

WINTER WELLNESS DAY AT MT. ASHLAND

We're so excited you'll be joining us for the free Winter Wellness Day at Mt. Ashland!

Skiing and snowboarding are sports that exhilarate the soul. The surrounding beauty of the Siskiyou and Cascade Mountains are stunning. Skiing is an escape, it's a chance for you to leave the challenges of daily life in the valley. You'll meet new friends who are there to add adventure to their lives as well.

Schedule

Arrive at your meeting place (La Clinica West Main, La Clinica Wellness Center on Biddle, La Clinica in Phoenix, Kids Unlimited) at **7:45am**. We will load the buses at 8:00am sharp, so don't be late! You will travel to Mt. Ashland for the day and return to your meeting place at 5:00pm. We will provide breakfast and lunch. Head to the Rental Shop when you arrive to pick up your gear. Lessons are 10am-noon and 1pm-3pm. Head back to the bus at 3:45pm.

Physical Fitness

On Saturday morning, allow time to stretch, especially in the legs and back. Drink plenty of water so that you arrive in the higher elevation hydrated, which will help your body adjust to the change in climate (our parking lot sits at 6,300 feet).

Clothing

Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. If you can, wear a turtleneck or long-sleeve shirt, sweater and jacket. **Try NOT to wear cotton as a base layer.** Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).

What to Bring and Wear

Here is our list of recommended items for you to bring skiing and snowboarding, if you can. It's better to have some extra items than discovering you need them later.

- Snacks, or snack money - Breakfast and lunch provided, but never hurts to have extra.
- Winter Hat
- Waterproof gloves or mittens (if you don't have these, just let us know).
- Eyewear - Goggles, sunglasses, or safety glasses for protection from the sun and snow.
- A water-resistant jacket or parka.
- A base layer. Materials like polypropylene and wool help to wick moisture away from your skin. Try to avoid wearing cotton.
- Water-resistant pants (if you don't have these, just let us know).
- Warm synthetic or wool socks.
- Apply sunscreen with at least SPF 15 and lip balm.
- Bring some extra clothes to change into when you're all done.
- Bring a backpack for extra clothes & supplies. There are cubbies in the lodge for you to store your backpack.

☺ **Most importantly - HAVE FUN!** ☺