

## Telemark Skiing Weekend

**DATE:** Sat. 2/7 – Sun. 2/8

**MEETING TIME:** 6:00AM

**MEETING LOCATION:** Lot H, Behind New Hampshire Hall

**Mandatory Boot Sizing – Please email [outdoor.adventures@unh.edu](mailto:outdoor.adventures@unh.edu) to arrange sizing for ski boots by 1/27**

**General Info:** We're heading to Mt. Abram for back to back days of Telemark Skiing! Never telemark skied before? No problem! We'll have a lesson each morning from professional instructors to teach you the basics. Afternoons will be spent skiing the beautiful trails that Mt. Abram has to offer. We'll spend Saturday evening in a nearby lodge. Dinner on Sat, and breakfast and lunch on Sunday will be provided. Telemark equipment, lift tickets and transportation are included.

### Schedule

#### *Sat.*

6:00 AM – Meet in H Lot, behind New Hampshire Hall

9:45 AM – Arrive at Mt. Abram, get lift tickets, gear up

10:30 AM – Morning lesson

12:00 PM – Lunch

Afternoon – ski together, coaching and drills

4:30PM – Depart Mt. Abram for nearby lodge

Arrive at lodge, make dinner together, hang out (Wifi available if you need to do homework)

#### *Sun.*

7:30AM – Wakeup and breakfast

9:00AM – Head to mountain, ski

10:30AM – Morning Lesson

12:00PM – Lunch

Afternoon – ski together until we're tired!

4:00PM – Depart Mt. Abram for campus

6:00PM – Arrive on campus

**Clothing and Equipment:** Please see the attached equipment list. If you are having trouble finding any of the items, please email [outdoor.adventures@unh.edu](mailto:outdoor.adventures@unh.edu). Also note, that a lot of the items are covered in the course fee – no need to buy them if you do not have them.

**Food:** Please bring your own lunch for Saturday. There is also a snack bar that serves sandwiches, pizza and other items at the lodge if you'd like to purchase lunch. We will provide dinner on Sat. and breakfast and lunch on Sunday.

**Lodge:** We'll be staying in a nearby lodge. Wifi is available if you'd like to bring your laptop to do homework. We'll all help to make dinner and breakfast! There are comfy bunks and showers.

### Instructions for completing the following paperwork:

Please complete the following *Medical Information form* and *Liability Waiver*. Once completed, you can drop them off at the Rec. Center Front Desk or you can email them back to [outdoor.adventures@unh.edu](mailto:outdoor.adventures@unh.edu).

**Please submit your completed forms as soon as possible.**

Please send any questions to this email also.

Thanks for joining us for an adventure!

## Equipment List

Items in red are provided, but you need to arrange for sizing prior to the trip. We also have a limited supply of fleece and poly-pro available – first come, first serve – please email us to request items.

<p><b>Clothing</b></p> <p><u>Feet</u></p> <ul style="list-style-type: none"><li>▪ Telemark Boots (can be borrowed from UNH Campus Recreation)**</li><li>▪ (1 pr.) Heavy socks (synthetic or wool only)</li></ul> <p><u>Hands</u></p> <ul style="list-style-type: none"><li>▪ Wool/pile gloves or mittens</li><li>▪ Waterproof shell mitten or glove</li></ul> <p><u>Head</u></p> <ul style="list-style-type: none"><li>☐ Wool/ fleece winter hat</li><li>☐ Balaclava/ Neck Gaiter</li><li>☐ <b>Helmet (mandatory!)**</b></li></ul> <p><u>Torso</u></p> <ul style="list-style-type: none"><li>☐ Lightweight poly-pro top</li><li>☐ Heavyweight poly-pro or fleece shirt</li><li>☐ Heavy wool/fleece/down jacket</li><li>☐ Waterproof/breathable shell jacket</li></ul> <p><u>Legs</u></p> <ul style="list-style-type: none"><li>☐ Poly-pro bottoms</li><li>☐ Mid-weight Wool/Fleece pants</li><li>☐ Waterproof/breathable pants</li></ul> <p><b>Eating/Cooking</b></p> <ul style="list-style-type: none"><li>☐ 1-quart water bottle (Wide mouth lexan Nalgens seem to work best- NO narrow mouth bottles or metal bottles) – bring 2 bottles for backcountry days</li><li>☐ Adequate food and snacks for the duration of the trip</li></ul>	<p><b>Travel</b></p> <ul style="list-style-type: none"><li>☐ <b>Telemark Skis and Poles (Can be borrowed from UNH Campus Recreation)**</b></li></ul> <p><b>Miscellaneous</b></p> <ul style="list-style-type: none"><li>☐ Ski goggles (optional, but highly recommended)</li><li>☐ Sunglasses</li><li>☐ Sunscreen/lip balm</li><li>☐ Personal medications</li><li>☐ Identification and Insurance Information</li></ul> <p><b>For Lodge</b></p> <ul style="list-style-type: none"><li>☐ <b>Sleeping bag**</b></li><li>☐ Pillow</li><li>☐ Pajamas</li><li>☐ Comfy clothes for after-skiing</li><li>☐ Slippers if you want</li><li>☐ Towel</li><li>☐ Toiletries</li></ul> <p><i>Polypro is synthetic material – brands such as under armor, nike dri-fit and other athletic brands may work – just check the tags to make sure they are not cotton.</i></p>
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## A Crash Course in Dressing Smart and Cheap for the Outdoors

