



## A First-Timer's Guide to Waterville Valley Resort

### SECTION 1: BEFORE YOUR ADVENTURE BEGINS

This section offers information to help you be well prepared for your day on the slopes. We also offer a few guidelines regarding strategies for refueling your body and maintaining your comfort level while on the mountain.

#### DRESS IN LAYERS

Wearing layers keeps you warmer and lets you adjust clothing as the day gets warmer or colder. You can add or remove layers to remain comfortable. The two most important layers are the one closest to your skin and the one on the outside. The best underwear is absorbent and "wicks" perspiration away from your skin. The outermost layer, including pants, should be wind and water resistant. Clothes such as jeans or sweatpants absorb water, making you wet and cold.

You can lose tremendous amounts of body heat through the top of your head. Wear, or carry, a hat at all times.

#### ALWAYS WEAR MITTENS OR GLOVES

Some prefer the added warmth of mittens, while others like the finger freedom of gloves. Snowboarders and skiers wear extra thick protection on their hands. Whatever you prefer, always protect your hands from the elements. Even on warm spring days, the snow is very abrasive to your bare skin.

#### WEAR A HELMET - IT'S A SMART IDEA.

Many snowsports enthusiasts wear helmets. The best ones are light, comfortable, warm, and allow you to see and hear clearly. If you use one, you not only provide yourself added protection, you never have to worry about hats. Use a helmet especially designed for snowsports. Rentals are available at [Top Dog Rental shops](#).

#### WEAR SUNSCREEN AND LIP BALM

In the higher elevations of the mountain environment, the sun's rays are less filtered. Snow also reflects sun rays, making them even more intense. You can get severely sunburned very quickly. Wind will burn your skin, too. Even if you have darker skin, or believe you always tan instead of burn, use strong sunscreen anyway.

#### GOGGLES AND SUNGLASSES

Infrared and ultraviolet rays can be extremely harmful to your eyes, especially at higher altitudes. Good quality sunglasses are an important investment. Wind, blowing snow, cold, and fog can also be very uncomfortable to your eyes. Goggles are every bit as important as sunglasses. Always take both with you, even if the day seems perfect. Remember, weather changes rapidly in the mountains. It's easy to be caught unprepared.



## A CHECKLIST

Make a checklist of the essential items you need, and check it before leaving for the resort. This will go a long way in preventing the need to replace forgotten items once you arrive at the slopes.

## UNDERSTAND YOUR FITNESS LEVEL

Snow sports are for everyone - regardless of age, body type and fitness level. But it's important to work within your own fitness level. Pace yourself, don't venture too far from resting places and shelter, and don't overdo it. Stay with companions who are close to you in ability and fitness. As you progress in your abilities, you may consider regular workouts to prepare for mountain adventures.

## WARM UP AND WARM DOWN

Cold weather tends to make your muscles more stiff and sluggish than normal. Allow yourself time to acclimate to the mountain environment before you head up-mountain. A few warm-up exercises and stretches pay big performance dividends. If you stay out in the cold long after you stop exercising, your muscles will stiffen quickly. You can get chilled, even leave yourself vulnerable to a sniffle. Keep moving until you can get inside, take off a few layers, and relax.

## DRINK PLENTY OF WATER

Sun, wind, perspiration and altitude rob your body of fluids. In fact, you can become dehydrated long before you even feel thirsty. Stop frequently for water or carry it with you. Coffee, tea and soda don't replenish your body fluids as well as juice or plain water.

## EAT AND SLEEP WELL

Breakfast truly is the most important meal of the day, so be sure not to skip it. And bring along a snack to refuel mid-morning.

You will be happily hungry and tired after a day on the snow. Eating too heavily at lunch can leave you sluggish, but a hearty evening meal is a great way to replenish nutrients. Too much alcohol can make you groggy and dehydrated the next day. Never drink alcohol while engaging in sports. Your muscles and reactions will be much less responsive. A good night's sleep should make you feel great.

## WINTERIZE YOUR CAR

Before you travel to the mountain, make sure your car is ready for the colder alpine environment. Top off all fluids, including antifreeze and windshield washer fluid. Add lightweight winter oil if necessary. If your car is not equipped with snow tires, you should buy and carry a set of tire chains. In time you may want a rooftop rack to carry skis, snowboards or other snow toys.

Make sure to zip your car keys into a secure pocket when you leave the car. As a back-up, give an extra set to someone else in your party.