



## Snowshoeing in the Cascades Information:

**STUDENT RESPONSIBILITIES – \*PLEASE READ CAREFULLY\*:** Please have your student read this form – especially the packing list with you.

To attend trips, students **MUST attend 2 meetings:** *Orientation* on Friday, February 1<sup>st</sup>, FLEX TIME (9:30-10:10 am) in the Feynman Classroom and *Gear Pick Up/ Follow Up* Thursday, February 7<sup>th</sup>, Break (9:30-9:50 am) in the Feynman Classroom.

Students must communicate with the trip leader before the meetings if they cannot make them – failure to do so will result in their removal from the trip roster. Please direct questions to the trip leader (contact info listed on the form below).

**WHEN AND WHERE:** Saturday, February 9<sup>th</sup>, near Snoqualmie Pass

**TRANSPORTATION:** NWS Bus

**ITINERARY:** We will depart from school at 8:00 AM on Saturday, February 9<sup>th</sup>. Our adventure on snowshoes will take place somewhere along the I-90 corridor near Snoqualmie Pass. Specific location TBD based on weather, trail, and snow conditions. We will snowshoe between two to five miles, take many breaks to play in the snowy landscape along the way, and eat lunch out in the snow. We will return to school on the same day at approximately 5:00 PM. **Please arrange a prompt pick-up from the school, as a faculty member must remain with the student(s) until they are picked up.**

**SUPERVISION AND CONTACT** *Trip leader:* Jeremy DeWitt ([jeremy.dewitt@northwestschool.org](mailto:jeremy.dewitt@northwestschool.org)) *Additional faculty:* Sophie Daudon, Olivia Heeter, and Nathan Franck.

**COST** - \$20.00

**PACKING LIST – Plan on cold, wet, windy weather – hope for sun!**

### Footwear

- ✓ Wool or synthetic fiber socks
- ✓ Waterproof hiking boots or snow boots

### Base Layers

- ✓ Wool or synthetic fiber long underwear
- ✓ Wool or synthetic fiber hat



# The Northwest School

## Mid Layers

- ✓ Fleece or wool sweater
- ✓ Down or synthetic fiber layer (think puffy jacket)

## Outer Layers

- ✓ Thin wool or synthetic fiber liner gloves
- ✓ Waterproof gloves that will fit over liner gloves
- ✓ Rain or snow jacket with hood
- ✓ Snow or rain pants

## Food

- ✓ Lunch
- ✓ High energy snacks
- ✓ Chocolate

## Gear

- ✓ Snowshoes (school will supply if you don't have access to any)
- ✓ Ski poles (school will supply if you don't have access to any)
- ✓ Gaiters (you need these if your snow/rain pants don't have them built-in)

## Water

- ✓ At least one liter of water

## Personal Essentials

- ✓ Any medications you may need

## Backpack

- ✓ Fits on both shoulders and ideally has a waist belt
- ✓ Large enough to carry your food, water, extra layers, etc.

## Other

- ✓ Sunscreen
- ✓ Lip sunscreen/block
- ✓ Sun glasses
- ✓ Extra layer for your torso (non-cotton, of course)

## Happy/Bus Bag (stays on bus)

- ✓ Sneakers
- ✓ Extra pair of socks
- ✓ Extra clothing to change into
- ✓ Extra Food



# The Northwest School

- ✓ Extra water
- ✓ Homework/reading
- ✓ Phone (this stays on the bus)

## Optional

- ✓ Thermos with hot beverage or soup
- ✓ Camera
- ✓ Compass (leaders will provide map)

**GEAR NEEDS:** The school is capable of loaning almost every item on the packing list. Please note the items you need and notify the trip leaders at the orientation meeting.