

Warm Up to Winter

ALEX MURPHY: Hello everyone, and welcome to our Warm Up To Winter webinar. We've got WSU UREC's graduate assistant of the outdoor adventure program, Katelyn Spradley, here. And she's going to share some information with us on winter activities, some tips to keep you safe and help you when you're out there enjoying the snow. And some advice on what to wear and where to find certain products.

So we're very excited to hear from her expertise. Right now I'm going to pop the video over to our YouTube page where you'll watch a brief five minute video and then we'll come back to the webinar space and Katelyn will get things started. So sit tight and enjoy it. And if you have any technical difficulties just let me know. My name is Alex, and I am the program coordinator for WSU's Global Connection.

[VIDEO PLAYBACK]

[MUSIC PLAYING]

KATELYN SPRADLEY: My name is Katelyn Spradley, and I'm going to talk to you about winter travel. So there are a ton of activities that you could do during the winter. If you live in a place where there's a lot of snow, you could obviously go skiing and snowboarding. That's kind of the first thing that most people think of. And if you are in an area where skiing and snowboarding is an option, I would strongly encourage you to get out there and try it.

You can rent gear, you can find discounted passes and this is also information that I can give you later on during our webinar. If skis are your thing, then you can try cross country skiing. There's two different types. There's traditional and there's also Nordic. Nordic skiing is a little bit more like skating and you need groomed trails in order to be a part of it.

If traditional skiing is more what you're into, then that's just kind of like going on a hike through the woods with skis on. And it's a really great way to explore the outside and also get your exercise in. If you're uncomfortable on skis, another alternative is just strapping on a pair of snowshoes and trying that out. You can go on trails that you've hiked all during the rest of the year or even just get out into places that you'd like to explore, and walk around perfectly comfortably on snow with snowshoes on. However, if you live in a place where there are opportunities for you to have freezing bodies of water and you can have the chance to try ice skating outside, it's a totally different experience than skating inside and can really give you a really fun activity to do with your friends and family outside as well.

As far as what to eat, convenience is a huge factor. If it's not easy to eat then you're not going to eat it. And you really need to stay fueled if you're going to make the most out of your activity while you're out there. Things that I like to take with me, granola bars are great. Taking a protein bar or energy bar or any type of bar that is just easy to open and keep in your pocket is a really great thing to have.

The important nutrients that you need to be intaking while you're out are sugar, salt and any type of form of carbohydrate. Specifically simple carbohydrates, such as sugar, because they're easy for your body to process and they'll give you that energy faster while you're out there.

So now that we've talked about food, let's move into clothing. Clothing is a really important thing to keep in mind when you're preparing to go outside. It can be activity specific, but generally the rules are about the same for everything that you could be doing. And there's two main rules and that is that you need to dress in layers and that you need to not wear cotton.

Cotton doesn't wick, it actually holds moisture close to your body. And therefore if you stop moving, that could potentially freeze and you're going to get really cold really fast.

So when I say dressing in layers, the most important thing is that the piece of clothing that is closest to your body-- you can kind of see here I have a wicking shirt on. Under Armour is a good example of this, it's a non-cotton product. It's synthetic and polypro, it's a really good thing that you can wear as your first layer. Usually it's pretty thin but the layer that goes on top of that is going to be your insulating layer, which is going to hold your body heat close to you. That can be down or it can be fleece.

It can be anything that's a little bit thicker and it's just going to insulate your body from your core, that way you can stay warmer while you're doing your activity. On top of that, you can see here I'm wearing a shell. And this is a hard outer layer that's actually what would be more like a snow jacket or your rain jacket. Which is going to keep the water completely off of you, is the purpose of that piece of clothing.

This same layering system applies to your pants as well. You could have a piece of long Johns or leggings, whatever is going to be that close wicking material that's close to your legs. And then, on top of that, you'll have your snow pants or a pair of rain pants.

Mine are Gore-Tex, as it says right here on the material. You do not have to have Gore-Tex.

It's a great product that will keep you dry, but there are plenty of other products that come in at a lower price point that will service similar purpose.

Another really important thing are your accessories. So I have here my gloves, they are waterproof, they're just snow gloves. You can also wear glove liners, which are similar to those thinner gloves that you can get even at a department store, that will keep your hands dry once you put them into your shell. You can also wear a hat and my favorite piece of clothing are my socks.

