

# Snowboarding Checklist

By Fae Fisher

## Getting Ready

- Lessons** This would be a great thing to start out with. Check out your local skiing resort for a snowboarding course.
- Equipment** Be sure to get good, new or almost new equipment that is in excellent shape, and will provide more than adequate protection.
- Clubs** Becoming a member of a club will help you bond with other snowboarders, and give you more opportunities you might not otherwise get.
- Experience** This comes with time on a personal level, so don't push yourself. Realize things take time.
- Dressing well** Snowboarding means dressing in thick layers, so that they heat is trapped around your body.
- Knowing your limits** This is easy to say, but for some hard to do, so use your common sense, and stop if you are pushing too hard.

## Gear

- Helmets** Never take off down the hill without a helmet on; your skull and brain are too vulnerable.
- Goggles** These are important for eye protection - the wind rushing in your face and the snow blowing back into your face can be quite cutting.
- Sunglasses** Some snowboarders like to keep these separate from their goggles; either way, the glare of the sun off the snow is blinding, so be careful.
- Buttocks and Hip Protection** While this can look odd, falling while you snowboard can be painful, so get the best that you can afford.
- Back Protection** Like your buttocks and hips, your back will want to be protected when you fall so get the best protection possible.
- Wrist Protection** Your wrists take a lot of abuse when snowboarding, so keep them well covered and protected, too.
- Boots** Two kinds are needed; one for snowboarding, and one for tromping back to base after.
- Bags** You'll need three of these; one to put your boots in, one for your gear, and the last for cargo to use on your vehicle.

## Clothing

- Gloves** Keeping your hands safe from frostbite is important, so invest in high quality lined gloves.
- Beanie** These fitted hats are designed to keep the warmth from seeping out of the top of your head.
- Jackets** Make sure that any jacket you buy is well insulated, and designed so that it can be used for snowboarding.
- Pants** Insulation is a key factor here, while not being too bulky at the same time.

- Socks** This is common sense for anyone; make sure that these are thick, but NOT cotton.
- Layers** There are several to have: a mid-layer, base layer, and a recovery layer. Be sure to put them on appropriately, and you'll be toasty warm.
- Take With You**
  - Sunscreen** Any activity in the sun, or that reflects the sun, requires sunscreen.
  - Lip Balm** Going down the slopes or course does dry out your lips, so have some lip balm handy to avoid cracked lips.
  - Helmet camera** For memory's sake, some people may want to attach a small camera to their helmet to remember how much fun they had going down a certain slope.
  - Boot Dryers** These are a great way to keep your boots from being sopping wet, and causing problems for your feet as well.
  - Day Passes or Season Tickets** For snowboarders who are going to continually snowboard, these are the best thing to have, instead of buying high-priced individual tickets.
  - Hand warmers** Small warmers that can be slipped in your pockets and activated by pressure are worth their weight in gold.