



THANK YOU FOR YOUR HUT TO HUT NORDIC RESERVATION!

Your spot is secured and on the calendar (www.threesistersbackcountry.com/hut-availability). **It is important that you thoroughly read this entire document !** It is also necessary to forward this to others in your group.

The nuts and bolts;

We ask that your group meet us at Upper Three Creeks Sno-Park (see included directions) at 8:30AM on the first day of your trip. **Please be on time!**

Plan to arrive at the Sno-Park packed, dressed ready to go. We will only need to spend a few minutes in the field office to sign an acknowledgement of risks form and review the route. Maps will be provided. After that you will load your equipment in the Cog Wild shuttle van and be on your way to the start of the tour.

You will leave your vehicles in the Three Creeks Snopark by the field office. On busy weekends you may need to leave your vehicles in the overflow lot but we will let you know. Overnight parking is allowed with a snowpark pass. 3 day passes are available at our trailhead Field Office for \$12. It's a good idea to leave comfortable shoes, water, dry clothes, snacks and any other comforts you would be excited to have at the end of your adventure waiting in your vehicle upon your return.

The shuttle ride takes about 1 hour and 15 minutes in good weather. The shuttle will be dropping you off at Dutchman Flat Snopark. There is an outhouse, but no other amenities.

You will be provided with maps and route descriptions in a waterproof case to bring with you. The designated route along the Metolius Windigo Trail is marked with blue and gold diamonds. The remainder of the route is marked with flags. It is easy to lose the trail, or fun to take detours, so maps and navigation skills will be essential.

Each group skis South to North, moving to the next hut each day. There could potentially be a group starting each day, therefore we do not offer the ability to ski the other direction, visit only one hut, or stay at any of the huts for multiple nights.

No guiding is available. Each group must be self sufficient and prepared to deal with an emergency while skiing the route. We will provide each group with an emergency shelter (very small and light) and provide snowshoes, poles and extra skis (NNN and 3 pin) in the Happy Valley hut should there be a gear failure.

Skis:

The optimal ski for this tour will be a metal edge Nordic ski with scales and an NNN BC (New Nordic Norm Backcountry) or 3 pin binding. You could also use a 3 pin set-up with lightweight leather Telemark boots and skis with light skins.

Ascent/Descent oriented Alpine Touring and Telemark gear with plastic boots might be a bit too heavy and bulky and on the other end of the spectrum, skate skis and kick and glide XC skis will be too flimsy.

Gear:

Our goal is to try and reduce the gear you have to carry so the ski is more enjoyable. Each hut will be stocked with wood stoves, propane cook stoves and full kitchen supplies. Each bunk will have a mattress and sleeping bag. You are required to bring your own sleeping bag liner. You are welcome to bring your own sleeping bag as well if you don't mind carrying it. Snowmelt at the huts will provide drinking water. There are outhouses stocked with TP.

	Individual Gear
	Nordic Skis (with metal edges)
	Skins (if skis do not have scales)
	Boots (NNN-BC, Three Pin or equivalent)
	Poles
	Shell Pants
	Shell Jacket
	Long underwear tops and bottoms
	Midweight jacket
	Insulated Jacket
	Beanie
	Sunhat
	Sunglasses
	Goggles
	3 pairs socks
	Lightweight gloves
	Heavyweight gloves
	Toiletries and personal items
	Headlamp with extra batteries
	Sleeping bag liner
	Two Liters of Water to start
	Boot Gaitors
	Backpack that can fit all your gear inside
	Cell phone and battery/power pack
	Group Gear

	Altimeter
	First Aid Kit
	GPS and/or compass
	Maps (provided by TSBC)

Food

Our food stocks are as follows. Please supplement these ingredients with fresh fruits, veggies, meats, snacks or anything else you wish to carry. These supplies are stocked once week or as needed. We cannot make any additional substitutes/changes etc... please be respectful with the beer and limit yourselves to no more than 3 drinks per night per person.

<i>Breakfast:</i>
Oatmeal
Dried Fruit
Brown Sugar
Honey
Eggs*
Hash Browns*
Butter
Pancake Mix
Syrup

<i>Lunch:</i>
Bars
Nuts/Trail Mix
Beef Jerkey
Chips
Dried Fruit
Cheese (Babybel)

<i>Happy Valley Dinner (first night):</i>
Pasta (GF option available)
Marinara
Black Olives
Artichokes
Olive Oil
Parmesan Cheese
Garlic Powder
Potato Chips

<i>Lone Wolf Dinner:</i>
Black and Pinto Beans
Corn and Flour Tortillas

White Rice
Tortilla Chips
Salsa and Hot Sauce
Olive Oil
Garlic Powder
Dried Oregano
Chili Powder
Canned Diced Tomatoes
Cheese

Drinks:
Coffee
Tea (caffeinated and uncaffeinated)
Hot Chocolate
Beer
Salt and Pepper are stocked
*dehydrated but good (taste tested!)

Emergency Communication:

Cell phone coverage exists at each hut but is not always reliable. The route goes in and out of cell coverage. We recommend that all phones be fully charged, packed away somewhere warm and shut off. Use them only in an emergency, conserve your battery. An extra battery/power pack charger is nice to have in case of emergency.

Our cancellation policy is as follows;

A 50% deposit is due for all trips upon confirmation of your reservation. The balance will be charged on the day of your trip. There are no refunds or cancellations for weather or any other reason. Please consider purchasing third-party travel insurance. If TSBC cancels a reservation, a credit or refund will be issued.

*Winter backcountry skiing thrives on inclement weather. Your group is responsible for your own safety and navigation. If you feel as though a particular storm or weather event makes the tour unsafe, then **DO NOT GO!** If your group determines that it is too dangerous to proceed, TSBC will allow your group to reschedule for a new date within the same season. No refunds will be given. If you have additional concerns please purchase 3rd party travel insurance.

Wilderness skiing Disclaimer:

The terrain accessed by this ski traverse is true backcountry wilderness terrain. Hazards such as avalanches, hidden cliffs, tree wells, difficult to nonexistent emergency communication to outside help and other hazards are always present. These hazards are not managed by Three Sisters Backcountry, Inc. It is the responsibility of you and your group members to have the training and experience necessary to mitigate your exposure to these risks.

Each group member will be asked to sign an Acknowledgment of Risks form at the beginning of your trip.