Do not skimp on your socks. Buy wool, buy synthetic and don't wear the cotton socks that you would get at Walmart or another department store that are just the cheap kind. Because your feet are the most important thing that you're taking care of while you're out in the back country. Or out in the park, wherever you are.

Now that we have initial taste of what we can get into now that it's the winter season, we're going to head over into the chat room. And I would love to answer any questions that you have regarding snow sports, regarding food, regarding what you can do that can make the most of your winter season. So get those questions ready and I will chat with you in just a moment.

[END VIDEO PLAYBACK]

[MUSIC PLAYING]

KATELYN SPRADLEY: Hi everyone. So just as we just discussed, my name is Katelyn and I'm here to talk about warming up to the winter. First of all, let's just hear, where is everyone from? Thank you, I'm glad you liked it.

[LAUGHTER]

KATELYN SPRADLEY: All right, so Christina's from Sacramento, some California representation. North Idaho and Spokane, fantastic. All right so all of these areas-- I'm not sure about the now in Sacramento-- but all of these areas, the rest of them I know definitely have snow. And so let's get talking about what we can do to-- Lake Tahoe, great Christina, thank you. There are tons and tons of snow there.

So let's go ahead and get started. I'm going to start with clothing and layering system. So just an overview. As you may or may not have been able to see in my video, I was wearing a lot of different layers while I was outside.

As you can see in this picture, he has at least three different layers on. That inner layer is not

visible, but he has two insulating layers, which would be the brown and the purple. And then this outer layer which is going to be preventing that snow or water or any type of anything that's external to be touching those inner layers that aren't as waterproof. So just starting from the inside and working our way out, these are examples of base layers. When I say base layer, it's easy that you can have something that's close to your body that, as I said in the video, is going to be wicking.

And that means that it's going to be pulling sweat and moisture off of your body. This prevents you from freezing, in the case that you stop your activity, from it becoming cold against your body. And Christina has a question about how you can wear in layers and not be so bulky. Let me come back to that question once we get to the end.

Sometimes it's difficult to be able to do that at all. It depends on how you end up doing that layering. It's just whether you have-- if you need to be really warm and the layers need to be really thick, then it's going to be difficult to keep it from not looking like the Michelin man. But it's ultimately to keep you warm. So if you can make it look good, then work it girl.

[LAUGHTER]

KATELYN

But here, continuing on these are the examples of base layers. They can be thin or thick.

SPRADLEY:

Under Armor, like I said, is a really good example of what this is. It's usually tighter fitting to your body. I really like this full onesie base layer here, if that's your style, you can make that work for you.

Moving on to this mid insulating layer. Depending on your activity-- so if this is a really high exertion activity, such as cross country skiing, this layering is then maybe thinner, based on how much activity you're going to be doing. Here I have examples of fleece, I have an example of-- the middle, the gray jacket is a down jacket. Down is very warm and insulating.

It's amazing, if you've never worn a down jacket before, I would encourage you just to go to a store and try one on. And just feel the warmth as you're walking around the store, because you will be able to feel it. So this is going to go right on top of that base layer that's against your skin. I would recommend using typically one to two of these insulating layers. To go over that means that your layering system is being quite as efficient as it should be.

So I usually have a base layer and then either thicker or thinner down and then I put my shell on top of it. You can also see at the bottom that you can also wear fleece pants, or these

middle black pants. They're also an example of what down pants would look like. Not as commonly used, because they are very expensive. But they are an option if you run a little cold.

Does anyone have any questions? That was another thing I was going to encourage, if you have any questions throughout, please feel free to type them and I will try to answer them as quickly as possible.

All right, so moving on to our outer layer. This is often referred to as a shell. It can be really thin with no insulation in it, or it can be like a more traditional, what you would expect from a ski jacket. Which would be thicker in style as well as have that water resistant or waterproof outer layer.

What I was wearing in the video and-- which is very similar to this orange jacket. That's on the - I guess it would be the one that has the gray zipper, not the one with the white. It's going to be more of a Gore-Tex shell. And that means-- all Gore-Tex is, is it's ultimately just like cells that don't allow water to come through.