### What to Wear:

#### Two keys to dressing for an enjoyable outdoor experience:

1. Layers: Dressing with multiple layers instead of one allows you to adjust to different levels of exertion. You'll be cool while hiking, warm in camp and toasty in your sleeping bag.
2. Anything but Cotton: As the saying goes, "Cotton is rotten!" It may be comfortable but cotton won't keep you warm when you get wet, while wool, fleece, capilene, and other synthetic materials will. So leave the sweatshirt behind and take a fleece jacket or a wool sweater instead. The same goes for cotton socks (asking for blisters!) and jeans. Some brand name synthetic materials that are good cotton replacements are: Capilene, Thermamax, Bergelene, Duofold, MTS2. The two exceptions to the non-cotton rules are cotton t-shirts and underwear.

#### Three levels of layering:

1. Inner Layers: These thin non-cotton base layers are worn next to the skin. Long underwear from any outdoor store will do.
2. Insulating Layers: Warm, thick layers that are worn in camp and to sleep. Examples are fleece jackets or pants, expedition weight long underwear, fleece vests and wool sweaters. Puffy jackets work too. Down is ill advised in any season but winter because it loses all of its insulating value when wet.
3. Outer Layers: The most important outer layer will be your waterproof raingear. Waterproof, breathable fabrics like GoreTex are comfortable and work well but the common, inexpensive coated nylon raincoats will keep you dry. Many people also include quick-drying nylon layer like windpants.

### Wheret to Get It:

#### Around Durham:

EMS on Arthur Brady Drive in Newington will be able to provide anything you are missing from your equipment list. They can be quite expensive but keep your eye out for sales, especially at the end of a season. Well cared for gear will last 10+ years. Other local stores Dicks Sporting Goods in Newington, and the Kittery Trading Post in Maine. There are also a few local ski shops that will carry some items like long underwear.

#### Online:

REI's website ([www.rei.com](http://www.rei.com)) has lots of options and some great advice on choosing gear (see the expert advice section). Their outlet store ([www.rei-outlet.com](http://www.rei-outlet.com)) also has great deals. Other websites to look through are Campmor ([www.campmor.com](http://www.campmor.com)), [www.moosjaw.com](http://www.moosjaw.com) and [www.mgear.com](http://www.mgear.com).

#### Budget:

A trip to any of the local thrift stores (Savers in Newington, Goodwill in Dover, and several places in Portsmouth) can turn up very cheap wool or fleece layers. The REI Outlet ([www.rei-outlet.com](http://www.rei-outlet.com)) also has great deals on clothes. Don't forget the cheapest way to find those extra pair of mittens or long underwear is always to ask around and borrow some from a friend.



**MEDICAL INFORMATION FORM**

Outdoor Adventures ♦ University of New Hampshire Department of Campus Recreation  
128 Main St. Durham, NH 03824 ♦ 603-862-1577 ♦ campusrec.unh.edu/outdoor

This medical form provides us with information required for course management and emergency situations. By requesting this medical history, we do not imply that we have the expertise to assess your physical condition, or your ability to participate safely in this program. **If you have any doubts about your ability to participate in this program, please consult with your physician.** Please complete fully so that instructors can adjust program activities as needed to meet your needs and manage your participation and the participation of others. This information is confidential and will be shared only as needed with trip leaders, instructors and medical care providers.

