Snowboarding Checklist

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# Tasks:

☐ **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.*