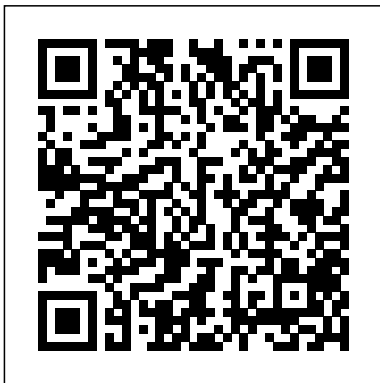

Skiing Gear Guide

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I Know Absolutely Nothing about Skiing The Mountaineers Books

A recent surge in people's reconnecting with nature has resulted in numerous reference books for outdoor program leaders, but—until now—there has been a dearth of books aimed at wintertime pursuits. The Get-Outside Guide to Winter Activities unlocks the door to a wealth of fun and adventure in the snow. Activities have been compiled by keepers of the trail, experienced winter trekker leaders who know how to lead people in outdoor winter activities that are safe and fun and help people experience the joy of being active outdoors during the cold months of the year. This guide offers activities and games that have the following features: • Appropriate for multiple age groups • Easily modifiable to adapt to varying skillsets •

Designed for a variety of locales, such as schoolyards, community trails, urban and remote parks, and wilderness settings The guide offers activities that are suitable for groups of varying skill levels and experience. Most activities are simple and quick and require little preparation and few props. Those interested in doing more can explore snowshoeing or Nordic skiing activities and even exploratory outings and winter day trips from a base camp to overnight or extended camping excursions. The book includes tactical snow games and activities and even has icebreakers for games. In addition, solo winter trekkers can use the activities and lessons as a launching point to prepare them in leading groups in winter outings. Leaders are shown how to build in activities that call on typical age-level skills of participants. The essential-skills progression built into the activities helps leaders offer instructional strategies that allow all participants to take part within their ability, and leaders are provided with ideas to modify all approaches and activities to ensure inclusion for all in their group. In addition to the game and activity modifications, the book offers winter facts that enhance

participants' knowledge about the science of snow and winter as well as charts and graphs that focus on safety in winter. The Get-Outside Guide to Winter Activities offers a planning framework that balances winter fun with skills and safety and prepares leaders to guide others in enjoying activities in the snow. You will learn about activities that require little or no props, adaptive snow games, tips based on actual winter excursions, gear requirements, and leadership suggestions shared by winter experts: • How to stay warm and dry while winter camping • What and how to eat, drink, and cook in the winter • What gear you need for a snow expedition • What games and activities are great for campsites • How to teach basic snowshoeing and Nordic skiing skills • The keys to managing groups outside in winter You'll also learn how to make the most of winter opportunities through tried-and-true ideas, skill progressions and games, and activities that open up an entire season's worth of enjoyment, learning, and adventure. "People shy away from outdoor winter activities for three reasons," says Andrew Foran, one of the book's authors. "There's an

overemphasis on the skills that are thought to be required for participation. Granted, in some cases skills are essential, but it's how you approach the teaching and practicing of those skills that makes the difference. "Then there's a belief that the wintertime outdoors is to be feared rather than embraced. And finally, people are lacking a bank of ideas, of things to do, to keep them engaged and having fun outdoors in the winter." The *Get-Outside Guide to Winter Activities* addresses all three misconceptions—and in the process shows you, as a leader, how to help your participants have fun in the snow, build skills, and create lasting memories that will keep them looking forward to the next big snowfall.

Backcountry Skiing Meyer & Meyer Sport

If you ski competitively, good ski preparation can win the race. If you ski for recreation, proper ski preparation will enhance your enjoyment. Here is the complete, hands-on guide to the tools and techniques necessary to ready skis for optimal performance. Written by an expert ski and wax technician, this book is based on more than thirty years of field experience and testing at the highest level.