**Participant Information (required)**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Emergency Contact Information (required)**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

**Medical Insurance Coverage (required)**

Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_

**Personal Physician**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_

**Allergies:** Do you have any allergies (e.g., bees, drugs, foods, etc.)? Describe the nature of your allergic reactions.

**Dietary Needs** (only for trips where food is provided):

**Chronic Illnesses:** List any (e.g. diabetes, asthma, etc.) and suggest any helpful activity modifications.

**Physical Condition/Ability:** List any physical or ability considerations and suggestion any helpful activity modifications.

**Medications:** Are you taking any medications? If so, what are they? What are they for?

**Injuries:** List any injuries (e.g., dislocations, sprains, etc.), indicate severity, and identify when they occurred. Have you fully recovered from this injury?

**Physician:** Are you currently being treated by a physician (or have been in the past year)? Have you been hospitalized within the past year? If so, please explain.

**Concerns:** Do you have any special needs or concerns about your access to or participation in this program that you would like the Outdoor Adventures staff to be aware of?

<b>I have reviewed this entire form and have verified that that all information is given fully and truthfully. To the best of my knowledge, I am physically fit and able to safely participate in this program. I hereby consent for myself or the child/minor of whom I am guardian to receive medical treatment, if an illness/injury is incurred while participating in the aforementioned activities.</b>		
_____ Participant's Signature	_____ Participant's Name (printed clearly)	_____ Date
_____ Parent/Legal Guardian's Signature (if participant is under 18 years old)	_____ Parent/Legal Guardian Name (printed clearly)	_____ Date



PARTICIPANT RELEASE AND WAIVER OF LEGAL CLAIMS

Outdoor Adventures ♦ University of New Hampshire Department of Campus Recreation
128 Main St. Durham, NH 03824 ♦ 603-862-1577 ♦ campusrec.unh.edu/outdoor

THIS IS A LEGALLY BINDING AGREEMENT. PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY.

By signing this agreement you are releasing and waiving potentially valuable legal claims and giving up your right to bring any form of action, legal or otherwise, to recover compensation or obtain any other remedy for bodily injury to yourself or damage to your property or for your death however caused arising out of your participation in the UNH Outdoor Adventures activity identified below, now or any time in the future.

This is to certify that I \_\_\_\_\_, am fully aware that certain risks and dangers may exist during the \_\_\_\_\_ activity offered by the Outdoor Adventures program of the University of New Hampshire. I realize and acknowledge that these include but are not limited to risks and dangers of motor vehicle travel, exposure to the forces of nature, varying weather conditions such as severe heat and cold, exposure to insect-borne illnesses, travel in mountainous terrain, water-based travel with changing water levels and current, foot entrapments, other recreational traffic, and possible accident or illness in places remote from any medical facilities. I also understand Outdoor Adventures programs leaders do not necessarily carry radios or cell phones, and during this program we may travel in areas where these devices do not work reliably or at all.

I agree and acknowledge that my participation in this Outdoor Adventures program is entirely voluntary. I hereby assume all risk of bodily injury, death, and damage to my property during the course of the said activities. I do, for myself and if applicable the minor named below, agree that in no case will I present or prosecute against the University of New Hampshire, any of its trustees, officers, agents, employees, or specific site owners who may be working in conjunction with the University, any action, legal or otherwise, seeking to obtain compensation for bodily injury, death or property damage suffered by me or done to my property arising out of my participation in and/or presence at the aforementioned activities and travel to and from sites. Whether the same be occasioned by the negligence or other fault by the Outdoor Adventure Program or any and all others who are involved, I do agree further for myself and/or my spouse, and son/daughter/minor, to hold the University of New Hampshire, its trustees, officers, agents, employees, and affiliates, free and harmless from and against any and all claims, by whomsoever made or presented, for damages or compensation from any and every such bodily injury, death, or property damage suffered by me including but not limited to superficial injuries, sprains, fractures, paralysis, or death. I hereby certify, represent, and warrant that I am at least 18 years of age and fully competent to execute this agreement and bind myself to each and every one of the terms and conditions set forth herein.

I have read and fully understand the above acknowledgment of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.
Participant's Signature, Participant's Name (printed clearly), Participant's Email, Participant's Date of Birth, Participant's Age, Program Date(s), Parent/Legal Guardian Signature (if participant is under 18 years old), Parent/Legal Guardian Name (printed clearly), Today's Date