

CROSS COUNTRY SKIING EQUIPMENT LIST

THINGS THAT YOU MUST BRING

- Cross Country Skis suitable for basic touring terrain.
- Boots. Be sure you know how to attach your boots to the bindings on your skis.
- Ski Poles.
- 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, polyester fabrics all work well, while cotton and denim do not. 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.
- Socks. Most skiers prefer two layers: a thin polypropylene liner sock against the skin, and warm, cushiony wool sock over that. Cotton socks are not recommended.
- Hat & gloves (or mittens). An extra pair of mittens is always wise, since the first pair invariably gets wet.
- Sunglasses (very important, whether the sun is out or not).
- Food & Water.
- A day pack to carry everything in.

THINGS WE RECOMMEND YOU BRING

- 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.
- Foam sitting pad
- Whistle
- Sunscreen
- Toilet paper
- Repair Kit
- Maxi-Glide or some similar type of lubricating compound (to combat "sticky" skis)
- Dry clothes to change into after trip
- 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

If you have waxable skis, prepare them before the trip (remove old wax, etc.) AND carry waxes, wax remover, and wax smoother.

Skiing Safety

Before venturing into the backcountry it is a good idea to equip yourself with special skills. An education in mountain travel, avalanche awareness, mountaineering First Aid, CPR and emergency preparedness will stand you in good stead. Be sure to take the 10 essentials and all the basic emergency equipment with you when you travel away from a patrolled ski area.

Check ranger stations for more detailed information on places to ski. Several have free booklets made up of good winter trails. They also have the latest information on avalanche hazards in their areas.

Trail courtesy & Ethics

- Yield to skiers coming downhill
- Try to keep in the ski tracks
- When traveling a group, do not block the trail by skiing three or more abreast
- If you must stop on the trail move over to one side to let faster skiers by
- Watch your speed when traveling on trails with poor visibility
- If you wish to pass a skier on the trail shout "Track"
- Give way to snowmobiles, you can hear them but they can't hear you
- Respect private property and "No trespassing" signs
- Avoid taking dogs on organized ski trail; when skiing with your dog, be sure to always pack out their poop.
- Don't leave any garbage, pack it in, pack it out

Web Sites for great information

Dept. of Transportation – Pass information www.wsdot.com/traffic/passes/

Northwest weather and Avalanche Center www.nwac.noaa.gov/

Washington State Parks, SNO Park information www.parks.wa.gov/winter/permits/

Washington Trails Association website for **Ranger stations**: www.wta.org/hiking-info/ranger-station-info They are the best place to check for current trail data. Become a member!

Sno-Park Permits are required for most plowed parking areas at trailheads. A One Day permit is \$20; and is good for groomed or non-groomed areas. A Seasonal permit for Non-groomed areas is \$40; if you park at a groomed area, you need to also buy the Groomed trails permit for another \$40. A \$2 handling fee may be charged at your purchase site. You can get them on-line at the web-site above. Groomed areas are: Cabin Creek, Chiwawa, Crystal Springs, Hyak, Lake Easton, Lake Wenatchee, Mount Spokane and Nason Ridge. Permits must be posted in the lower left corner of the windshield. Citations and fines are given for non-compliance.

Rentals/Equipment for Nordic Skiing:

On site rentals are available during operating hours at the Stevens Pass Nordic Center, and the Snoqualmie Summit Nordic Center (located at the old Hyak area). Their equipment must stay on their track system. Trail passes for the day usually run around \$24 - \$29 for an adult. Discounts for seniors, youth and multi-day passes are usually available. Check your area before departing for a day of skiing. www.stevenspass.com; or www.summitatsnoqualmie.com/Activities/Nordic-Skiing-And-Snowshoeing

REI downtown Seattle rents and sells Nordic Equipment, the Lynnwood store only sells.

Washington's Cross Country Ski Areas (Plus Whistler!)

Leavenworth: Always a great place to ski and stay www.skileavenworth.com

Methow Valley Ski Touring: Best place in the country! You need at least 3 days to explore www.mvsta.com

Rendezvous Huts – high country ski huts: in the Methow: <http://www.rendezvoushuts.com/>

Mount Spokane State Park: www.mtspokane.com

Scottish Lakes High Camp: Stay in a hut in the high country outside of Leavenworth www.scottishlakes.com

Summit at Snoqualmie: www.summitatsnoqualmie.com

Stevens Pass Nordic Center: www.stevenspass.com;

Whistler Olympic Park: Truly only 5 hours away and great terrain: www.whistlerolympicpark

Callaghan Country: Connects to Whistler Olympic Park with one trail pass: <http://www.skicallaghan.ca>

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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