

SNOWSHOE TRIPS

Thank you for registering for an Everett Parks and Recreation snowshoe trip. This handout will help you prepare for the trip, and give you an idea what to expect.

THINGS YOU SHOULD KNOW

- Before your trip, go to www.AlpineAndy.com. Everett Parks trip leader Andy Boos maintains this web site related to the snowshoe trips and other outings he leads. You can get current information about upcoming outdoor trips (including weather forecasts and trail conditions), see photos of recent outings, and get the latest announcements about trips.
- 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 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 usually aren't totally flat and effortless either. The trip description in the guide should give you some idea of the length and elevation gain involved. If you're unsure that you're capable of doing the trip, talk with us **BEFOREHAND**. The important thing is, we want you to enjoy yourself!
- Try to arrive a little 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. 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 snowshoeing.
- 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 425-257-8319. The trip leader will be able to retrieve your message on the morning of the trip. **IMPORTANT:** You should 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 (425-257-8300, option 2).

THINGS THAT WE PROVIDE

- ◆ **Snowshoes**— We only provide free snowshoe rentals for the Snowshoe Introductory Tours and for ALL Youth. They are MSR Denali Llama 22" snowshoes. These are light, durable, easy-to-use, and adjustable to almost any size boot. Note: You may provide your own snowshoes, if you wish, but make sure yours are in good repair, have traction devices, and aren't overly heavy or long (36" max). Check with us if you aren't sure.
- ◆ **Ski Poles**— We have adjustable-length MSR poles, which are very helpful for balance.
- ◆ **Transportation**-- You'll travel to and from the trip in a nice, comfortable, 15-passenger van that is fully equipped for winter driving in the mountains.
- ◆ **Trip Leader**-- Our experienced leaders will see to it that you have a safe, enjoyable and informative time.

THINGS THAT YOU MUST BRING

- ✓ **Snowshoes**— We can provide optional snowshoes for all trips for an additional fee. They are MSR Denali Llama 22" snowshoes. These are light, durable, easy-to-use, and adjustable to almost any size boot. Note: You may provide your own snowshoes, if you wish, but make sure yours are in good repair, have traction devices, and aren't overly heavy or long (36" max). Check with us if you aren't sure.
- ✓ **Warm boots**, suitable for walking in snow, such as medium or heavy-weight hiking boots (treated with a waterproofing compound ahead of time), Sorrels, or snowmobile boots with felt liners. Soft, lightweight hiking shoes are somewhat marginal-- some find that they aren't warm and waterproof enough, even if they've been treated.
- ✓ **Socks**-- Most snowshoers prefer two layers: a thin polypropylene liner sock against the skin, and a warm, cushioned wool sock over that. Cotton socks are not recommended. Wearing

waterproof socks, or simply using plastic bags between your two sock layers, can be an effective way to combat wet, cold feet.

- ✓ **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, and polyester fabrics all work well, while cotton and denim do not. We strongly recommend **no jeans**. 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. Avoid heavy insulated parkas, which are usually too *warm* for snowshoeing.
- ✓ **Hat & gloves** (or mittens). An extra pair of mittens is always wise, since the first pair invariably gets wet. Remember that mittens are warmer than gloves of the same thickness.
- ✓ **Sunglasses & Sunscreen** (very important, whether the sun is out or not).
- ✓ **Food & Water**—Don't go overboard though.
- ✓ **Day pack** to carry everything in.

THINGS THAT ARE OPTIONAL (BUT OFTEN VERY HELPFUL TO HAVE)

- ✓ 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.
- ✓ Insulated sitting pad – great for rest breaks or an emergency
- ✓ Thermos with something hot to drink- it's worth the extra weight!
- ✓ Whistle
- ✓ Chemical hand-warmer packets
- ✓ Toilet paper
- ✓ Dry clothes and shoes to change into after trip
- ✓ A few dollars (we usually stop for a snack afterwards, and sometimes before too)
- ✓ The "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

A FEW FINAL NOTES

- 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. But we don't want you to be miserable either. Please be sure, at a minimum, that 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 restroom 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, we'll make sure you can access a phone to notify the appropriate people.
- **All participants should be aware of the Parks Department Refund policy. It is printed in the quarterly guide. Full refunds or credits 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 Ext 2. Office hours are Mon. - Fri., 9am – 5pm.

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

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. 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
- Flashlight or headlight

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

Program: **2017 Programs,**

Instructor: **All**

Participant: _____ Age: _____ Birth Date: ____/____/____

Address: _____ City _____ Zip _____

Home Phone: (____) _____ Cell: (____) _____

MEDICAL HISTORY

Do you have or have you had any of the following: (Please indicate with a check mark √.)

If yes, please indicate what precautions should be taken.

- | | | |
|--------------------------|----------------------------|---------------------------------------|
| _____ 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 |
| _____ Typhoid Fever | _____ Tuberculosis | _____ Allergies to Anesthetics |
| _____ Tonsillitis | _____ Sinus Problems | _____ Allergies to medications/ drugs |
| _____ Asthma | _____ Arthritis | _____ Allergies to: |

Please describe any current medical treatment, impending operations, or any other medical or dental information that may possibly affect your treatment (including prescription medications). _____

EMERGENCY CONTACT

Name _____ Relationship _____

Phone (Day) _____ Cell _____ Phone (Evening) _____

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the fullest extent permitted by law, in consideration of the City of Everett granting me/my child the opportunity of attending or participating in **Everett Parks Recreation Programs** for the purpose of leisure enjoyment; and recognizing the fact that no benefits are derived by the City of Everett by allowing me/my child to attend or participate, I hereby release and hold harmless the City of Everett, its officers, employees, agents and volunteers 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 any 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.

I certify that the above information is true, correct, and complete. I understand that I/my child may become ineligible for any misrepresentations, falsifications or omissions in the above statements.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release printed above.

★ _____
 Signature of Participant or Parent/ Guardian if participant is under 18 _____ Date _____

PHOTO/VIDEO RELEASE: I hereby grant permission and authorize the City of Everett to use, publish, copyright, and re-publish my photograph/video or my child's photograph/video in whole or in part, unchanged or modified, in all media that exists now or later, for purposes of promoting, describing and advertising City facilities and events and programs sponsored by the City of Everett. I also release and waive any and all claims against the City for such use, publication and re-publication. I have read, understood, and voluntarily accepted the conditions of the Photo/Video Release printed above.

★ _____
 Signature of Participant or Parent/ Guardian if participant is under 18 _____ Date _____ 

REGISTRATION NOT VALID WITHOUT SIGNED WAIVER

I hereby affirm that the information on this Hold Harmless and Medical History is current and correct.

2017

	DATE	TRIP DESTINATION	LEADER	PARTICIPANT SIGNATURE
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