**Field Trip Information**

Updated 1/21/2024.

When: Sunday, January 28, 2024

Where: [White Pass Nordic Center](https://skiwhitepass.com/the-mountain/nordic-center)

Time: Plan to be there by 8:30 to beat traffic and allow time to park (the lot usually fills by 9:00), buy your trail pass and rent skis. We will be done by 3:30.

If you are delayed or cannot make it, text Karen Pyle (360)280-3232 or Christina Eudy (360)810-7575

*NOTE: Students must arrive by 9:00 and prepared with adequate gear or they cannot participate*.

Parking: To get to the Nordic Center, take the second left into the big parking area on the left side of the road, across the street from the downhill ski area. Parking attendants will direct you into the entrance. Once in the parking lot, the Nordic Center is straight ahead. The parking lot attendant may direct you to take a left once you enter the lot but go straight to get a spot closer to the Nordic Center. Parking is free.

Meeting time and place: Gather near the picnic tables at 9:00

Costs: Trail pass = (Group rate TBD. Last year=$21) Ski, boots and poles rental = $32.

Plan for the day: Break into small groups. Morning--learning on mostly flat areas and small hills near the yurts, leaving packs on the snow. Lunch in yurt, cars or picnic benches followed by more work on hills. Last segment will be a short tour in small groups, with packs. Finish by 3:30.

What to bring:

* Skis (width less than 70 mm at widest part of the ski), boots and poles, unless you are renting.
* Day pack (make sure everything fits in your pack with room for any layers you may shed):
	+ Extra mid layer such as a vest
	+ Always have a puffy/stuffable insulated jacket for rest stops or emergencies.
	+ 1 Extra pair of gloves/mittens
	+ Snacks—small and accessible, bring extra
	+ Lunch
	+ Water—Bottle inside your pack or bladder (with insulated hose if below freezing)
	+ Sunglasses, small first aid kit, personal items, hand warmers are nice, sunscreen
	+ Rain gear--waterproof and breathable jacket and pants (Protect from falling snow or rain. Also blocks wind and sheds snow if you fall.)
* Use a plastic bag inside your pack or put contents in waterproof bags to keep contents dry. You will be putting your pack on the snow while learning.
* Money for carpool driver
* Optional/leave in car or in the cafe yurt: extra hat and gloves/mittens, extra pair of socks, hand warmers, change of clothes, thermos, more snacks and water for ride home.

What to wear:

* Top: Base layer (synthetic or wool, light or medium weight) and a mid layer or two (e.g. fleece, wool, puffy, vest). You will need more (such as a light fleece jacket and a vest) if you run cold or temps in low 20s or lower, or windy, snowing or raining. You can shed layers as you warm up. Waterproof/breathable shell jacket. Softshell jacket works if it’s water repellent and it’s not snowing hard or raining.
* Bottom: Base layer (synthetic or wool, light weight) plus insulated tights or pants (with a shell if windy), cross country ski pants or softshell pants. Hiking pants paired with a warm base layer will work. Outer pants need to shed snow if you fall—either water repellent or waterproof/breathable. Downhill ski pants work if it’s really cold, but usually are way too hot.
* Head, neck and feet: Wool hiking socks (1 light to midweight pair is usually adequate—ski boots are insulated, but bring one extra pair), hat, gloves or mittens (bring extra). Optional, but nice-- Neck gaiter.

What not to wear: NO COTTON. Downhill ski pants are usually too hot (exertion = heat), but fine if that's all you have. Heavy ski jackets are too hot and too bulky. No plastic/vinyl rain gear.

Tips

* Don’t put on the socks you plan to wear skiing until you put on your ski boots. Your feet sweat and moist socks will make for cold feet.
* [What to wear for cross country skiing--REI](https://www.rei.com/learn/expert-advice/crosscountry-ski-clothing.html)

Check out these videos, to get an idea of what you will be learning:

[How to Cross Country Ski: A Beginner’s Guide - Part 1 | PSIA-AASI](https://youtu.be/dj-UJk9FBPA?si=CIxxAG7GNN2fTtN2)

[How to Cross Country Ski: A Beginner’s Guide - Part 2 | PSIA-AASI Skiing Basics - Classic Skiing](https://youtu.be/XLrGeEq52gg?si=gaNnZ08HU6YdrG5x)

[Classic Cross-Country Skiing for Beginners by REI](https://www.google.com/url?q=https://www.youtube.com/watch?v%3DSuKn-acPvVk&sa=D&source=editors&ust=1670186555336387&usg=AOvVaw23v-Yp9ueNCJcOlf0kthqc)

[Beginners guide to Cross Country Skiing](https://www.google.com/url?q=https://www.youtube.com/watch?v%3D_i6978nfvEw&sa=D&source=editors&ust=1670186555336927&usg=AOvVaw3KG0f1nl-gcZcItyc8LsE5)

Questions? Contact Karen Pyle at kgpyle60@gmail.com