

Skiing Gear Guide

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[Complete Buying Guide to Ski Equipment](#) Rough Guides

The only climbing guide devoted to Washington's Olympic National Park--now completely updated and expanded with more than thirty percent additional new material.

[Backcountry Skiing Utah](#) Doubleday Books

A companion volume to the PBS-TV series "Trailside" offers instructions for beginners, discusses gear and safety, and surveys the latest equipment. Skiing Rutledge Hill Press

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.

[The Ski Guide Manual](#) Meyer & Meyer Sport

"A well-tuned ski is a happy ski, and a happy ski means a happy skier." Welcome! As a ski and snowboard tuning technician with over a decade of experience in the Lake Tahoe area, I am delighted to share my knowledge and expertise with you. Ski tuning is not only a profession for me but also a passion that I take great pride in. There are 7 Chapters to this guide. I will be going over basic maintenance to hand tuning your own edges with precision. My services encompass a wide range of ski and snowboard maintenance tasks, from mounting bindings to edge replacements. I have tuned numerous recreational and race skis, ensuring their optimal performance on the slopes. My unwavering dedication to ski tuning has resulted in exceptional skills and a deep understanding of the craft. As a testament to my commitment, my sore forearms are a clear indication of the countless hours spent scraping and buffing skis and snowboards. I am excited to present this comprehensive ski tuning guide, crafted with precision and attention to detail. This guide aims to benefit skiers of all levels, enabling them to maintain their equipment in peak condition. So, gather your gear and prepare to conquer the slopes!

[Ski Tech's Guide to Equipment, Skiwear, and Accessories](#) W. W. Norton & Company

The Essential Guide to Skiing is no rehash of the standard "how to ski" books, simply updated with newer pictures of newer equipment and clothing. Nor is it "Skiing for Dummies." Instead, it is a comprehensive book packed with authoritative advice on every aspect of the sport. For novices, there is information on how to walk in ski boots, when and where to rent equipment, and where to attach a lift ticket. Experienced skiers can learn how to find the shortest lift lines to the best slopes, discover the best goggle lens colors for flat light, and uncover the best powder stashes even when the mountain looks skied out. Other subjects range from the financial (finding the cheapest lift tickets) to the mundane (evaluating the fiber content of a pair of ski socks) to the creative (how to take great action pictures and videos). Extensive black-and-white photographs add to the fun.

[Ski Guide Manual First Edition](#) Haynes Publishing UK

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!

[Water Skiing](#) Independently Published

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 - Caf é culture and apr è s 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 Rough Guide to Skiing and Snowboarding in North America](#) Haynes Publishing UK

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.

[How to Ski](#) HowExpert

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.

[Wild Snow](#) Rowman & Littlefield

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 Skiing in the Midwest](#) Independently Published

Dive into the exhilarating world of cross-country skiing with "Introduction to Cross Country Skiing." This definitive guide is your perfect companion, whether you're taking your first glide across the snow or seeking to refine your skills in this graceful and challenging sport. Crafted with both novices and seasoned enthusiasts in mind, the book begins with an engaging personal anecdote that captures the essence of cross-country skiing. It then seamlessly transitions into an enriching exploration of the sport's history, setting the stage for a deeper appreciation of its nuances. Discover the distinct styles of Classic and Skate skiing, each unraveling in detailed chapters that demystify techniques, equipment, and styles. The guide takes you through the essentials of gear selection, from skis to the right clothing, ensuring you are well-equipped for your snowy adventures. At the core of the book are comprehensive sections on skiing techniques and skills. Learn the intricacies of balance, movement, and rhythm essential for mastering both skiing styles. Common mistakes are addressed with practical solutions, bolstering your confidence as you navigate the trails. Safety and etiquette are given prime focus, teaching you to ski responsibly and respect both fellow enthusiasts and the pristine winter environment. The guide also emphasizes physical preparation and conditioning, highlighting the importance of fitness in enhancing your skiing experience. "Introduction to Cross Country Skiing" extends beyond technique, delving into the social and developmental aspects of skiing. Join a community of skiers, participate in events, and engage in continuous learning to enrich your skiing journey. The book is replete with additional resources, including a glossary of terms and recommendations on gear and further reading, making it a comprehensive guide. Embrace the challenge and serenity of cross-country skiing with this essential guide. Whether gliding through silent, snow-covered forests or racing down a frosty trail, "Introduction to Cross Country Skiing: A Beginner's Guide" is your gateway to mastering and enjoying one of winter's most rewarding sports.