The Complete Beginner's Guide to Skiing Michael Joseph Utah skiers claim to have "the greatest snow on earth," and this revised and updated edition guides readers to the best backcountry ski

tours in the state. Backcountry expert Tyson Bradley takes skiers from the urban backcountry of the Wasatch Front to spectacular desert destinations in Zion and Bryce, with detailed maps and information on backcountry equipment, techniques, and safety. *Ski Utah!*

Skiing For Dummies Rowman & Littlefield The *Skiing Manual* offers instructions on technique and skills from an author with over 30 years of skiing experience. It will cover every type of skiing from cross-country to mountaineering, highlighting the important differences between genres. It explains the clothing and equipment required for every type of skiing and, of course, the skis, boots, bindings and poles, as well as skills, snow science, and safety and rescue. It's presented in colour with easy-to-follow step-by-step sequences and a wealth of inspirational action photographs. *History of skiing - from prehistoric travel to Olympic competition*

Clothing and equipment for all types of skiing Learning to ski - carrying and putting on skis, choosing a ski school Life on the hill - what it's like on the mountain, how to buy a lift pass, and how to get around in the snow Skiing technique - from snow plough turns to extreme skiing Ski lifts - the different types, and how to use them Types of skiing - cross country, telemark, freeskiing and adventure skiing Mountain safety - avalanches, precautions, equipment and rescue Ski culture - Café culture and après skiing Ski travel - skiing around the world, and how to get there Competition disciplines - downhill, slalom, giant slalom and super G, jumping, freestyle, cross country (and biathlon) The Get-Outside Guide to Winter Activities W. W. Norton & Company Presents historical background on ski mountaineering, which is climbing a mountain on skis and then skiing down the slopes, and offers tips on climbing and skiing specific mountains.

A Complete Guide to Ski Touring and Ski Mountaineering Vintage This book is about Alpine ski

Touring and takes you through a step by step guide on everything that you need to know to get you from a novice ski tourer into the professional. It covers all the salient points for moving on skis and explains how the technical equipment should be used including all the skills that are required to start touring as well as leading a group. It can also be used as a guide for off piste skiers and snow boarders as well as Telemark and Nordic tourers. Each chapter has its own topic as the book takes you through well laid out progressions from your first steps uphill to longer tours moving from hut to hut over glaciated terrain. The photographs complement the text in every way giving a clearer picture of what the equipment looks like and how it should be used. Nothing has been left out and some of the chapters explain all the points to be considered when planning a tour, or overnighing, as well as emergency procedures. And to make the tour safer there are chapters on avalanche awareness and weather. By the time you get to the end of the book you will be armed with all the skills, techniques and knowledge needed to go out and enjoy the sport of ski touring. Ski Guide Manual First Edition Rowman & Littlefield Women will love this smart and entertaining guide, written by and for women skiers. Skiing: a Woman's Guide is tailored to the subtly different approach women have to learning, full of personal stories by other women skiers, and packed with savvy, woman-specific advice about gear. This introduction to alpine skiing has

everything: Finding the right instructor; Skill drills (novice to intermediate); Staying comfortable and safe on the slopes; "how to Take your Family and Still Love Them When It's Over" Getting and Staying Fit and much more. Skiing answers questions from how to buy the right skis to how long it takes to get proficient. Also included: a list of resources for the woman skier.

The Packraft Handbook McGraw-Hill/Contemporary [CLICK HERE](#) to download a sample route from Backcountry Ski & Snowboard Washington Ski and snowboard adventures can be found year-round when you know where to look — start here! * Only Mountaineers Books offers guidebooks for backcountry ski routes in Washington, and this is the newest and best available! *Backcountry skiing is one of the fastest growing winter sports * Written by the authors of the bestselling instructional text on the sport, Backcountry Skiing Washington 's Cascades, Olympics, and Mount Rainier are prime destinations for backcountry ski and snowboard adventure, and no one is better qualified to write this guidebook than Martin Volken and his team at Pro Guiding Service, based in the Cascade foothills. The all-new guidebook includes 80 routes throughout the state — plus one in British Columbia! — Ideal for intermediate to expert skiers or snowboarders.

