

Snow trip with Puente Project, Sacramento City College Saturday January 26, 2019

We will take about 15 community college students to the mountains for a day of snowshoeing and snow play at Adventure Mountain Snow Park at Echo Summit (Hwy 50), which has a lodge with bathrooms, and groomed sledding hills. Activities will include sledding, general snow play, and a guided snowshoe hike. Students may go in their own carpools, but we will give rides as needed, and volunteers will also carpool. The weather should be perfect, mostly sunny with high temperature around 50 degrees.

Agency contact: Mayra Colmenares

ICO Co-Leaders: Harry Spanglet, Valerie Eviner

Destination: Adventure Mountain, 21200 Hwy. 50 (at Echo Summit) -

<http://adventuremountaintahoe.com/>

ICO Volunteer	Cell phone
1. Harry Spanglet (co-lead)	916-838-7000
2. Valerie Eviner (co-lead)	530-204-7000
3. Margie Tomenko	916-320-0000
4. Laura Valoppi	916-201-0000
5. Jennifer Cannell	209-649-0000
6. Anthony Treece	209-623-0000
Puente	
7. Mayra Colmenares	

ICO volunteer duties, in general

This group is all college students mostly 18+ years old, so it is pretty straightforward. ICO handles all logistics and activities, and agency staff will address any behavioral problems such as unsafe behavior.

- Help hand out morning snacks and equipment/supplies
- Drive volunteers and possibly students to site
- Unload equipment and food and set up at picnic tables, and take turns watching stuff
- Show students how to use sleds, make snowmen, snow angels, snow forts, etc. as needed
 - ❖ many of them may have never been in snow before and may need very basic advice
- Assist with lunch
- Help students put on snowshoes and show them how to use them, then go along on snowshoe (not everyone required - but welcome!)
- Hand out snacks, pack up, drive home

Schedule:

8:00 – 8:30	Meet. Hand out breakfast snacks. Sign in students, check roster, check waivers. Hand out snow clothes. Figure out carpools, provide gas money to as needed. Opening.
8:30 – 10:15	Drive to Adventure Mountain, approx. 1:45.
10:15 -10:45	Unload cars, claim two picnic tables, lay out snacks, hand out sleds, help students as needed to put on snow clothes and boots and how to use sleds and play in snow
10:45 – 12:15	Sledding, snow play
12:15 – 1:00	Lunch
1:00 – 1:20	Stage for snowshoeing
1:20 – 2:30	Snowshoeing
2:30 – 3:30	More sledding etc.
3:30 – 4:00	Pack up
4:00 – 5:45	Drive home

Emergency Medical Information

- **First Aid Certified** – Harry Spanglet, Margie Tomenko
- **Nearest Hospitals:**
 - Marshall Medical: 1100 Marshall Way, Placerville, CA 530-622-1441
 - Barton Memorial Hospital: 2170 South Ave, South Lake Tahoe 530-541-3420
- ***To report an ICO outings report incident: 888-688-4647***

Gear list for ICO Volunteers

- Snowshoes and poles if you have them. If you need them let Harry know
- Snow pants, or if you don't have them then rain pants are good.
- Warm jacket (preferably waterproof) or jacket under a water-resistant jacket or raincoat
 - ❖ It will probably not be too cold and you could get hot if you have too much on, so having layers you can take off as needed is best
- Hat
- Gloves
- Warm socks
- Snow boots or waterproof shoes (hiking boots, rain boots) - should be comfortable to walk in
- Day pack
- Sunglasses
- Water bottle
- dry change of clothes for going home if desired

Driving Directions

- ***From Sac City to Adventure Mountain (91 miles)***
 - Exit onto Sutterville Rd, turn left
 - Take Hwy 99 North to Hwy 50 East (South Lake Tahoe)
 - At Echo Summit (approx. 90 mi.) turn right into Adventure Mountain (blue sign, 2.7 miles after Sierra-at-Tahoe, .9 miles after Johnson Pass Rd). It comes up quickly, so be careful not to pass it.
- ***From Adventure Mountain back to Sac City (91 miles)***
 - From Parking lot, turn left onto 50 West
 - Take Hwy 99 South
 - Take Exit 297 (12th Ave.), keep right, follow signs for Sutterville Rd.