So it's an-- I'm trying to think of the correct word for that. It's just a impermeable, that's the correct word, for water to get through. So that's why it's such an effective material. So a lot of people like to choose that if they're spending a ton of time.

If you're not, then different companies make specific Gore-Tex similar products that are going to be water resistant and waterproof. So you can do some research into how which company is going to be right for you. You'll be able to have tons of reviews. There's so many that I can't possibly go into detail about what each of these are. The conduit system is another one that comes to mind.

But the most important thing just to keep in mind is that you want this outer layer to be the water resistant and the waterproof layer. And that goes for both your top and your bottom.

So footwear. Footwear is going to be very dependent on the type of activity that you are going to be partaking in. If you're just going to be walking around, then you just want a rubber sole that has a waterproof exterior surface, so you won't be getting your feet wet, obviously. If you're going to be doing more of a sport specific, you will need to get boots that are specific for whichever activity you are doing.

For snow shoeing, you can use a regular boot. Because pretty much any boot will work in a snowshoe. I've even use my snowboarding boots in a snowshoe before. Whatever will just keep water off of your feet and keep your socks from getting wet.

For cross country skiing, or skiing, or snowboarding, you will need to get a boot that's specific for the activity that you are engaging in. So they will fit into the bindings, which are the pieces of material that connect to the actual sliding surface. So the bindings will keep your boots onto the snowboard, for example.

These black boots that have Scarpa on them in the far corner, those are mountaineering boots. They're also used for ice climbing. What is unique about them is they have a plastic outer layer as well as a very stiff sole. This allows them to-- allows you to wear crampons on them which are-- they're ultimately pieces of sharp metal that allow you to climb on ice or to walk around on ice, in theory and in the case of mountaineering, so you don't slip and fall.

Are there any questions so far about footwear or the body layering systems that we've gone over so far?

No?

Thank you, Christina.

[LAUGHTER]

**KATELYN
SPRADLEY:**

You're doing a great job. All right so as we-- as I mentioned in the video, socks are my favorite part of anything that I'm wearing. This also means that I spend more money than most people would expect on socks. Each pair of socks can be anywhere from \$15 to even all the way up to like \$35. It is kind of a big money pill to swallow, but it is absolutely worth it.

The black socks in this picture are synthetic, they're made by SmartWool. The most important part, as I mentioned, is that we don't want to wear cotton in the winter or really in any type of outdoor environment. Because it keeps the water close to our bodies and also if we stop doing the activity, it can be conducive to blisters because of the rubbing. It can also be hard for us to get them dry, because they don't dry very easily. So again, you want that wicking material.

The SmartWool, on the other side, the gray and red, those are wool socks. Very, very warm. Contrary to popular opinion, they do make these in a non itchy, scratchy type of material. They

actually can be very, very soft.

So I just encourage all of you, no matter what the activity is that you plan, get a pair of socks, at least one or two pairs, that you save just for your outdoor activities. That will prevent you from getting blisters and from getting cold feet. It is the worst experience to have to deal with feet that are uncomfortable, whatever activity that you're doing. So the earlier that you take care of that and prevent it, the better off you're going to be.

So for hats and headwear, this is also kind of a dependent thing. We have here a couple different examples of hat headwear that you could wear. For a wool hat or these two beanie-type hats in this situation, those are great for skiing, snowboarding. Basically you want to keep heat from escaping from your head. So you're trying to insulate that part of your body. For an activity where you are doing more high intense exercise, wearing a pink hat like this North Face one, this is going to be an example of what you would want to wear in the case that you're trying to protect your skin from the sun. But you're also trying to do a little bit of insulating, but you can take it off really easily if you get too hot. It's just another part of that layering system.

Another piece of clothing that I really like is down here in the bottom corner, this is called a buff. Has anyone heard of a buff before?

OK. Yes, we have some people who have heard of buffs. And those are really nice because you can wear them under helmets. I definitely encourage helmet use in most of these activities.

But they cover your ears and keep you warm while also not getting too bunched up underneath the helmet. So really it's just finding what is most comfortable for you and going with that option. What's nice about buffs as well is that they can be worn in multiple ways. And so you wear them around your neck as kind of a gaiter situation also.

