



Sunrise Adventures

Jeffersonville, VT 05464
802.730.2978



Welcome to Smuggs Ice Bash 2010!

All clinics meet at the Brewski Pub & Grill by the entrance to Smuggler's Notch ski area in Jeffersonville, VT. Jeffersonville is accessed by VT Rte 15, about 40 minutes from Burlington. Once in Jeffersonville, head south on VT Rte 108 towards Smuggler's Notch Ski Area for 3 miles, and you will see the Brewski Pub on your left just before Smuggler's Notch ski resort. Meet at the shop at 8:45 am – there will be a table for preregistered participants. You'll get outfitted with your gear, and then we'll carpool 1 mile to the parking area for "the Notch". The approach to the climbing takes about ½ hour on a gently inclining, unplowed road. We will return to the shop around 3:30 pm.

Where to stay. . .

If you are staying overnight, check the Smuggs lodging page at <http://www.smugnotch.com/members/lodging.htm>. We recommend Bert's Bear Den, Sterling Ridge, and Deer Run. Smuggler's Notch is convenient, but \$.

What to wear. . .

- Synthetic wicking layer
- "Bombproof" outer shell (Gore-tex or softshell)
- Insulating layer (fleece, primaloft)
- Hat, gloves (two pair is nice, one thinner), gaitors

*What not to wear=cotton . . . anywhere!

What to bring. . .

- Daypack
- Camera
- Extra insulating layer (Big Puff)
- Water, lunch, small thermos
- Handwarmers
- Lip Balm

Sunrise Adventures will provide all technical equipment – harness, helmet, mountain boots, crampons, axes, carabiners and ropes. If you want to use your own gear it is subject to inspection by the clinic guide.



www.sunriseadventuresports.com