

## Asessippi Meal Voucher \$8.00 each

Pre-order meal voucher, choose your meal and redeem the voucher for payment! Simple, great value and you can take comfort in knowing participants are getting a well-balanced meal while enjoying their outdoor experience.

### Personal Pan Pizza

Bag of Chips or Side Salad  
Small Pop or Milk  
Dessert

### ½ Wrap or Sandwich

Daily Soup or Side Salad  
Small Pop or Milk  
Dessert

### The Big Crunch

Small Fries or Side Salad  
Small Pop or Milk  
Dessert

### Classic or Popcorn Chicken

Small Fries or Side Salad  
Small Pop or Milk  
Dessert

### Hot Dog or Smoky

Small Fries or Side Salad  
Small Pop or Milk  
Dessert

### Cheeseburger

Small Fries or Side Salad  
Small Pop or Milk  
Dessert

## Recommended Clothing

### HEAD:

Thin toque should be worn as it fits comfortably in a helmet; as well most of the body's heat is lost through the head.

### EYES:

Goggles or Sunglasses

### FACE:

Ski Tube (not a scarf) and Sunscreen to protect exposed skin from windburn.

### INNER WEAR:

T-shirt; sweatshirt or sweater; long johns or tights; and sweatpants ... layering clothing will help to

keep heat closer to the body thus keeping you warmer.

### OUTER WEAR:

Warm jacket and snow pants, preferably water and wind proof. Jeans are not recommended.

### HANDS:

Mitts or warm ski gloves made of waterproof material. It is always a good idea to bring an extra pair. Wool is not recommended.

### FEET:

One pair of warm socks (wool is not recommended) is sufficient inside ski boots. We do however recommend bringing an extra pair just in case.

**Using this as a guide will ensure a more positive outdoor winter experience for participants.**