

## **Chemekata College Participant information for Cross Country Ski 2 day class on Mt. Hood**

Learn to cross country ski and glide along the groomed tracks through this winter wonderland.

Cost includes guide and transportation from pickup. XC ski gear rental is extra ~ \$12/day.

If any questions call our guide-Ken Barker at 503-524-9192, also answered on day of trip.

Dates: Saturday Jan. 14, 2012 and Saturday Jan. 21, 2012

All pickups/Departures at 8:00 am at Tualatin Park & Ride; Return by 5:30 PM

Pickup (@ 15 passenger van) **Tualatin/Durham, Lake Oswego, OR, I-5 Park & Ride** exit # 290 off I-5, at SW Lower Boones Ferry Rd., meet van SW side of I-5 & L. Boones Ferry Rd. where buses enter P & R.

### **Clothing and Supplies needed for Cross Country Ski Trips**

Avoid cotton clothes, use synthetics/wools/silk. (for ski trips bring ~\$12 to rent ski equipment)

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Socks (thick & thin)                           | <input type="checkbox"/> Gloves (liner&thick) | <input type="checkbox"/> Knit/pile hat                        | <input type="checkbox"/> Warm jacket (pile)          |
| <input type="checkbox"/> Rain jacket/shell                              | <input type="checkbox"/> Rain pants           | <input type="checkbox"/> Rain hat                             | <input type="checkbox"/> Personal medications        |
| <input type="checkbox"/> Sack lunch, snacks                             | <input type="checkbox"/> 1 quart water        | <input type="checkbox"/> \$\$ for snacks                      | <input type="checkbox"/> \$8 XC ski trail fee donate |
| <input type="checkbox"/> Daypack/fanny pack                             | <input type="checkbox"/> Sunscreen lotion     | <input type="checkbox"/> Lip protection                       | <input type="checkbox"/> Sunglasses                  |
| <input type="checkbox"/> Foam pad or garbage bag to sit on snow         |   | <input type="checkbox"/> Long underwear (top & bottom)        |  |
| <input type="checkbox"/> Gaiters, chemical hand/foot warmers (optional) |   | <input type="checkbox"/> Spare clothes, shoes to leave in van |  |