Skiing Checklist

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# Tasks:

☐ **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 cheeked 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.*