

Troop 673
Cross-Country Ski Trip
Packing information and tips

General information:

- The Blood / Trinca family has generously offered to put us up at their home. Scouts will stay in a large room with bunks, but not enough for everyone. Assume you'll be sleeping on the floor and be happy if you are in a bunk. Adults will stay in main house – a sleeping bag is still a good idea. More information will be available when headcount is finalized.
- Cross-Country skiing is rigorous exercise. You WILL work up a sweat and even in 10 degree temperatures will gradually strip down to one or two light layers while moving, and will need to layer up quickly when stopped.
- Dress in layers. Many people prefer synthetic products (Underarmor, etc.) Others prefer silk and wool. What we use for hikes will be fine. Layers, and a backpack in which to carry them.
- When it's cold outside you really don't want sweat building up in your clothes, because when you slow down or stop, it can freeze or get cold very quickly, robbing you of body heat.
- We will generally be within 45 minutes of a lodge where we can warm up and get water.
- It can rain, and even if it doesn't you may fall down, so bring your rain gear, top and bottom.
- Don't eat yellow snow.

The Plan:

- Plan A – Arrive at Whitegrass Saturday morning, rent skis, get a short lesson, and ski / explore. Lunch at Lodge, dinner at Trincas. Sunday, breakfast at Trincas' place, go to rent skis and ski, lunch at lodge, depart for home.
- Plan B – If it is too rainy or there is no snow, we will hike and / or do a service project. Wear waterproof hiking boots and take a pair of work gloves, just in case.

Packing List

- Sleeping bag & pad (Pillow optional)
- Towel, toothpaste, other toiletries.
- Small daypack for carrying layers, water and trail food.
- 1 quart thermos if you have one, or 1 qt water bottle. No camelback as the hose could freeze.
- Compass if you have one – we may use the topographic map to practice navigation skills.
- Trail food – granola, granola bars, cheese sticks, cliff bars, candy bars, etc.

Clothing:

- Take 3 pairs of wool hiking socks – one for each day and one for “après-ski”.
- Base - thin wicking t-shirt or silk long underwear and thicker long underwear or turtleneck.
- After that – Wool or fleece sweater or light down or poly-fill jacket.
- Same on bottom – long johns with sweatpants or fleece pants.
- Outer layer – waterproof shell – rain jacket and pants. Good for wind and rain.
- In addition to the above please pack one extra layer – a sweater or fleece, just in case.
- Wool or other warm hat, and warm gloves. (Optional – earband to protect ears from wind).
- Wear waterproof hiking boots and pack a pair of work gloves.