

New Skier/Snowboarder Checklist

These are items that we have found are important for a new skier's or snowboarder's first day at the mountain.

Clothing: There's nothing worse than being cold. The following clothing list is really the minimum that you should have.

1. First Layer (long underwear). Synthetic fabrics like Polypropylene or wool are best. Avoid wearing cotton against your skin.
2. A warm second layer such as a sweater or fleece jacket and fleece pants for cold days, or if your ski jacket/pants are not insulated.
3. Ski socks with a high wool or polypropylene content (not cotton athletic socks). Usually one pair of socks is best.
4. Waterproof jacket and pants. Weather in the NW is unpredictable. Staying dry is the key to staying warm. Insulated or shells work fine. Layering will allow you to adjust for changing weather and temperature.
5. Warm beanie/stocking cap (synthetic, wool or polar fleece) or ski helmet.
6. Ski/Snowboard goggles. Snowsport specific goggles are designed for the mountain environment. You absolutely need these if it's snowing at all. Moto goggles, etc. will not work well.
7. Warm ski gloves that are insulated and water resistant.
8. Polar fleece or similar neck gaiter, scarf or face mask.

*Remember that layering with several layers will be warmer than bulking on one thick layer.

Some things to know if you are supplying your own ski equipment:

1. Ski boots that fit your foot. As with all athletic activities, proper foot wear is the most important piece of gear. A boot that is too small or too big will not let you ski efficiently. A poorly sized boot will probably hurt your feet and be cold too. Your boots should fit snugly, like a firm handshake, but not so tight that they pinch your foot. The boots should allow your ankles to flex forward without your foot sliding around in the boot or your heel lifting.
2. Skis that have bindings that are adjusted to your boots, your weight and skiing skill level. Bindings should be adjusted and tested by a certified ski tech. A good rule of thumb for ski length is somewhere between mouth and forehead. Never-ever or beginner skiers may want skis that are at the shorter end of that range. And, there's no question that the newer "shaped" skis are lots easier to maneuver than the old style "straight" skis.
3. Ski poles that are your proper size. Holding the pole upside down in front of you, gripping just below the basket with the pole grip on the floor and your upper arm held against your side, your elbow should make a 90° angle.

Some things to know if you are supplying your own snowboard equipment:

1. Your boots should fit your feet. They should not be overly tight, but not so loose that your foot "slops" around. A snug overall fit, like a firm handshake is what you are looking for. The boots should allow your ankles to flex forward without your foot sliding around in the boot or your heel lifting
2. Board length should be somewhere between mid-chest and nose in height. Modern strap bindings are preferred. Bindings should fit the boots well, with straps

- somewhere in the mid range of their adjustment, not at their shortest or longest. If you have skateboarded, wakeboarded, or slalom water-skied before, you will probably want to snowboard with the same foot forward you use for that sport. The foot you step forward with first after a light push from behind is a way to determine stance if you do not know.
3. A leash is required on all snowboards at the resort

Money:

1. The mountain accepts: cash, checks, and bankcards. There is also an ATM in the main lodge.

What to expect:

1. The skiing and/or snowboarding aren't usually the cold part of the activity. Riding up the mountain on the chair lift is generally where you will feel the cold and wind chill.
2. If you do feel cold, go inside and warm up. When you go back out, put on an extra layer, a neck gaiter or maybe add some hot packs in your gloves or boots.
3. If you are just starting to ski or snowboard, expect to spend some time in the snow. An extra pair of gloves or mitts to change into if your first pair gets wet will keep you warm. And, remember, everyone got started in the same way. Your first day is usually the most work. It gets easier with each day. **DON'T GIVE UP.**
4. If driving, remember that it's winter drive on a mountain road. Road conditions will probably change as you get higher in elevation. Clear and wet streets in the valleys can change to compact snow and ice. Allow for more time than you might normally plan on. Other drivers may not have abundant experience with snow driving, so drive cautiously and defensively!
5. Yes, your car should have snow tires or traction radial tires... And, you should consider carrying traction chains. If the driver in front of you stops for some reason, you may not be able to get going without the extra traction afforded by snow tires and/or chains.

Please familiarize yourself with the Skier/Snowboarder Responsibility Code.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.