



## Helpful Hints, For a Fun Day at Castle Mountain

We are still enjoying winter in the mountains. The weather can change very quickly through the day. Remember your day will probably start around 6 AM and may go until 6PM; pre-planning can greatly improve your day at Castle Mountain. Check the website [[www.skicastle.ca](http://www.skicastle.ca)] for current snow/weather conditions for a good indicator of what clothing is required.

1<sup>st</sup>-Layer: Wool or polyester will wick away moisture from your body. Cotton tends to hold sweat near your body, cooling you down. Yes, you can/will sweat at -20C.

2<sup>nd</sup> Layer: Cotton, fleece, or wool will keep your body warm.

3<sup>rd</sup> Layer: Weather Proof shell (Outer layer).

Layers are the best for all outdoor recreation, you can always unzip or take off, but you cannot put on, what you do not have with you.

- Socks should be of the thicker, knee high variety. Thin ankle socks slide down as you ski, buckling up under your foot. Socks with ridges & lines can dig into your skin, causing blisters. The only things to go inside a ski boot are your long underwear and socks.
- Pants go outside of the boots, keeping the snow out, wider leg pants, fit over the boots, rather than being stuffed inside a boot. This will keep your feet warm and dry.
- Jeans are fine for the drive home, but not for skiing, or any outdoor activity.
- Layering is important for the hands as well. Little cotton/polyester gloves will NOT keep your hands warm, especially when they are wet. Have a weatherproof outer mitt or glove. Don't forget a change of gloves, as well as socks, neither keep you warm if they get wet.
- Head protection is also required. Even on a sunny day the wind can be a chilling factor.
- Remember, we lose a lot of heat through our neck and head. Ski helmets are now recommended on most ski hills and are mandatory for Terrain Parks. Remember, there

are different helmets for different sports. Wear the helmet for the right sport. Bring along a light toque, Balaclava, or scarf to go under the helmet.

**The sun reflecting off the snow, combined with the higher altitude, can lead to sunburn. Sunscreens and lip protection are important, even on cloudy days.**

- Always wear eye protection, ski goggles are best.
- Reflected sun and snow flurries can damage your eyes or even cause snow blindness.
  
- Do you have extra gloves, mitts, socks, sweaters, toques, neck warmer and/or a hat?
- Remember, home may be over two hours away. What if something gets lost or wet?
  
- Remember to pack a change of warm, dry clothes, for the drive home.
  
- Re-check your equipment, to make sure you have not forgotten anything.

Eat well the night before a day of physical activity. Plan to start the day with a good breakfast. Pack, the night before, extra fruit, granola (bars), nuts, raisins, veggie's, cheese, crackers, water, juice, and sandwiches. Skiing all day requires more nutrition, about **TWICE** what you normally require. Remember how long the day can be. There is no nutrition in pop and chips.

If you are new to the sport of skiing, every hour take a break in the Day Lodge. Loosen off and readjust your boots and socks. Make sure to dry or remove wet clothing, grab a bite to eat and a drink, have a rest. Then go back out and enjoy a few more runs.

Remember to **REST/ RECHARGE/ and REHYDRATE**, often throughout the day.

We exhale a lot of moisture during physical activity. Rehydrate often, throughout the day.

You will be skiing at Castle Mtn. all day. Don't use up all your energy by noon.

Hot drinks, juices, & food can be purchased in the day lodge. Some spending money is a good idea. Things like Chap Stick, sunscreen, hand & toe warmers are available in the Pro Shop.

Remember to have food for the drive home as well. You will get hungry and thirsty during the two-hour ride home.

Review the 10 point Skier Responsibility Code, before coming skiing. Yes, there are rules in skiing, as well.

Hopefully a little planning will make your visit to Castle Mountain an enjoyable experience.

We want you to come back to ski another day.

Be Aware, Ski and Ride with CARE!

SEE YOU SOON