It features routes ranging from accessible day trips suitable for relative beginners to more challenging multiday traverses. It ' s a guide to the very best routes available to skiers and boarders throughout the state. Each route includes the following elements: * Starting elevation and high point * Elevation gain and loss * Route distance * Time required * Recommended skill and fitness levels * Best season to ski * Maps and permits info * Driving directions, from nearest major town or junction * Detailed route description * Backcountry Ski & Snowboard Routes: Washington also includes an introduction by legendary Northwest skier Lowell Skoog. [The Complete Guide to Cross Country Skiing in Canada](#) Falcon Guides If you want to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment, then check out HowExpert Guide to Skiing and Snowboarding. If you ' re seeking an adventure atop a frozen mountain peak, you may need a little guidance first. Look no further than HowExpert ' s Guide to Skiing and Snowboarding, where you will learn all the ins and outs of what mountain life entails. Within these pages, you will learn the basics of mountain adventures and everything you need to get the very best out of your experience. Our expert ' s knowledge spans nearly two decades and has the insight you

need to learn how to ski and snowboard. You will learn basic and advanced terminology and what it means to seek out and conquer these peaks. In addition, you will learn every aspect of a mountain and what to look for as a beginner, as well as some first-hand accounts of specific places that you can add to your travel list! Through the accounts of these experiences, it is hoped that you will be equipped with the knowledge you need to plan your adventure, acquire the proper gear and clothing, how to pack for a day on the slopes, and how to become an expert skier or snowboarder. So don't wait, read up, and say "yes" to the adventure! Check out *HowExpert Guide to Skiing and Snowboarding* to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment!

About the Author: Blake Randall is an avid skier and snowboarder whose twenty years of experience have taken him to all corners of America in a seemingly never-ending journey to discover new peaks to conquer. Since the tender age of seven, he has been hitting the slopes after a trip to Aspen, Colorado, ignited a passion deep inside of him. Ever since, he has striven to improve his skills and explore as many mountains as possible, even teaching friends along the way. There has yet to be a place that he hasn't enjoyed because he always finds the beauty, satisfaction, and uniqueness in each place he visits. *HowExpert* publishes how to guides by everyday experts.

Skiing Manual Signet

* For intermediate-to-

advanced backcountry skiers* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques*Provides advice on how to make well-informed backcountry decisions Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, *Backcountry Skiing* also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping

basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions - whenever you strap on your skis and skins and head out into the backcountry.

Ski Faster! International Marine/Ragged Mountain Press

This comprehensive introduction to cross-country skiing is designed to get the reader out of the chair and onto the slopes in the first three chapters. Once on the trail, the authors take up the finer points of technique and training, demonstrating how it should be done with numerous photo sequences of techniques and top-notch, detailed illustrations.

The Complete Guide to Cross-country Skiing and Touring Appalachian Mountain Club

A basic guide to the techniques, equipment, and other aspects of skiing.

Totally Piste AuthorHouse
Are you ready to hit the slopes? Discover the ultimate kid-friendly guide that will make your little ones fall in love with the outdoors. Do you want your kids to learn how to ski, but you've no idea where to start? Are you planning a family skiing trip, and the logistics are stressing you out -- what to pack, where to stay, and how to dress your kids for hitting the slopes? You can

relax -- there are answers to all your questions (including those you haven't even thought to ask). Teaching your kids how to ski is one of the best things you can do for them. Experts agree that skiing is incredibly beneficial for physical and mental health: it builds motor skills, boosts confidence, and cultivates environmental responsibility. According to a 2013 study in Finland, kids with poor motor skills also exhibited poor reading and arithmetic skills. In addition, kids who performed better in motor skills tests also scored higher in arithmetic and reading. You're probably thinking -- yes, yes, it's all very beneficial, but how do I actually teach my kids to ski? Well, you don't have to. Hampton Yeh will do it for you! Your kids will absolutely love to explore skiing with a fun, quirky 12-year old boy who is not only a fantastic skier but also amazing at hockey and coding! So get ready to hit the slopes! In *Smarter With Skiing*, you will discover: The numerous physical and mental health benefits of skiing, and the best age to start teaching your kids how to ski The ultimate skiing gear guide -- discover which protective and skiing gear you can rent, and which you absolutely should buy new A list of helpful skiing teaching resources to help your kids on their way to becoming the masters of the slopes How to dress for success -- why skiers