[The Complete Beginner's Guide to Skiing](#) The Mountaineers Books

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.

[A Complete Guide to Alpine Ski Touring](#) Ski Mountaineering and Nordic Ski Touring Mountaineers Books

Often credited as the "birthplace of extreme skiing" in North America, the steep gullies of the Presidential Range have inspired east coast skiers for more than a century. As the sport continues to grow in popularity, the need for a definitive guidebook has presented itself. This is the first guidebook to focus solely on backcountry skiing in the Presidential Range, giving these iconic mountains the attention they deserve. While Tuckerman Ravine and the east side of Mount Washington serve as the focal point to this guide, other lesser explored areas throughout the range are also featured-some of them in writing for the first time ever. Inside are detailed descriptions of 91 different routes, spanning from King Ravine on the north side of Mount Adams down to the Webster Cliffs in Crawford Notch. Each area features stunning aerial photography, detailed maps, approach information, inspiring action shots, and much more. This is without question the most comprehensive guide to backcountry skiing in the Presidential Range to date!

[Skiing with Control](#) The Mountaineers Books

There is something extraordinarily special about sliding on snow that has excited generations of snow sports enthusiasts. Add to this the dimension of travelling through the mountains and the result is a recipe for some of the best outdoor activity days you could ever imagine. I have been fortunate to share some of these adventures with Henry Branigan: Skiing off the summit of Mount Blanc at dawn or, equally enjoyable, skiing under the northern lights from hut to hut in Norway, still my all-time favourite way of travelling through the mountains. A complete guide to alpine ski touring, ski mountaineering and nordic ski touring sets out to provide the fundamentals about going off piste and then journeying through mountain terrain, in a logical, easy to read format. Adapting ski technique for various off piste conditions is an essential skill that makes all the difference between surviving and savouring adventures off piste. The book also covers the fundamental mountaineering knowledge including navigation, weather and avalanches that are essential before venturing beyond the confines of a ski area. Equipment and planning a tour are covered, whether it is in an Alpine or Nordic environment. All in all this is a very comprehensive and valuable resource for anyone aspiring to venture into the mountains on skis. Bob Kinnaird Principal Glenmore Lodge National Outdoor Training Centre

[I Know Absolutely Nothing about Skiing](#) Independently Published

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 Complete Guide to Cross-country Skiing and Touring](#) AuthorHouse

The Tahoe Rim Trail is a continuous trail that travels around the mountainous rim of the Lake Tahoe Basin. People from all over the world have come to Lake Tahoe to venture out on the Tahoe Rim Trail. Whether you've already experienced many of the amazing sites to see on the Tahoe Rim Trail or are hoping to one day visit it, Color the Tahoe Rim Trail will take you on the entire 165+ mile journey around Lake Tahoe. Color the Tahoe Rim Trail features 79 full page illustrations for you to color, and is the first in Jared Manninen's series of wilderness activity books. Through engaging activities, tales of lessons learned, and education about backcountry skills and etiquette, these wilderness activity books will inspire creativity and help you cultivate adventure in your daily life.

[Intro To Ski and Snowboard Tuning Guide](#) Vintage

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 color 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 - Caf é culture and apr è s ski; 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) How to Ski (Have Fun) and NOT DIE! International Marine/Ragged Mountain Press

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.

Kids on Skis, a Guide to Family Skiing and Children's Equipment, Instruction, and Clothing W. W. Norton & Company

Helps skiers to make knowledgeable purchases in ski equipment, accessories, and clothing

[Backcountry Skiing](#) Self Publisher

* 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 decisionsMartin 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.