

# 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.