Dudley House Ski Trip - Sugarloaf 2015
Itinerary and Information

Contact Information

Dudley Outings - main contact
Shared Google Voice number directs to both cell phones of Cristi & Alan. Calling, texting, are all ok.
Google voice number: 857-259-4488
E-mail: outings@dudley.harvard.edu

Sugarloaf Mountain for Emergencies
Phone: 207-237-2000 (General Switchboard)

Medical Emergencies
Call 911

Dudley Fellows Personal Contact

Cristi Proistosescu
Cell: 617-233-3061
cproist@fas.harvard.edu

Alan She
Cell: 617-821-2443
she@fas.harvard.edu

Bus Information

Departure Location: Mount Auburn Street at Holyoke Street (across from Boloco).

Session 1 departure time: 10:15am, Monday January 19th, 2015
Session 2 departure time: 11:15am, Thursday, January 22nd, 2015

It is important that you are on time for departure: the bus will not wait for anyone and will leave promptly at the scheduled time due to state restrictions on maximum driving time. If for any reason you cannot make it on time, please arrange your own transportation accordingly and provide us with your travel details.

Safety Considerations:

Cold Injuries
1. It will get very cold at Sugarloaf. Make sure you have appropriate clothing. You should be able to cover every single inch of your body. This means wearing ski goggles and a face mask/balaclava.
2. If the temperatures drop and the wind picks up, any exposed skin area, no matter how small, may develop frostbite within a few minutes.
3. Stay well fed and hydrated. Your body needs water and fuel to keep itself warm.
4. It gets cold in the chairs on the way up. Seek warmth and shelter as soon as you feel discomfort (loss of sensation, numbness, tingling).

Ski Safety
1. Do not ski by yourself on the more dangerous trails. Do not, under any circumstance, go glade-skiing by yourself
2. Do not engage in reckless behavior on the ski trails. Respect right of way and other posted rules.
3. Respect the mountain - be mindful of your skier level.
**General Information**

1. We are staying in Snowbrook Village condominium. The condos are proper apartments, with a kitchen and lots of common space -- so bring drinks, snacks, and boardgames, and plan a condo party.

2. The first lifts open every day at 8am. You have a full-day pass for each of your 3 days at Sugarloaf. Access the slopes directly by ski!

3. If you paid for rentals, you can pick up your rentals at the main base lodge. The rental package includes a helmet. Everyone gets a free ski lesson at any level. Lesson information will be included in the packets you receive when arriving at Sugarloaf. If you wish to attend a morning lesson on the first day, be sure to allot enough time before the lesson to pick up your ski or snowboard equipment.

4. Tear the receipt off your lift ticket and keep it in a safe place so that you can easily get a new ticket in case you lose yours.

5. To get around the resort, use the Sugarloaf Shuttle. You may either call to request a pick up or check the shuttle schedule.

6. Before you go skiing on the last day (Session 1: Thursday, Jan 22, Session 2: Sunday, Jan 25), please clean out your bedrooms and leave your luggage in a corner of the common area (pack things in the morning). This will help housekeeping prepare the condos for the arrival of the next guests.

7. We will have access to the Sports & Fitness Center, which features an indoor pool, indoor and outdoor hot tubs, steam room, sauna, and weight room. So bring your bathing suits! The hours are 7am – 9pm. Don’t forget to bring your pass.

8. We will be able to use the Sugarloaf Outdoor Center. From there, you can access Nordic skis, ice skates, and snowshoes. The hours for skiing, skating, and showshoeing are Sunday – Friday: 9am to 5pm, Saturday: 9am to 8pm.
What to bring

- Clothes for very cold temperatures
  - Windproof Jacket (preferably with hoodie)
  - Insulated layer - thick fleece/ sweater/ down jacket. **NO Cotton**
  - Turtleneck/ Thin Fleece.
  - Top Underlayer.
- Pants/ Bibs
- Fleece etc. midlayer pants
- Mittens + Gloves
- Hat/ Headband
- Balaclava/ Ski Mask **(not optional)**
- Neck gator
- Skiing Socks

- Accessories
  - Goggles
  - Hand & Toe Warmers
  - Snow Boots
  - Non-ski Gloves/ Mittens

- Gear
  - Skis/ Snowboard
  - Ski/ Snowboard Boots
  - Bindings
  - Poles
  - Helmet

- Necessities on the slopes
  - Sunglasses
  - Backpack/ fanny pack
  - Camera
  - Hydration
  - Lipbalm
  - Sunscreen

- Toiletries
  - Toothbrush
  - Swimsuit for hot tub/ swimming
  - Insurance Card
  - Medication
  - Phone
  - Money
  - Snacks

Goodie Bags provided

- Goodie bags are provided by Dudley Outings. Please expect the goodie bags after boarding the bus or once you arrive in your lodgings. In case of emergency, we have a stock of ibuprofen (IB) anti-inflammatory tablets.

FAQs

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<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Can I change my mind about the rental package?</td>
<td>No.</td>
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<tr>
<td>What do I eat for lunch?</td>
<td>There are restaurants on the mountain. There is a small grocery store at the base of mountain in case you want to buy sandwich making ingredients</td>
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<td>Can I change my room assignment?</td>
<td>Only in case of an emergency</td>
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<td>Can I leave early?</td>
<td>Only if you arrange your own transportation and notify us with your travel details.</td>
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<td>Wifi?</td>
<td>Not in condos. There is wifi in the base lodge common areas.</td>
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<tr>
<td>Date</td>
<td>Session 1 (Weekday)</td>
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| 1/19 Mon | Bus leaves from Harvard Square at 10:15am. Meet at 10:00am 74 Mount Auburn St (across from Bolocco, Cambridge, MA).<br>  
We will stop at a New Hampshire Liquor Outlet along the way.<br>  
Expected arrival time: 4:00pm (5.5hrs)<br>  
Dinner at Gepetto’s 7:15pm. Group members will be able to choose a soup or salad and one of three entrees for dinner. |                                                                                   |
| 1/20 Tue | Dinner: On your own.                                                                                 |                                                                                   |
| 1/21 Wed | Dinner at the Sugarloaf Inn, the Bigelow Room. 7:15pm. Group members will have a buffet to choose their dinner from. |                                                                                   |
| 1/22 Thu | Bus leaves from Sugarloaf at 5:15pm. Meet at 5:00pm in Snowbrook Village.<br>  
Expected arrival time: 10:15pm (5hrs) | Bus leaves from Harvard Square at 11:15am. Meet at 11:00am 74 Mount Auburn St (across from Bolocco, Cambridge, MA).<br>  
We will stop at a New Hampshire Liquor Outlet along the way.<br>  
Dinner at Gepetto’s 7:15pm. Group members will be able to choose a soup or salad and one of three entrees for dinner: |
| 1/23 Fri |                                                                                                   | Dinner: On your own.                                                                 |
| 1/24 Sat |                                                                                                   | Dinner at the Carrabassett Ballroom in the Sugarloaf Mountain Hotel 7:15pm. Group members will have a buffet to choose their dinner from. |
| 1/25 Sun |                                                                                                   | Bus leaves from Sugarloaf at 5:00pm. Meet at 4:45pm in Snowbrook Village. Exact meeting location will be announced later.<br>  
Expected arrival time: 10:00pm (6hrs) |                                                                                   |