



# ***THINGS TO KNOW BEFORE YOU GO (or Basic Winter Bus Trip Information)***



## ***Before the Trip***

- \*The trip letter you'll receive will describe the food, lodging, and skiing in detail, but call the trip leader if you have questions.
- \*The letter usually lists the names of those on the trip. You may wish to arrange for a bus seat mate before the trip if you are traveling by yourself.
- \*Consider car-pooling to the Park & Ride lot. Use the list or call the trip leader for possible car-poolers from your area.
- \*Final payment for the trip is due to the trip leader 10 days before the trip.
- \*Let the trip leader know if you have any medical problems--this information will be kept confidential.
- \*Call the Nordic Hotline at 414-299-9639 for any last minute trip updates the day or two before the trip.

## ***What to Bring***

\*Some items to bring along: skis, boots, poles (if you need to rent equipment, it's best to do so before the trip, or call the trip leader to see if rentals are available at the ski area), ski bag, waxes, face mask and Vaseline to protect your face from frostbite if it's bitter cold, fanny pack, ski clothes/long underwear/gloves/socks/hat (non-cotton), watch, water bottle for rehydrating while skiing, lip balm to protect lips, sunglasses, health insurance card, ID, money, alarm clock, ear plugs if you are a light sleeper, swim suit, camera, food, snacks, beverages, small cooler, etc. A book, cards, and board game are good ways to amuse yourself during slow times.

## ***Packing***

- \*Label all of your baggage with luggage tags, including your ski bag, snowshoes, and carry-ons.
- \*Skis and poles should be placed in a ski bag (preferably) or tied together. Your skis will be placed in a compartment separate from your luggage. Don't pack clothes in with the skis, as your skis are not unloaded from the bus on the night of arrival, except for the Telemark trip, or if we are stopping to ski along the way.
- \*Bring only one suitcase to place in the luggage compartment. Storage space is limited, so pack light, but do pack for the expected weather.
- \*Carry-ons such as coolers and liquids should be stored on the bus floor and not in the overhead bins, due to possible leakage. Bring a cooler that will fit under your seat, or there won't be any room for your feet. (Hey, that rhymes!)
- \*The overhead bins above your seat are for storing items you will need while traveling, such as food, a book, games, your coat, pillow, etc. The remainder of your items will be stored in baggage compartments.

### ***Meeting the Bus***

\*We depart from the north Watertown Park & Ride lot, which is located at the northwest corner of Highway 45 and the Watertown Plank Road exit. The lot has a pay phone and bus shelter.

The bus will usually park around the middle of this lot near the bus shelter.

\*Allow extra time to get to the Park & Ride lot in case of traffic jams or bad weather, because the bus does not linger long for late arrivals.

\*Arrive 1/2 hour before the departure time to get your desired seat and to load your gear. People will often place an item on a seat to reserve a spot as soon as they arrive. Good seats fill up fast!!

\*Don't leave any valuables in your car. Put visible items out of sight.

\*Make sure you board the correct bus, as other buses may be in the lot.

\*Check in with the trip leader when boarding the bus.

\*Please load your own gear into the luggage compartments, if necessary.

### ***The Bus Trip***

\*The bus has a bathroom in it, so we only stop if skiing is planned along the way.

\*Room assignments and a detailed itinerary are usually announced on the bus.

\*Introduce yourself to the people sitting near you in the bus. We are a friendly group!

### ***Skiing***

\*Ask other club members or the ski area staff about the various trails available, so you find ones suited to your skiing ability. Try not to ski by yourself--it's safer, and besides, it's more fun to ski with others.

\*If trail maps are available at the ski area, take one with you when you ski, or pay attention to the maps posted along the trails. Wear a watch when you ski. Choose your routes carefully to allow enough time to get back to the bus before departure time.

\*Ski lessons, whether skating or striding, are offered on most trips and are taught by fellow members. Take advantage of these lessons! No matter what your skiing ability, you will find the pointers worthwhile.

\*Remember that one kilometer equals 0.62 miles.

### ***While on the Trip***

\*Be aware of the bus departure and arrival times, so you don't hold up the group's itinerary.

\*Always notify the trip leader if you do not plan to ski that day, are receiving a ride back from the ski area with a friend, or are not attending an evening event for which you had signed up.

\*On the morning of the last day, your luggage needs to be packed up and carried to a designated "changing room." Male and female changing room numbers are announced in advance.

\*We usually return to the changing rooms after the final day's skiing for quick showers and clean clothes before heading home. Generally 45 minutes or less is allotted for this.

### ***Return Bus Trip***

\*We make a quick stop for fast food on the way home--help us keep it to 1/2 hour.

\*We plan to arrive at the Park & Ride lot around 9:00 p.m.

\*Please remember to check the overhead bins and under your seat for all of your belongings.

\*Please help to gently unload the luggage compartments, if necessary.

\*Start your car right away, to make sure it works and warms up.

\*Take time to make sure you have everything you brought along on the trip before you leave.

*These suggestions were prepared by the Nordic Program Committee. If you have additions or changes, please let the chairperson know. Thanks, and Happy Trails!*

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