And finally we have our glove system. This also can be done in a layering fashion. You can wear a liner which is going to be that wicking material, it's going to keep moisture off. And then you can have that outer layer that's going to be more water repellent, keep your hands from getting wet. Depending on your activity, if you're not going to be in close contact with snow and you're just going to be outside in the elements, then you wear something more along these

wool gloves that are seen in the middle, these gray ones.

All right. Any other questions regarding clothing, before we move into activities?

All right. Looks like Ashley might have a question.

All right, while she's thinking about it.

OK, so Ashley's question is that she has problems with her hands getting irritated. And it sometimes it's worse in the winter, and her hands get kind of agitated and puffy no matter what gloves that she wears. I would encourage just trying different material. If you can get something that's a little softer and less-- um, I'm trying to think of. Even a polypro type liner that would keep your hands from getting agitated.

I would just experiment with different material. A good way to do this is to go to a thrift store or an REI when they're having sales, and so you can get those gloves at a cheaper discount, just in case they don't work for you. And just making sure that you're testing out different things while you're going just to see which one works best for you.

And so with that, let's move into activities. Here on this first slide I have snow shoeing, skate skiing and classic cross country skiing. Snow shoeing is a really accessible activity. It doesn't really matter where you are, if there's snow on the ground and places to be explored, then snow shoeing is generally going to be a good option.

The people in this picture, they have poles. Poles are not really necessary. If they help you feel more stable and comfortable, then poles are a great way to go. But otherwise you can just walk around normally as you would.

The way that snow shoeing works, it's just a displacement, similar to kind of how a camel walks through sand. It just gives you a wider surface area in order to walk in the snow. I would suggest just-- and you can get these rented. You can also find them pretty cheap at resale. But they're a really great way to just get outside and walk around, walk your dog, do whatever it is you need to do.

Skate skiing. Skate skiing is an incredibly fun activity. It's a little difficult to learn, but after you start picking it up, it is so much fun. It literally feels like you're gliding.

And the way that it works is there are usually parks dedicated to Nordic activity. And so they'll have wide, groomed trails. The skis themselves are going to be really skinny. If you go into a local shop or look up online skate skiing, you'll see that usually the skis, I mean they're like this skinny if you can tell on the video. Maybe like two inches wide.

And your heel is releasable, and your heel is not clicked in, just your toe is clicked in. And you kind of move in an outward skating motion. You can actually get going pretty fast and a lot of people use this as kind of an endurance activity during the winter. It's very common that there are clinics available for wherever there are like a Nordic park. So you can investigate and see if there's anything near you and maybe do a little bit of traveling.

It's worth it. I would definitely stay the full day. It's going to be a little tiring if you're just learning, but it is an incredibly fun fitness activity in the winter. Oh and Christina just mentioned, I'm so positive they have that in Lake Tahoe, that I'm sure there is some opportunities around that area.

And then classic cross country skiing. This is going to be in the same area. It's usually going to be at the same Nordic park as skate skiing. There will be two different tracks.

They'll have the wide groomed tracks of where skate skiing happens. And then next to the skate skiing track there's usually going to be two-- it looks like a small railroad track where the traditional cross country skiers are moving around next to the skate skiers. You can kind of see that in the classic cross country skiing picture in the PowerPoint right over here. But you can also do this really anywhere.

If there's already tracks in place, someone has already skied there before you have. That will make it considerably easier because you won't have to break tracks in the snow. But you can make cross country ski tracks pretty much wherever as long as there's a trail.

All of this is-- so you'll need specific skis, and specific poles, and specific boots. The great thing about all of these activities, skate skiing, cross country skiing and snowshoeing, is a lot of it is available in resale. And so you can get that at a little bit of a better economical price. As you get more into it, you might be willing to spend more money and get more top of the line things.

But at an entry level you can always get into these at a little bit pricer-- easier price point. Such

as going to an REI garage sale, or looking around on Craigslist or just looking through resale. A lot of gear shops, if you have a local gear shop, will have kind of a resale section in the back, where people bring in gear that they are no longer using. So that's a good alternative to look for that, rather than buying new.

All right and then the gold stars of winter activity. Everyone seems to have at least a-- at least know about skiing and snowboarding. Do we have any skiers or snowboarders in this group? Alpine skiers?

