Proper preparation makes for a wonderful day of Cross Country Skiing!

**OA provides:**
- XC skis, Boots, and Poles
- First aid kit
- Transportation

**You provide:**
- Day Pack
- Water bottles/bladder, at least 2 liters
- *Sunglasses*, sunscreen and lip balm

**Food**
- Lunch
- Snacks
- Water (2 Liter Holding Capacity)

**Clothing**
It is best to dress in layers because temperatures will vary throughout the day. Depending on your activity level, it is important to shed or add layers to stay comfortable. Bring a day pack to carry your extra layers for the day. **Avoid cotton at all costs! Cotton kills!**

**Upper Body**
- Synthetic t-shirt
- Synthetic/wool long underwear
- Mid-layer fleece
- Warm outer layer
  - Down, wool, sweater, or fleece
- Hooded water-proof jacket or poncho
- Warm beanie, fleece/wool hat
- Waterproof Gloves (1-2 pairs)
- Balaclava, scarf, neck gaiter

**Other Items**
- Camera
- Money for meal on return drive (dinner opportunities)
- Change of comfy/dry clothes for ride home

**Please Do NOT Bring:**
- Cotton clothing (jeans are cotton)
- Text books
- Pods or expensive electronics
- Drugs or alcohol

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The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants. Rental items include: daypack, poncho, gaiters and winter boots.