

## **Itinerary**

### **Friday, Jan. 13th**

5:00 pm - Meet at Good Shepherd to leave for Wintergreen

10:00pm - Arrive at Lake Monocan Clubhouse

### **Saturday, Jan. 14th**

Ski or hang out all day, either at the slopes or the clubhouse.

### **Sunday, Jan. 15th**

11:00am Church service at Grace Episcopal in Massies Mill, VA

1:30pm Hike to Crabtree Falls

8:30pm Arrival back at Good Shepherd

### **What to Bring**

1. Waterproof pants - windbreaker or jogging pants work fine as the outer layer, then just wear a few other layers too.
2. Winter jacket with waterproof outer layer
3. Layers - longer underwear, underarmor, tights, long-sleeve shirts, etc.
4. Snow gloves
5. Hat- aka skull cap, skullie, winter hat, toboggan, etc
6. Few changes of clothes
7. Toiletries and towel
8. Sunglasses/Goggles
9. Spending money (all meals are covered. Bring \$10 to rent helmet if desired)
10. Tennis shoes or warm pair of shoes
11. Sleeping bag and pillow (we will be sleeping on the floor)
12. Musical instrument if you have one

(There are full bathrooms and showers in the clubhouse where we will be sleeping)

-For church on Sunday - regular street clothes are fine. There is no need to bring "church clothes".

### **What not to bring**

Laptops or other electronic devices.

### **Ipods/Mp3/Cell Phones**

Ipods are ok however they will only be available once lights are out at bedtime to help kids sleep. They will be collected in the morning and locked up in a safe place.

Cell phones will be available on the slopes during ski time only for emergencies. Cell phones will be collected at Good Shepherd before anyone boards the busses, placed in a waterproof ziplock bag, labeled and kept in a safe place. They will be redistributed before skiing Saturday morning and collected again Saturday evening.

We will be staying at Lake Monocan Clubhouse  
In case of emergency during the weekend please contact:

Ben Blanchard ([757-816-2373](tel:757-816-2373))

Josh Stephens ([904-233-3414](tel:904-233-3414))

Ellen Selig ([757-650-3645](tel:757-650-3645))

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John Meek ([757-288-8602](tel:757-288-8602))

Greg Murphy [757-535-4355](tel:757-535-4355)

Carter Furr, Sr [757-277-2029](tel:757-277-2029)

Bob Howell - [757-362-2791](tel:757-362-2791)

Shari Parker - ([757-389-1800](tel:757-389-1800))

Rick Martin-