Wintergreen Ski Trip
Date: Feb 14-15, 2015
Location: Wintergreen Ski Resort
Price: $99
Registration Deadline: Wednesday Feb. 4, 2015
Pre-trip Meeting: TBD

Personal Preparation
Tribe Adventure Program trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

Transportation
Three Campus Recreation vans will be provided for participants and their gear.

Expedition Behavior
Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Participant Responsibilities
We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip; even though most people only think of the trip being physically hard it can be mentally just as hard. The TAP staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Honor Code as well as policies made by our staff for your safety. As a participant of a TAP trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

Smoking, Alcohol & Cell Phones
In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.

What is provided by TAP?
TAP will be providing all transportation to and from Wintergreen Ski Resort. We will also be providing two meals (dinner 2/14 and breakfast 2/15). With your payment you will also receive (if you desire) rental equipment (skis/poles or snowboard), a helmet, a lesson, and lodging in a cabin near the resort. TAP will also provide transportation to and from the resort and cabin.

Cancellation Policy
All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or $20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.
Personal Gear Checklist for Skiing/Snowboarding

Clothing:
- Socks (2 pairs)
- Snowpants/Waterproof pants; Rain pants will work but be prepared to layer
- Long pants (for warm layering under snowpants)
- Long-sleeve shirt (for warm layering under coat)
- Winter Coat (waterproof)
- Insulated jacket or pullover (fleece or wool)
- Stocking cap and waterproof gloves
- Sunglasses/Ski goggles
- Personal sleeping items and clothing to travel to/from mountain

Overnight Equipment:
- Sleeping Pad*
- Sleeping Bag (at least 30 degree)*
- Water Bottles (2 Liters)

Toiletries & Miscellaneous:
- Toothbrush and toothpaste
- Contacts and glasses
- Feminine Hygiene products
- Sunscreen (yes you can get sunburnt in the snow)
- Flashlight or Headlamp
- Personal Medications
- Money/Credit Card

Optional Items:
- Camera
- Watch
- Book
- Snacks

* Items marked with an asterisk* are available from the Tribe Adventure Program

Packing Considerations
Skiing and Snowboarding can get pretty chilly. Be prepared to dress in layers. If you are unsure that you have appropriate clothing for this activity please contact your trip leader prior to leaving for the trip! Helmets will be provided as a part of the rental deal.
Cotton Clothing
Cotton clothing is not an appropriate choice for active use or for enduring a rain shower or snowy conditions. When wet from perspiration, rain, snow, or falling in the water, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. We highly recommend that you bring as much synthetic clothing as you can, especially base layers.

Itinerary

Saturday Feb. 14:
6:00am- Depart from Campus Recreation for Wintergreen Ski Resort
9:00am- Gather rental equipment and hit the slopes!
Lunch on your own
7:00pm(ish)- Dinner in Cabin 1 for all provided by TAP

Sunday Feb. 15:
11:00am- Checkout of cabin
2:00pm- Return to campus

(one or two vehicles may elect to leave earlier than 11am on Sunday to return to campus earlier)