



# HELPFUL HINTS

## FOR A STRESS-LESS SKI TRIP



The world of skiing has plenty of excitement for you, no matter how well you ski, how old you are, or how much time you have for winter recreation. Skiing is always rewarding. No two days are ever the same. Every ski trip offers you loads of fun and entertainment.



**Discover skiing this winter - it'll do you a world of good!**



1. Dressing in layers is the most practical approach. A few lightweight garments are better than one heavy layer, since layers trap warm air in and draw moisture away from the skin. Layers can be removed or added to compensate for changing temperatures.
2. A warm, knit hat is an essential item. More than 50% of your body heat can escape through your head, so it's important to keep it covered.
3. Gloves and mittens are important. Besides providing warmth, they protect your hands. If you use the rope tows on the beginner area use leather or leather-faced gloves and mitts. Glove protectors are good, too.  
(Tow mitts and glove protectors are available in the Ski Shop at Swiss Valley)
4. For skiers of any age, a good sunscreen is a must. Snow acts as a reflector of the sun's rays, so skin is vulnerable from all directions. **DON'T FORGET:** Sunglasses (essential for sunny days); and Goggles (essential for snowy days).
5. For starters, don't rush out and buy equipment when you're first learning. By renting, you can upgrade your equipment as you become more experienced. Both downhill skiing and snowboarding equipment can be rented, as well as clothing.
6. If you ever decide to borrow skis, be sure to have the bindings re-adjusted to your own body by a trained ski technician. Bindings adjusted to another person's height, weight and skill level might not be set at the right setting for you and could present a safety problem.
7. Enrolling in a ski school should be a priority. Participation in a class for first time skiers is your assurance that you'll learn good skiing habits from the start. Teaming up with a professional instructor will ease you into the world of skiing, helping you first get used to the feel and function of your equipment.
8. If you happen to get chilled, take a break and head for the lodge for a steaming cup of cocoa or hot cider.
9. Arrive early, especially on Saturdays, Sundays and Holidays. Eat lunch before noon or after 1:30 to avoid the rush.
10. Make arrangements to meet your family or friends at a designated place and time before heading out on your own.
11. Bring extra money or credit cards. Besides having the best food in the area, we have a full-line Ski Shop & Service Center for your every winter need!
12. Always inspect slopes before purchasing lift tickets, sorry, no refunds.