



## Trip Description

The February Vacation Winter Ski & Snowboard Adventure is a wonderful mix of skiing/snowboarding, snow tubing, ice skating, and scenic traveling.

For five nights, we reside in the White Mountains Hostel, which is a renovated New England farmhouse located in Conway, NH. We collectively select, plan, and cook meals as well as share responsibility for other communal duties throughout the week. If your teen has special dietary concerns, please call the Adventure Trips & Teen Director at 508-428-2571 ext. 109.

We ski/snowboard at three New Hampshire mountains: Mount Cranmore, Loon, and Attitash. We also receive a hands-on educational tour of a dog sledding kennel. In the evenings, we ice skate, snow tube, and finish the week with a pizza party!

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 the group's best interest.**

**Sunday:** Check-in is at 8:00 A.M. at the Emilson YMCA branch in Hanover, MA. Before leaving for New Hampshire, we get to know each other with some ice breakers. Then, Trip Leaders discuss YMCA policies, group expectations and the itinerary. Once the vehicles are loaded, we are off to New Hampshire, stopping for lunch along the way. We head to the rental shop in North Conway to grab our gear and then settle into the cozy hostel environment. We'll also start prepping dinner with a few trip folk. Once the meal has ended and the kitchen is clean, we will go snow tubing for the evening!

**Monday:** Today starts with a delicious breakfast before heading to Mount Cranmore for our first day on the slopes! Some participants may take morning lessons, if they chose this option when registering. Then, we have dinner together and get ready for an evening of ice skating. Afterward, it's early to bed in anticipation of a big Tuesday trip!

**Tuesday:** Up early— gotta make it to Loon before the rush! We pack our to-go breakfast and lunch and spend most of the day on the mountain, before heading back to our humble abode for some much needed rest and recovery.

**Wednesday:** We sleep in and then whip up a delicious, hot breakfast! After we've had our fill, we head to North Conway for some town time. From there, we set off for an interactive and educational tour at a dog sledding site. Once we've said our farewells to the pups, it's back to the base for dinner, some fun games, and a sound slumber.

**Thursday:** We head for the slopes of Attitash Mountain. To celebrate our last full day together, we take the night off from cooking duty and have a pizza party. At the end of the day, we return our rental equipment and enjoy our final evening at our cozy Conway nook.

**Friday:** After a hot breakfast, we pack up our gear and drive south toward MA. Check-out is at 4:00 P.M. at the Emilson YMCA branch in Hanover, MA. Trip Leaders are available to discuss the events of the week with parents and guardians.

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

# CLOTHING AND EQUIPMENT LIST

This list itemizes the essential clothing and equipment needed for your trip, though it is only a guide. **Due to vehicle space limitations**, you will need to choose clothing that is versatile, lightweight, quick-drying, and comfortable. All clothing should be marked with the participant's name and packed in a duffel bag or suitcase. Please remember that we are outdoors almost all day, everyday, so it is essential to bring warm clothing. Also remember to bring a water bottle, sunscreen, lip block, sunglasses, and goggles. You can still get sunburnt 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
- Wool or synthetic socks
- Extra socks for skiing / snowboarding
  
- Pants – comfortable, winter weight pants
- Snow pants for skiing / snowboarding
  
- Warm boots for town time
- Warm hat
- Warm gloves / mittens
- Scarf or neck warmer
- Balaclava / face mask
- Sunglasses
- Sunscreen
- Lip block
  
- Wristwatch
- 1-liter water bottle (required)
- Toiletries: soap, shampoo, toothbrush, toothpaste
- Pajamas
- Towel (linens are provided by the hostel)

- Journal and Pen – small pad or notebook to write down thoughts, experiences, addresses, etc.
- Camera – optional
- Small daypack – to carry small misc. items (camera, water bottle, sunscreen, etc.)
- Duffel bag or suitcase for all of your clothing. Everything should fit into this one bag.
- Spending money (optional) - all of the essentials are included in the price of this trip. However, if you fancy purchasing a souvenir, bring a little spending money for town time. We also provide all meals, but some teens prefer to purchase their own lunch at the mountains. \$30-60 for the week should be more than enough.

## Winter Sport Equipment

- If you have your own ice skates, feel free to bring them. Otherwise, we rent them for you.
- Goggles (cannot rent—required)
- Helmet (required)
- Skis, Boots, Poles
- Snowboard, Boots

Ski/snowboard equipment may be rented for an additional fee.

- Please call 508-428-2571 ext. 109 to register for this service.

**Less is best!** Having the right gear makes all the difference. Please stick to the essentials on the list.

**Keep your dress clothes, electronics, aerosol cans, and cellphones at home!**

Books, magazines, playing cards, and journals are great for siestas.

SOUTH SHORE YMCA CAMP BURGESS AND HAYWARD  
75 Stowe Road, Sandwich, MA 02563  
(508) 428-2571  
[www.campburgessandhayward.com](http://www.campburgessandhayward.com)