

# WINTER SKI & SNOWBOARD ADVENTURE

## CAMPS BURGESS & HAYWARD *Adventure Trips for Teens!*

### Trip Description

---

The Winter Ski & Snowboard Adventure is a wonderful mix of skiing/snowboarding, snow tubing, ice skating and scenic traveling. We stay in the Albert B. Lester Memorial Youth Hostel for four nights. Each participant has a bed and is given a sheet, pillow and blanket. We share responsibility for cooking meals and helping each other throughout the week.

We ski/snowboard at three New Hampshire Mountains: Loon Mountain, Mount Cranmore and Waterville Valley.

We are all looking forward to a fun filled week during Camp Burgess & Hayward's Winter Ski & Snowboard Adventure!

### Trip Itinerary

This schedule is tentative. Changes may be made if deemed to be in group's best interest.

Monday: Check-in is at 8:00 A.M. at the Mill Pond YMCA in Hanover, MA. Before leaving for New Hampshire, we do some icebreakers, Trip Leaders go over trip details and discuss YMCA policies and expectations. Then, we load up our van and begin our drive to New Hampshire, stopping for lunch along the way. We head to the scenic town of Conway and settle in at the local youth hostel. We go to the rental shop at Cranmore to be fitted for our skiing or snowboarding gear. In the evening, Trip Leaders break the group up into "cook groups" and help Group #1 get started in the kitchen. If your child has special dietary concerns, please call Camp at 508-428-2571 ext 109 to let us know. To start us off this evening we go skating at the local ice rink.

Tuesday: We head for the ski slopes of Waterville Valley . Some participants take morning ski lessons. Before breaking up into our ski groups, we all visit the lunch time meeting area so we know where to meet. After skiing, we return to the hostel, have dinner and get ready for an evening of snow tubing!

Wednesday: Today starts with a relaxing morning, we sleep in, hang out and have lunch together before heading to nearby Cranmore Mountain for their Cranapalooza! Some participants take afternoon lessons, we have dinner together then enjoy the evening entertainment provided by Cranapalooza—night skiing, fireworks, live music, entertainment and games.

Thursday: We head for the ski slopes of Loon Mountain. At the end of the day, we return our rental equipment. To celebrate our last night together, we take the night off from cooking duty and have a pizza party.

#### Friday

After a hot breakfast, we head to North Conway for a couple of hours of town time. Then, we hop back on the bus and drive south towards Massachusetts. Check-out is at 4:00 P.M. at the Mill Pond Facility in Hanover, Massachusetts. Trip Leaders are available to discuss the events of the trip with parents. Please be on time! After check-out, Trip Leaders still need to drive to Cape Cod, unpack and return to their homes.

---

SPECIAL NOTE: There is a minimum number of participants required to make this trip possible. If for some reason, this trip must be cancelled, you will be notified as soon as possible. A guarantee of equal numbers of male and female participants is not possible. If we feel there is an extreme imbalance, we will contact you.

# Clothing and Equipment List

This list itemizes the essential clothing and equipment needed. Due to space limitations you need to choose clothing that is versatile, durable, lightweight, quick drying, and comfortable.

**A note on sun protection:** Please remember that we are outdoors almost all day, every day. Remember to bring sunscreen, lip block, sunglasses and goggles. You can still get sunburned in the winter!

- Short sleeve T-shirts** (For the Hostel)
- Cotton sweatshirts** (For the Hostel)
- Long sleeve thermal undershirts**
- Warm shirts**
- Wool or fleece sweaters**
- Warm Winter Jacket**
  
- Underwear**
- Long Underwear**
- Pants** (Comfortable winter weight pants)
- Pants for skiing/snowboarding**
  
- Wool or synthetic socks**
- Extra Socks for skiing/snowboarding**
- Warm boots for around town**
  
- Warm Hat**
- Warm gloves/mittens**
- Goggles**
- Scarf or neck warmer**
  
- Sunglasses**
- Sun block**
- Lip block**

**If you have your own skates, feel free to bring them.**

- Skis, Boots, Poles** (if not renting)
- Snowboard, Boots** (if not renting)

- Camera**
- Wrist watch** (so you are on time for lunch)
- Toiletries:** soap, shampoo, toothbrush toothpaste, and not much more.
  
- Pajamas**
- Towel**
  
- Journal and Pen** - small pad or notebook to write down thoughts, experiences, addresses, etc.
  
- Small day pack** - to carry misc. small items in the van. Camera, water bottle, sun block, etc.
  
- Duffel bag or suitcase** for all your stuff. Everything should fit in this bag.
  
- Spending Money** - How much spending money do I need? Not much! All the essentials are included in the price of the trip. However, if you want to buy a souvenir or pick up a soda or snack between meals then bring a little spending money. We provide all meals, but some teens like to purchase their own lunch at the ski hills. \$30 to \$60 should be more than enough.

Less is best! You will find that having the right gear makes all the difference. Please stick to the essentials on the list.

**Keep your valuables and dress clothes at home!**

Unlike normal Camp programs cell phones are allowed so we can better keep in touch on the ski hill