All right, so Christina's tried it. And Lake Tahoe is a great place for that. But skiing and snowboarding. They are-- you will need skis and poles if you're going skiing. And then boots specific for skis or snowboarding.

And I would recommend a helmet, it is definitely not a requirement. But protecting your brain bucket is of ultimate priority. So I would definitely suggest having a helmet or renting one when you're skiing or snowboarding.

As you may or may not know, skis and snowboards are usually available for rent at any local resort that you may have or when you travel, it doesn't necessarily have to be local. But you can rent skis, they will set you up on the right length, the right width for your height and weight. You can also look this up information online. There also is a degree of skill level that goes into determining what size skis or snowboard that you will need. But you can go in and talk to people and they will get you set up in what you need to be riding or skiing on.

And then you can make adjustments from there as you get comfortable with the sport. What's great about skiing and snowboarding is that it is kind of a destination activity. So fortunately, if you are in an area where you have access to a resort or a mountain that offers lifts and skiing and snowboarding, then you can try this yourself. You can also, this is another thing where you can find activity or equipment online and get some information in that way as to how you can get discounted tickets and passes.

A lot of times ski passes show up in strange places. Sometimes they're offered at gas stations, different rental shops will offer discounted passes. There's also a website commonly used called liftopia.com, which will be listed later on in this webinar. But that's a place where you can go to find discounted tickets at almost every single resort in the United States, and even some in Canada as well.

[LAUGHTER]

Christina said there's a to-- little too advanced for me, too many black diamond at Lake Tahoe. Surely they have a couple green runs that you can try out and a bunny hill, perhaps. And she also had some really great suggestions about Groupon and Living Social. I'm sure that they have great opportunities to find discounted tickets and passes there as well.

And then also, a great other way to save some money while you're out on the ski hill is, their prices for food at most resorts is going to be really expensive. If you take a camel back with you or a backpack, you'll be able to take your food with you. And that will save you, depending on the size of the group or your family that you go, it could save you, you know, anywhere from \$50 to \$100. Depending on how much money you choose to spend when you're buying food. But just being prepared before you go out, no matter if it's going to be a front country situation or a back country is very good practice and will save you some money and time along the way.

All right and then backcountry skiing and ice climbing, these are definitely more advanced activities. They do require some training and some prior experience before you're able to do them on your own. Backcountry skiing means that you're going to be typically walking up and then making the run afterward. That does require some knowledge of avalanche and kind of the precautionary measures that you need to take in order to avoid being caught in the avalanche.

So if this is something that you're interested in trying, I would suggest getting in contact with a local gear shop or doing some research online to where you could get some of this training. Or maybe finding a friend that has prior knowledge or a mentor that can kind of point you in the right direction to get some information of how you can either go out with a guiding service and start gaining some of that knowledge for yourself. And then it just comes down to practice, and that practice leads to proficiency.

So does anyone have any questions about backcountry skiing and ice climbing?

All right well we'll just keep on moving. Even some other opportunities are ice skating, playing hockey. The picture at the top, these are snow bikes. You can even rent those, to have on ski resorts. They're very fun, a little dangerous, but as soon as you master it, you can start on the

bunny hill for those as well.

And [INAUDIBLE], I actually made my own ski bike, and they're really fun. Kind of awkward to get on the lift, but a good deal.

And then down here at the bottom picture, these are fat bikes, or fat tire bikes. They make them able to travel in snow and sand. And so these people are actually riding on Nordic trails. Before doing that I would definitely suggest contacting the Nordic park and making sure that that's OK. But you can also just ride on your local trails and pack them down yourself.

And kind of do some of those mountain biking activities that may or may not do during the rest of the year.

And then as far as nutrition, in the co-op in the video, I was showing some examples of different bars. The most important thing is you want to have a good source of energy and also it needs to be easily accessible. When you're cold and you're out moving around, it actually is pretty easy to forget to eat. And so if something is easy and accessible, then you're more likely to eat it and avoid bonking while you're out doing whatever it is your type of activity is.

