Cold Weather Outing Trip Info Sheet and Equipment List
Dog sledding, Ski/Ride and Snow Tubing activities

What to Bring

- Insulated layer...Long Underwear, Thermals
- Long pants...Water wicking, warm
- Long Sleeve Shirt...Water wicking, warm
- Socks...2 pairs wool or synthetic
- Warm hat
- Scarf or Neck Gaiter
- Ski Jacket
- Ski Pants
- Sunglasses or goggles
- Camera and film
- Any Medications you are taking...Please inform trip leaders of any medications you will be bringing
- Water Bottles or Sports drinks...2 water bottles
- Snacks...trail mix, power bars, or granola for energy
- Lunch...bring a lunch or money for lunch, the mountain food is pretty pricey so keep that in mind

What you should wear

Please don’t wear cotton on our trips! Cotton is a sponge and soaks up water and holds it against your skin, often causing the wearer to become wet and cold. Layers work the best because when the temperature changes you can take them off or put them on. It’s important to have winter jacket and pants. If you have ANY questions about clothing or what you need to bring please contact us! This link http://www.wikihow.com/Dress-for-Skiing is a good start to getting an idea of what you should wear if you are unsure.

Bring Water!

As with all of our outings we encourage you to stay hydrated! Bring fresh drinking water, or at least 2 1-liter containers to put water in! Also make sure to bring a lunch and snacks to keep your energy going.

Drugs and Alcohol

Because of the nature of this trip and the mixed age group, alcohol is not permitted. Please leave it at home. Drugs, except ones specifically prescribed to you by your doctor, are absolutely prohibited. Students with these in their possession are subject to all penalties of violating USM policy, and State and Federal law. Additional consequences could include exclusion from this and future activities, and/or being sent immediately home.

Questions or Concerns

Sullivan Campus Recreation & Fitness Office
780-4939
104 Sullivan Recreation & Fitness Complex, Portland