



Waterville Valley Recreation Department Winter Outdoor Programs

Winter In Waterville Valley

Being outdoors when there is snow on the ground has an amazing array of rewards. Join us for your memorable winter adventure!

The Waterville Valley Recreation Department (WVRD) will be hosting a number of outdoor adventures for the 2019/2020 season. Join local Naturalist Dan Newton and Program Manager Erick Amero, for activities that range from off- trail snowshoe treks, outdoor skill workshops, and backcountry skiing adventures. No two trips will be the same; all courses promote challenge, exploration, and natural history.

Please Note: All programs require pre- registration and a three participant minimum to run.

Getting Ready

Preparation is a big part of any outdoor program, WVRD does most of the work for you. Follow these 3 steps to reserve a spot for your next adventure!

1

WVRD.RECDESK.COM

Take a look at up-coming adventures

2

PICK YOUR
ADVENTURE

Register and pay online

3

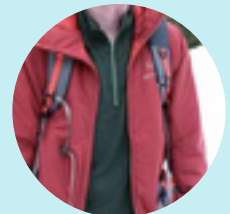
GET READY FOR
AWESOMENESS!

Call WVRD
(603)-236-4695 with any
questions



Wicking Layer

This is your next-to-skin layer. Avoid cotton and use synthetic or wool. The wicking layer helps to keep you dry.



Insulation Layer

The insulation layer is what keeps you warm. This system needs to be adjustable. Add more or remove layers as needed.



Outer Layer

You will need an outer layer to protect you from wind, rain, or snow. Waterproof, breathable materials are ideal.

Clothing & Gear Lists

Before joining us on an excursion, please review the following list and contact WVRD with any questions.

- Footwear: Warm/ waterproof with appropriate support & gators
- Warm hat, gloves/ mittens, & extra socks
- Clothing: wicking layer, warm layers (1-3), wind proof/ rainproof outer layer jacket. Waterproof over-mitten
- Gear: Micro spikes, snowshoes, trekking poles, or skiing equipment (depending on the requirements of your adventure), Heat packets, buff, face mask, sunglasses or snow goggles, liner gloves, cell phone and charger, sunblock, personal medications,
- Food: Choose high-energy food & snacks. For shorter trips bring trail snacks and 16-32oz. of water. Insulated water bottles are a good choice. For longer trips consider bringing a trail lunch, snacks, and extra water.
- Backpack (25-40 liters) - Keep a heavy duty trash bag in the bottom to use as a rain cover or as a bivy sack



ERICK AMERO – WVRD PARKS & ADVENTURE PROGRAMS MANAGER

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