

TIPS FOR YOUR FIRST DAY

Take a lesson!!! Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from one of our professional instructors. You'll safely learn more in a 90 minute lesson than you will all day on your own.

- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly. You can rent quality ski or snowboarding equipment at Winterplace.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Know your limits. Learn to ski and snowboard in control.
- If you're tired, stop skiing. Stop before you become fatigued. Injuries usually result from fatigue. Have a seat and enjoy the people around you. Most of all, have fun!

WHAT TO BRING

Here is our list of recommended items for you to bring skiing or snowboarding in order to guarantee a fun first day on the slopes. If you are in need of anything on this list when you get here, everything on this list is available in our store.

- Hat - if your head is warm the rest of you is likely to stay warm.
- Water proof Gloves/Mittens - mittens are warmest.
- Warm, dry socks - No cotton. Wear only one pair of socks. Ski boots should have a snug fit.
- Goggles/Sunglasses - Goggles are strongly recommended on cold or snowy days for warmth and increased visibility.
- Jacket/Parka (water resistant)
- Synthetic or wool base layers for top & bottom - it's better to be warm than cold, you can always shed layers. Synthetic materials help to wisk moisture away from your skin. Once again, do not wear cotton as a base layer.
- Snow/Water resistant pants - very important, your 1st day will acquaint your butt to the snow, keep it warm & dry.
- Sunscreen - SPF 15 or higher
- Lip Balm
- Snack, Fruit, Energy Bar
- Trail Map - available for free in the lodge.
- ID, Wallet, Cash
- Extra Clothes, Shoes - to change into when you're all done, in order to go out and celebrate your 1st day.
- Equipment - If you are not renting: either skis, poles and boots; or snowboard and snowboard specific boot.