.m. Pack up condos, load luggage in van.
  - Ski/snowboard throughout the day.
  - 3:00 p.m. Meet at van, load up, head back to campus.
  - 8:00 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.

☐ Ski Goggles/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: calf-height socks work well when wearing ski boots.
☐ Top & Bottom Base Layers: worn next to skin to keep you warm, quick-dry materials work best.
☐ *Ski/Snowboard Type Pants: suitable for getting wet in the snow (do not wear jeans).
☐ *Ski/Snowboard Jacket: A Soft shell jacket or other type of insulating jacket that has a water resistant or water proof outer shell is recommended.
☐ Ski/Snowboard Helmet: keep your memories in-tact.
☐ Ski/Snowboard & Boots.
☐ Condo shirts and pants: once you get off the slopes and out of your wet gear, get into something warm and comfortable.
☐ Sleeping clothes.
☐ Underwear
☐ Closed-Toed shoes: bring or wear a pair of shoes you can walk around outside in, flip flops are not acceptable.
☐ Toiletries: if you wear contacts bring an extra pair.
☐ Feminine hygiene products.
☐ Small backpack or duffel bag to keep personal items in, should be able to fit under you van seat.
☐ Book and/or journal: great for the van or down time on the trip.
☐ Lip balm & sun screen – snow reflects sunlight, you don’t want to get burned!
☐ Camera: protective case is highly recommended.
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement – please inform trip staff where this medication will be kept for the duration of the trip.
☐ Personal medical insurance card
☐ Water bottle
☐ Money for food on the mountain or souvenirs

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

For further questions or information, please contact us:
978-934-1932 | outdooradventure@uml.edu