The Becoming an Outdoors-Woman Program
Backcountry Ski Adventure!

- Overnight Backcountry Ski Trip to Exit Glacier located on Herman Leirer Road in Seward.
- Enjoy back country skiing with a pulk (sled).
- Gain winter cabin camping experience.
- Learn packing and gear tips for the backcountry.

COST:
- $180 includes instruction, program materials, 1 night lodging, 1 breakfast and 1 dinner.

PREREQUISITES:
- Intermediate cross country skier with the ability to ski on varied terrain for a duration of 4 hours.
- If you do not have your own pulk, please contact the instructor for other options.

REGISTRATION:
- Advanced registration is required and space is limited to 6 participants, so sign up early!

For additional information please contact:
Patti (907)394-0008 or Mary (907)394-2941
dfg.dwc.southcentralbow@alaska.gov
Tentative Agenda

**Saturday, February 22**
10:30 AM – Meet at Seward Safeway coffee shop
11:00 AM - Caravan to Trailhead
11:30 AM - Sled Packing Tips and Begin Ski
1:00 PM - Lunch Break on trail
5:00 PM - Arrive at NPS Cabin
  - Cabin Preparations
  - Unpack
6:00 PM – Snacks & Dinner
7:00 PM Roundtable Gear Discussion
  - Show & Tell
  - Survival Gear Discussion

**Sunday, February 23**
8:00 AM - Breakfast
9:30 AM – 12:00 PM Ski to Glacier
12:00 PM – Lunch & pack up
1:00 PM - Ski out
5:00 PM – Arrive Seward
Optional Dinner out in Seward before driving home

... If you have any questions regarding equipment, what to bring, or if you have any special or dietary needs please contact:
Patti Berkhahn 907-394-0008
Mary King 907-394-2941
What to Bring:

Instructors Will Provide The Following:
• First Aid Kit
• Cooking Gear
• 1 Breakfast, 1 Dinner and Beverages

Clothing & Gear Required by Participants:
Head:
_____ Knit Hat
_____ Neck Gaiter
Upper Body:
_____ Undergarments - synthetic sports bra (avoid underwire)
_____ Light, medium & heavyweight wool or synthetic base layers
_____ Ski Jacket – wind proof and insulated
_____ Waterproof Outer Shell Jacket
_____ Down Jacket or Vest -
Hands:
_____ Glove Liners – wool or synthetic
_____ Gloves
_____ Mittens
Lower Body:
_____ Underwear – wool or synthetic
_____ Long Underwear - light to medium wool or synthetic
_____ Snow Pants – X-Country Ski Pants
_____ Waterproof Outer Pant
_____ Gaiters (optional)
Feet:
_____ Liner Socks (thin) – wool or synthetic (2 pairs)
_____ Heavy Socks - wool or synthetic (2 pairs)
_____ Cabin Booties (optional)
Sleeping Gear:
_____ Sleeping Bag
_____ Sleeping Pad
Gear:
_____ Pulk (Sled)
_____ Skis, Poles, Boots, Bindings, Glide Wax for sticky snow
_____ Internal Frame Pack or Duffle Bag
_____ 4 Bungee Cords
_____ Flashlight or Headlamp
_____ Personal Dishes (Cup, Bowl, Spoon and Fork)
_____ 2 Water Bottles
_____ Sunglasses and Sunscreen
_____ Camera (optional)
_____ Ski Skins, Ski Wax, and Scraper (optional)
_____ Toiletries, Medications
_____ Personal Snacks
_____ Lunch for 2 days