wear layers and clothes in bright colors, and how to pack for a family skiing trip Tips on finding the best ski resort that is both kid-friendly and provides extra activities for yourself and your children How to solve the toddler dilemma -- fun outdoor activities for you and your baby or toddler that will make them fall in love with the snow and mountains Skiing lessons for kids of all ages, including teenagers -- discover how to perform a snowplough, how to make parallel turns, and everything in between And much more. Most people think that skiing is not a kid-friendly sport. However, a lot of people take their kids skiing when they're very young (even babies and toddlers), and this practice has proven to be extremely beneficial for kids. With this amazing overview of everything that skiing has to offer, your entire family will be able to have fun on the snowy white slopes and trails. If you're ready to have fun with your kids breezing down the mountain hills, then scroll up and click the "Add to Cart" button right now.

Wild Snow Independently Published

A guide for the beginner through expert boarder demonstrates key moves and freestyle techniques, and highlights equipment selection for one of the world's fastest growing sports.

Staying Alive in Avalanche

Terrain Self Publisher

Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. *Staying Alive in Avalanche* Terrain covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step-by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues.

The Essential Cross-country Skier Macmillan Reference USA

Ski A-Z is a fun, illustrated introduction to skiing. It demystifies the world of skiing, making it more accessible. This book explains what it can take years to discover, and many things that no one mentions to beginner skiers. *Ski A-Z* has valuable information and advice that can empower the reader to be able to enjoy the experience of skiing. This book will help anyone prepare for mountain experiences as its packed with useful tips and insights. Written and illustrated in the classic style of A-Z books, this fun and informative introduction to skiing makes for an ideal gift for anyone -- at any age -- who is interested in skiing.

Skiing Mountaineers Books

A guide for both skiers and

snowboarders to the slopes and resorts of the US and Canada, covering over 100 destinations from world-class mountains to local gems. There is in-depth coverage of the ski areas, including piste reviews, suggestions for backcountry forays, details of boardparks and tips on avoiding crowds. The guide also provides informative and colourful reviews of the other attractions that make up a ski trip - hotels, restaurants, bars, spas and shopping.

The Complete Guide to Cross-Country Ski

Preparation Rough Guides Learning How To Ski is Easy and Fun With "How to Ski" Skiing is exciting and a lot of fun and there is nothing more satisfying than feeling the wind in your face as you zip across the snow under beautiful blue skies. However skiing is far more dangerous than most other pastimes and as so it is vital that you know the most do and pitfalls that can befall the beginner. This short and concise book is designed for all those that have either just begun or never skied before and would rather come back from their holiday with both legs still intact and working properly as well as all the other parts of their body! This ultimate guide to skiing for beginners using terms

that are easy for all to understand and offers methods for simple and effective skiing, complete with explanations and looks at the following in detail: The origins of skiing Ski equipment Indoor skiing Fitness training for skiing Beginners basic skiing tips Safety Improve your balance Improve your core agility Basic skiing When you ski it is vital that you act responsibly, this is probably one of the most dangerous sports that can be undertaken by beginners and messing around or acting the fool will almost guarantee injury. Enjoy but keep safe and ensure the safety of all of those around you! Press "Buy now with 1-Click" to receive this life changing information for just \$9.99. Order Your Copy Today!

The Essential Guide to Skiing
W. W. Norton & Company
This updated, expert ski guide provides top-of-the-line insight for backcountry/off-piste skiers and guides. The Ski Guide Manual presents wisdom earned through decades of experience guiding and. The result is a successful system of travel and risk management in the winter environment. The collective work of thousands of mountain guides have proven how to have the most fun and find the

best snow, all which reducing risk of avalanche, cold, crevasses, and optimize group dynamics.
Cross-country Skiing Guide
McGraw Hill Professional
Geared to relieve a beginner's anxiety of the sporting and social aspects of skiing. The book takes the novice skier through the icy world of ski equipment, travel, lodgings, what to wear, what to say and how to fall.