So a personal favorite of mine is peanut butter and jelly as well as sour patch kids. I like that I can open the sour patch and then leave them in my pocket so they stay little warm without getting too hard, and then eat those as I'm going. Sour patch is not healthy, Christina just asked if that was the case. It's not typically something that I would recommend for just an overall balanced meal. But it definitely is something that is great for while you're out exercising in the backcountry because it is a quick source of energy.

And it just makes you feel good while you're out there. You're working out, you're out there working hard, so a little treat goes a long way. Both mentally and physically.

So other things to keep in mind for nutrition as way of hydration. If you're going to be out for a couple hours, if you're able to take a thermos with you that has chai tea or hot chocolate or coffee. Or just something warm that can keep you-- it kind of goes a long way to keep you feeling warm, especially when you're kind of getting a little tired. And that burst of sugar also serves some good as well. It's a good comfort thing to have with you, a warm beverage.

Also a common thing is to take a CamelBak or a bladder system with you into the backcountry or even to the ski resort. One thing to keep in mind, if it is going to be really cold, the tube that

connects the water that you drink out of, they have a tendency to freeze. CamelBak has become smart enough and their engineers have discovered that insulating, similar to how you would insulate your body, will prevent this from freezing. And so they have actual sleeves that you can buy to put on your CamelBak that will prevent that water from freezing.

If your water freezes, then you're less likely to drink. And that can lead to dehydration, which can lead to an overall miserable experience. So try and to just think ahead and be prepared of how you can prevent that from happening.

Do you have any questions about nutrition, about food choices, or hydration? Anything along the lines of keeping our bodies happy while we're outside?

All right.

Michelle asked anything that's not good. Honestly Michelle, if it sounds good to you then go for it. I've taken cold pizza, I've taken fried chicken. If you have a way to take it with you that's not too bulky or takes up too much space and is still providing you with something that you're going to want to eat, then I would go for it.

If health-- I mean obviously health is a concern, you want to intake good things for our bodies. But we also have to keep in mind that we're going to be exerting a lot of effort, burning a lot of calories. It's not uncommon I burn up to 2,500 calories on a big, exerting day. And so I want to be able to replenish those calories that I'm losing so I can stay active the full day without having to take a rest. So whatever works for you really is kind of a green light.

It's just, ease factor is important, because if you have to stop, take off your layers, take off your gloves, in order to eat everything, that sometimes can be more annoying than anything else. So that's why I say that ease of consumption is kind of a-- is something to keep in mind.

All right, hydration. So as I was talking about, this CamelBak here, this has the sleeve on it that prevents your water from freezing before it gets to your mouth. Keep you drinking all day. If you like, if you're not a fan of water-- I have a lot of people I know, a lot of people who don't really like just drinking water-- you can add in these Gatorade packets and they will encourage you to drink. Because it's very important that you're staying hydrated while you're out there.

The thermos in the middle, that is what I was talking about when I was thinking that you should take something warm out with you. It's just a good, pleasurable thing to have with you. Just in the case that you get really cold, you can hold your hand against it. And keep-- if you can get your core feeling warm, then the rest of you is going to feel warm as well.

With these Nalgene bottles, if you are in a very, very cold environment, those are prone to freeze as well. You can just put a sock over them, and even that alone will help keep them from freezing so you can drink from them. If you are going to be taking a Nalgene such as this red one, getting a-- they have these inserts that you can put in them that keep it from being a full open, it allows you to sip from it more easily without it spilling. I would suggest getting one of those.

Spilling water all over you while you're in a freezing environment is not a very fun thing to have. And if you can minimize that, especially when you have bulky hands that are messing with-- that are the one doing the untwisting of the cap, it might make it easier if you have less likely of a chance to spill it.

And then just a quick overview of Leave No Trace principle. If you are traveling out in the backcountry or just outside in general, it's really important that you keep in mind these seven principles. Plan ahead and prepare, we've done a lot of discussing about that. That includes just making sure that you are wearing the right clothing, that you checked the weather, that you have packed a good lunch, and that you have all of the food that you're going to need for the day.

When it becomes spring and the snow starts to melt, we see a lot of muddy surfaces develop. If at all possible, we need to travel and camp on durable surfaces, and snow is a really great option for this. If you can walk on snow versus wet muddy ground while you're out in the spring weather, that does a lot to save the condition of the trail. And allow the grass and other flora and fauna to come back when the snow fully melts.

