

Friday Night Ski & Snowboard

Appalachian Ski Mountain

Friday, January 19th



Trip Description:

Start your weekend pursuing snowy winter in the North Carolinian mountains with Outdoor Adventures! This half-day trip will be fun, regardless of whether you are an experienced skier and snowboarder or are exploring winter sports for the first time. Appalachian Ski Mountain offers 9 slopes of varying difficulty and 4 terrain parks, and we will make sure to provide you with transportation and convenient beginner's instruction to get started!

Trip Cost: Student = \$75 (\$85 for non-students)

Includes: transportation, equipment, instruction.

If you are bringing your own equipment, you will receive a \$20 discount. If you do not bring your own equipment the day of, you might not be able to rent equipment.

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip as long as it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: No partial refund will be available due to how early the trip is in the semester

Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to depart by 3:00PM on Friday, January 19th at Outdoor Adventures.
- 2) Ski or Snowboard experience is not required but recommended.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):

Friday, January 19th:

- Meet at Outdoor Adventures by 3:00PM (participants must be able to depart at this time).
- Arrive at Winterplace by 5:00PM and spend the day on the slopes! Finish up around 9:00PM and head back to campus
- Return to campus around 11:00PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 11PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa

Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Ski Goggles: borrow from a friend or buy a cheap pair (sunglasses can also work, but are not as effective)
- ☐ Warm Gloves: preferably not cotton
- ☐ Warm Socks: calf-height socks work well when wearing ski or snowboard boots

Upper Body

- ☐ Base Layer Top (long underwear top): worn next to skin to keep warm
- ☐ Ski/Snowboard Jacket: something warm and water resistant, a warm fleece and rain jacket combination can also work

Lower Body

- ☐ Base Layer Bottoms (long underwear bottom): worn next to skin to keep warm
- ☐ Ski/Snowboard Pants: suitable for getting wet in the snow

Personal Items

- ☐ Travel Clothes: a set of warm clothes you can change into once we are done for the day
- ☐ Sunscreen: 30+ SPF
- ☐ Lip Balm
- ☐ Camera: protective case is highly recommended (optional)
- ☐ Personal medications: prescription drugs must be on your health form
- ☐ Personal medical insurance card
- ☐ Small backpack or duffel bag: to keep your personal items/clothing in while traveling—should fit under a seat in our van
- ☐ *Water bottle: quart size (required)
- ☐ Money for food (most food is \$15.00)

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