

What To Wear On The Slopes



Skiing is a great sport and you're going to have a great time! Here are a few pointers on things you can do to be prepared when you get to the slopes.

Ski Clothing.

You don't have to buy a lot of special clothing to go skiing. And you probably own most of what you need already.

Jacket.

You'll need an insulated jacket—one that is windproof and water-resistant is best. It doesn't have to be heavily insulated. You can add insulation to your upper body by wearing a long underwear top, turtleneck, and a sweater if necessary.

Pants.

Insulated *ski bibs* or pants are the most commonly used clothing for your lower body. The outer shell of the garment should be water resistant. If skiing conditions are very cold, you can add insulation with long underwear bottoms, tights, or sweat pants. Blue jeans can be worn, but they absorb water and can get uncomfortable.

Gloves and Hat.

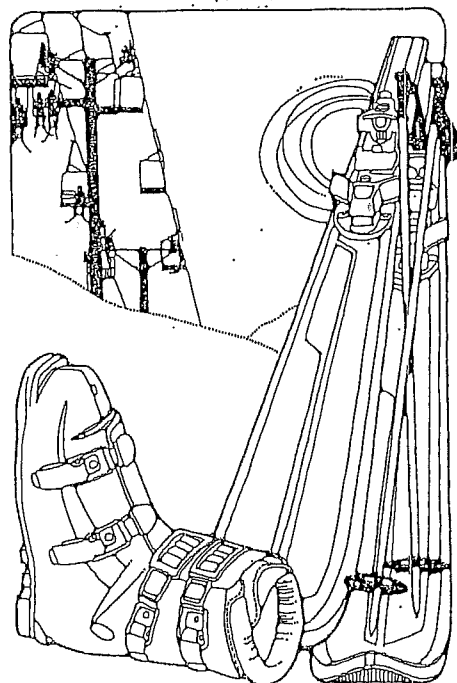
You'll need a pair of insulated gloves, preferably waterproof or water resistant. Gloves with knit cuffs provide extra warmth. "Toboggan" hats are the most common—something you can pull down over your ears if it gets really cold. If the weather is warmer, a ball cap or headband is adequate.

Socks.

One pair of medium weight socks is all you need inside your ski boots. More than one pair can bunch up and be uncomfortable. Acrylic or wool socks are better than cotton. Smooth close-fitting socks are better than ribbed hiking socks or ill-fitting athletic socks.

Face.

What you wear on your face depends on the weather. If it's cold, you'll need goggles and a face mask; if it's warmer (say above 30 degrees) sunglasses and sunscreen are usually enough. If the slopes are making snow when you're skiing, goggles are better.



Lessons, Lessons, Lessons....

We cannot stress enough the importance of lessons. Not only do you learn the proper way to ski you learn the proper way to stop!! You will also receive instruction in the proper use of your equipment, skier safety and the correct way to load and unload a lift. This small amount of time from your day will help to insure a more enjoyable time for you, others in your group and other skiers. So if this is your first time, or perhaps it's been a while, check with your group leader about signing up. (If the lesson is not included in your package, the average cost of a group lesson is ~~\$12.00.~~ \$20)

Skier Responsibility and Safety lies with you, not the other person.

(The following information and other information learned in ski school are important to the success of your day.)

Responsibility

Skiing can be enjoyed in many ways—alpine, snow-boards, telemark, cross country or specialized equipment for disabled or other skiers. Always show courtesy to others and be aware that there are elements of risk in skiing, as in any other sport, that common sense and awareness can reduce. When you decide to ski you accept the Skiers Responsibility, outlined here.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.

6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have knowledge and ability to load, ride and unload safely.

Skier Safety

Skiing, as any other sport, has categories of inherent risks that every skier **MUST ASSUME** if they participate in the sport. Some of these risks are weather, snow and terrain, ice, rocks and forest growth (above and below the snow surface), and collisions with other skiers when not paying attention.

It is part of your responsibility under the Skier Responsibility Code to avoid any and all hazards, be they natural, man-made or man.



Things You Should Know About Ski Equipment

The ski rental equipment includes skis, boots, and poles. Ski bindings will be attached to the skis. Ski bindings hold the boots to the skis. Bindings are designed to release if you take a fall that puts sufficient pressures on your lower leg.

Ski Boots

Usually you'll wear the same size boots as you do street shoes. Ski boots should fit snugly without cutting off circulation.

Bindings

The bindings will be set according to your weight, height, age and ability. Accurate information is vital to your safety. Make sure you know how to get IN and OUT of bindings. (These things are covered in lessons.)

Skis

When you get your skis, make sure to check the identification number on the skis. This safeguard will keep you from getting your skis mixed up with other skiers.

Ski Poles

The poles you receive will be sized according to your height.