

Skiing Checklist

By Campbell Rodriguez

☐ Preparation

- ☐ **Skiing lessons** Find a ski lodge or ski slope around you that offers lessons that you can sign up for.
- ☐ **Equipment** Until you find your legs, rent. After that, and you're much more dedicated, then buy your own equipment.
- ☐ **Experience** This will take some time. Make sure that you work with someone that is a professional, though, and that has a lot of experience.
- ☐ **Clubs** These are great for camaraderie, and learning from others. Join at least one; the experience will do you good!

☐ Equipment/Gear

- ☐ **Skis** Professionals should help you find the right ones.
- ☐ **Poles** Always look the pole over carefully, making sure there are no cracks or wear and tear. Buying new is best.
- ☐ **Boots** Be sure to get some good advice from a professional to ensure you buy the right ones for the skis you have purchased.
- ☐ **Bindings** These should be checked before every run.

☐ Clothes

- ☐ **Helmets** Pick the right kind for the type of skiing you will do, and have a professional check to ensure it fits properly.
- ☐ **Coats** Insulation and warmth are a big deal on the slopes. and the proper clothing can be the difference betwixt life and death
- ☐ **Gloves** Warmth is definitely a big deal to help keep your fingers sensitive, so pick some really good gloves.
- ☐ **Pants** These can't be too bulky; as you still need to be able to maneuver in them.
- ☐ **Goggles** To cover your eyes from glare and prevent frostbite.

☐ Things To Take

- ☐ **Communication** A cell phone will definitely come in handy if you fall down, and can't get up.
- ☐ **Food** Something as simple as a granola bar or trail mix, stuck in a pocket will be great if it's needed.
- ☐ **Sunscreen** Most people wouldn't think of this; but you still do get burnt from the sun when skiing.
- ☐ **Identification** At the very least, have a photo ID, and a health insurance card on you at all times.
- ☐ **First Aid** Simple stuff such as a couple of Ace bandages, and a few bandaids would do fine; just put them in a pocket.

- ☐ **Directions/compass** For cross-country trips that are not on laid out trails, be sure to take some sort of map or compass to get to your destination.
- ☐ **Safety Tips**
 - ☐ **Stay in contact with others** If you're going to try a new slope, others will know and have an idea when to expect you back.
 - ☐ **Keeping hydrated.** Be sure to get some water every time you come back between runs; your body will thank you!
 - ☐ **Keeping together** Cell phones, two-way radios and the like are great for long cross-country skiing trips; it's easier to stay together.
 - ☐ **Check equipment every time** Each and every time you use your equipment, check it to ensure that there are no problems with it.
 - ☐ **Check weather conditions** Know when enough is enough, and don't go out.
 - ☐ **Search and Rescue** Decide when to stop and start searching for someone if they don't appear at the time everyone thinks that they should; or if the weather suddenly turns bad.