



# ARE YOU PREPARED FOR YOUR SNOW TRIP?

## What to Wear...

1. Nylon or polypropylene underwear.
2. Outer pants or knickers of wool or polypro.
3. Outer shirt or turtle neck.
4. Windbreaker or parka with hood.
5. Ventilated rain jacket and pants.
6. Liner socks plus heavier outer socks of wool or polypro.
7. Wool or polypro hat.
8. Wool or polypro gloves or mittens (lightweight glove liners and mittens will keep hands warmer).
9. Gaiters (keep snow out of boots and feet dry).
10. Avoid all cotton clothing!! Dress in layers. Don't overheat. As you warm up take off the outer layer; when you stop, put back on to avoid rapid cooling.

## Trail Etiquette . . .

1. Avoid snowshoeing or walking over XC-ski tracks.
2. When taking clothes off or adjusting gear step out of track.
3. When skiing through a developed Alpine area avoid downhill runs.
4. Downhill XC-skiers always have the right-of-way. Step out of track so they won't have to try to jog around you.
5. On downhill runs avoid over-skiing the person ahead of you.
6. If you fall, slide off the trail immediately before trying to get up. Fill in sitz marks so others won't catch a ski tip and fall.
7. Never ski right alongside a railroad track (100 ft. is a safe distance). Trains kick up rocks and ice.

## SNOW TRIP RATINGS

Attempts to "rate" terrain, snow conditions, and the many other factors which influence a snow trip are subjective. The Easy, Moderate and Difficult ratings listed below are relative ratings. What is easy for one person may be more difficult for another, dependant on ones physical condition, equipment and skill level.

If you have questions about your conditioning, clothing, equipment, or skill level, contact the Trip Leader to find out if a particular trip is "right for you." The "Easy" classification referred to below is not recommended for "first time" skiers. **Basic skiing skills should be acquired through specific instruction before signing up for a scheduled ski trip.** For beginners, Eugene Parks and Recreation offers good skiing and as well as snowshoe instruction.

Rating	Cross Country Ski		Snow Shoe	
	Distance Miles	Elevation Feet	Distance Miles	Elevation Feet
<b>Easy</b>	Less than 4	Less than 400	Less than 3	Less than 400
<b>Moderate</b>	4 to 8	400 to 1000	3 to 6	400 to 1000
<b>Difficult</b>	More than 8	More than 1000	More than 6	More than 1000

## ALWAYS CARRY THE SNOW ESSENTIALS

Winter first-aid kit.  
 Waterproofed matches/fire starter.  
 Extra food and water.  
 Raingear, parka and pants.  
 Plastic whistle.  
 Map and compass.  
 Flashlight, extra batteries/bulb.

Emergency reflective blanket.  
 Pocket knife.  
 Sunglasses or goggles.  
 Extra gloves, mittens or socks.  
 Ski repair kit (spare ski tip, wire, screws, masonry anchors, screw driver, duct tape).

*Also recommended:* Paraffin, or maxiglide, scraper (for skis). Ground insulation or sitting pad (12-15 inch square of heavy foam), Emergency shelter (nylon tarp or tube tent), 100 feet of cord, snow shovel.