

Calgary Ski Club Checklists

What to pack for a Cross Country Skiing day trip

Backpack or fanny pack:

- water, juice or warm drink in an insulated bottle
- high energy snack such as: muffin, granola bar, dried fruit, dried meat, cheese, wrap, nuts/seeds(trail mix) (avoid if in a group setting, due to allergies)
- additional layers (water/wind resistant), gloves, jacket
- band-aids, blister kit
- wax, cork (if waxable skis)
- hand-sanitizer or wipes (for outhouse)
- sunglasses
- sunscreen

What to Wear:

- always dress in layers; kids get hot quickly and cool down just as fast
- non-cotton layer next to the skin; something that wicks sweat away
- warm gloves or mitts
- hat
- turtleneck
- snow pants or water/wind resistant pants
- synthetic or wool socks (not cotton)
- water/wind resistant jacket
- (neck tube if quite chilly)

In the car:

Check your windshield washer fluid level before you head for the mountains in winter. Dirty slush is nearly impossible to see through when it's splashed on your windshield by passing traffic, and wipers alone just make it worse!

- change of clothes (dry inner layer is important if wet)
- change of socks
- warm drink
- **emergency kit:**
 - warm blanket and/or sleeping bag
 - non-perishable food
 - candles
 - matches/lighter
 - extra hats/mitts, balaclava
 - first aid kit
 - shovel

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Frost-bite

- early signs are white patches, especially on cheeks and nose. Go inside immediately, if possible and place in warm, NOT HOT water. Give a warm drink. Try to cover it (scarf, neck tube, hot-shot), and contact with the skin of a non-frostbitten person.
- hands, feet, noses, and ears are most susceptible as well as people with diabetes
- don't shake, rub or slap - this can damage tissue

For more info: <http://en.wikipedia.org/wiki/Frostbite>

General tips on skiing with children:

- drink often (every 15-20 minutes have a sip, especially if sweating); don't wait until thirsty
- snack right after skiing to avoid a crash
- bring lots of extra dry clothes for after; kids tend to be on their bottoms a lot
- lower your expectations; it's not about how far you go; it's about if everyone is having a good time
- heat pads come in handy (hot-shots)
- know where nearby washrooms/privies are: very useful with children
- bring a small animal tracks book; this can provide lots of entertainment for the little people
- stretch before and after skiing

Tip: Have your child be responsible for at least part of his/her equipment at the earliest possible stage. Even a small child can carry a backpack that holds his/her drink.

Tip: Look for a ski area that allows you to drop off equipment as close as possible to the trails and that has a lodge, then return your vehicle to the parking lot.