Also while you're out it's important that you dispose of waste properly. That means packing out anything that you pack in. So any of those convenient wrappers that were on your Clif bar, it's just important that you bring those back out with you. Leaving what you find, making sure that you don't take any rocks or I don't know, a snowball. I guess if you were to take a snowball back with you that wouldn't be too bad of a thing. But making sure that we're not disturbing the environment too much while we're out doing whatever activity it is that we are partaking in.

Minimizing campfire impact, it's a little bit harder to have a campfire in the winter. But if you choose to do so, making sure that there are no impacts. And respecting wildlife and being considerate of other visitors. Specific to skate skiing and traditional cross country skiing, it's important that you stay in your respective track.

Skate skis and traditional Nordic skis make different tracks. And if you're crossing over, then you're ruining the track path, which is what is left in the snow after you pass over it. And this can be really annoying and can make people really upset. The same is true for snow shoes and ski tracks in a hiking setting. Once they've worked to make these tracks, they want to be able to continue to use them.

And you will see some people get a little upset with you if you are crisscrossing different tracks. So kind of stick with your respective activity and go from there.

Skiers and snowboarders, just being respectful of each other on the mountain. Kind of just like general rules, and that they have listed all over the resort. Making sure you're not cutting people off, that you are-- one thing that I know skiers really do not appreciate is if snowboarders cut the top off of moguls. So try to avoid doing that. And just kind of learning the different ins and outs of each others sport will enable you have a successful and fun time without you know, rubbing anybody the wrong way.

So internet resources. One I mentioned, Liftopia will give you some cheap passes for skiing and snowboarding. If you're looking to actually buy some equipment for whatever activity as you're choosing to try or continue, steepandcheap.com, backcountry.com, sierratradingpost and theclimb are all really great resources to find great sales. You can also just Google search cheap equipment, cheap outdoor equipment, and usually they'll send you to one of these websites and a couple others that are similar in nature. Sometimes up to 60 to 75% off different equipment.

Steep and cheap is really cool because it's just one item every 20 minutes I believe. So it becomes quite addictive while you're looking to buy different things.

But that's about all that I have. Does anyone have any questions about the material that I've gone over so far?

Thank you Christina, I appreciate it. She said thanks for the great tips.

Great, so Casey has a great question. So his question is, if you run out of water on your adventure, what do you recommend doing to stay hydrated until you return to the lodge or a car? So an ideal situation is that you would have a stove, a way to heat water. So you could quickly heat water. It's not a good idea to just eat snow itself.

You would-- and when I say heat water with a stove, I mean melting snow in order to drink it. It's not a good idea just to take snow directly and have it to melt it in your mouth. This can actually really contribute to hypothermia and can lower your core body temperature pretty quickly. And your body has to exert a lot of heat energy in order to melt that snow. It sounds crazy, but it actually has been research proven that it is kind of detrimental, especially if you have a long period of time before you're going to have access to water.

So melting snow is the best way to go about it. If you don't have access to a stove that can do this for you, any way that you can heat up even gradually. You can hold it against your body, not for too extended a period of time. Like if you have a Nalgene you can put snow in the Nalgene and then actually putting it in your armpit is a good place where there's a source of heat.

You just don't want to do that for too long of time, especially if you yourself start to feel cold. Because that can also contribute to hypothermia. So however you can heat up that water, that would be the way to make it happen. Does that answer your question, Casey?

Perfect. Does anyone else have any other questions before I turn it back over to Alex?

All right, well if no one has any other questions, Alex, I will turn it back over to you. Thank you so much for coming. I really appreciate that you were here listening to everything that I had to say about warming up to winter. And I hope that it encouraged you to get outside and try some new activities or maybe get more involved in an activity that you already are partaking in. So thank you.

ALEX MURPHY: All right. I just want to say thank you to Katelyn for coming out today and giving us all these great tips and resources and websites. I'm sure all of us will go home and check it out. And hopefully some of you will take this advice and be active over the winter break with your families or your friends. And if you do that, just make sure you let us know what you did, what

advice worked for you, send us a picture if you can.

We would love to see how you are taking this webinar home with you. So everybody have a great day. And thanks for joining us.