



ARE YOU PREPARED FOR YOUR SNOW TRIP?

While you might consider yourself an experienced day-hiker or backpacker, snow travel requires special equipment, techniques, and safety considerations. A good place to start preparing for winter outings is talking to hikers who also enjoy snowshoeing and cross-country skiing. Contact the trip leader so the two of you can determine if a particular trip is right for you.

Your questions about equipment and more can be addressed through good sources at local retailers. Berg's Ski and Snowboard Shop <https://www.bergsskishop.com/> is the area's expert specialty store for winter sports. REI <https://www.rei.com/stores/eugene> and Backcountry Gear <https://www.backcountrygear.com/> are two other resources for clothing and gear.

CLOTHING

Any discussion about snow sport clothing always starts with layering. Don't overheat. As you warm up, take off the outer layer; when you stop, put layers back on to avoid rapid cooling. Avoid all cotton clothing.

- Merino wool or polyester base layer top
- Polyester, fleece, or down mid-layer top for insulation
- A hardshell outer layer jacket that can withstand the elements.
- Merino wool long underwear for cold days
- Hiking pants that are waterproof or water-resistant
- Non-cotton socks—wool or wool blend
- Waterproof hiking boots or shoes
- Warm wool cap
- Waterproof gloves (with glove liners for cold days)
- Gaiters (keep snow out of boots and feet dry)
- A buff to keep your neck warm and perhaps pull it up to cover your face

Always pack extra dry clothing, especially a spare cap, socks, and gloves. You want to be sure you stay dry, not only for comfort reasons but in case you need to stay out for an extended time in the event of an emergency.

EYE AND SKIN PROTECTION

It's winter but now the sun shines down on you and reflects back up. Bright days may require sunglasses or goggles. A strong sunscreen should be in your kit. Apply it frequently and remember those areas exposed to light reflected off the snow.

TRAIL ETIQUETTE

- Avoid snowshoeing or walking over XC-ski tracks.
- When taking clothes off or adjusting gear step out of track.
- When skiing through a developed Alpine area avoid downhill runs.
- Downhill XC-skiers always have the right-of-way. Step out of track so they won't have to try to jog around you.
- On downhill runs, avoid over-skiing the person ahead of you.
- 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.
- Never ski right alongside a railroad track (100 ft. is a safe distance). Trains kick up rocks and ice.

ALWAYS CARRY THE SNOW ESSENTIALS

Winter first-aid kit

Bic lighter, candles for fire starter

Extra food and water

Raingear, parka and pants

Plastic whistle

Map and compass

Flashlight, Headlamp

Extra batteries/bulb

Emergency reflective blanket

Emergency Bivy

Pocketknife or multitool

Sunglasses or goggles

Extra gloves, mittens, and socks

Hand warmers

Ski repair kit: spare ski tip, screws, screwdriver, wire, masonry anchors, duct tape, cable ties

Also recommended: Paraffin, or maxiglide wax, scraper (for skis)

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, dependent on one's 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 snowshoe instruction.

Rating	Cross Country Ski		Snowshoe	
	Distance Miles	Elevation Feet	Distance Miles	Elevation Feet
Easy	Less than 4	Less than 400	Less than 3	Less than 400
Moderate	4 to 8	400 to 1000	3 to 6	400 to 1000
Difficult	More than 8	More than 1000	More than 6	More than 1000

