



CHALLENGE AND ADVENTURE ACTIVITY

SNOWSHOEING, SKIING & WINTER TRAVEL

- Have a list of minimal clothing and gear that each participant carries with them. Check to make sure participants actually have it with them. Having a practice pack day at least one week before the trip can help assure youth will be prepared properly.
- Bring food and water and encourage participants to partake at regular intervals i.e. at least a mouthful of food and drink even if they are not hungry or thirsty.
- Avoid crossing iced over lakes or streams, unless utterly certain it is of safe thickness.
- Research route area to make certain terrain is free from avalanche risk.
- Know the symptoms of and remedies for frostbite and hypothermia. Check participants for symptoms at regular intervals.
- Be familiar with winter/snow evacuation routes and techniques.
- Carry emergency food, clothing, shelter, and means for melting snow.
- Repair kits may also include: pole/basket(s), bindings, wire, tools, pliers, and tape.
- Be aware of weather-specific access considerations - will snowfall impede your arrival or departure from the area/route? Will transport require chains or 4-wheel drive?
- Teach and practice proper LNT¹ components and trail practices.
- Evaluate each driver's experience and comfort level driving in snow conditions.
- Do volunteer drivers have OSU Driver Authorization?
- Beware of icy conditions, turn back or walk instead of putting the group at risk.
- Does the parking area/trail head require permits?

POTENTIAL AVALANCHE TERRAIN:

Traveling in avalanche terrain should be avoided both in terms of conditions and geography. If traveling in avalanche terrain, participants need to be briefed on travel techniques in the terrain, rescue methods and strategies should a slide occur and be advised of terrain features that should be avoided or treated with extreme caution. Additionally, the group needs to be equipped with the proper equipment for navigating this hazard. Avalanche conditions can be found from local forecast sites. Sno-tel information can assist with planning the route and trip.

References

1. Leave No Trace Center for Outdoor Ethics: www.LNT.org