Outdoor Adventures

Ski Trip Tips

Dressing for the Weather

Poconos skiing offers you a great chance to enjoy the outdoors and the secret to a fun time in the snow is having the right clothing. You'll want to keep warm, dry and comfortable your first day on the snow.

Layering in Layers

Layering for skiing or riding allows you to accommodate your bodies constantly changing temperature. Generally, layering is divided into three areas:
1. Wicking layer (polypropylene underwear - top and bottoms) - "wicks," or moves, moisture away from your skin and dries quickly
2. Insulating layer (wool, fleece, sweater) - keeps heat in and cold out
3. Weather protection layer - repels water from snow and sleet, and blocks the wind while letting perspiration evaporate (both jacket and pants).

Choose a lightweight garment that is made of waterproof, breathable material. There are several synthetic materials on the market and available at outdoor sports stores. When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality skiing clothing and products.

Hats or Headbands for Skiing or Snowboarding

Usually made of fleece or wool, a good skiing hat combined with a neck warmer or gaitor will retain 80% of your body's heat, keeping you warm and toasty even on the coldest days on the Poconos ski slopes.

Gloves or Mittens for Skiing or Snowboarding

Waterproof, breathable shell and well insulated. Mittens are usually better for those susceptible to cold hands. Don't forget to get yourself some hand and toe warmers available at the mountain Snowsports Shops, in various locations around the mountain.

Socks for Skiing or Snowboarding

One (1) pair of light to medium weight works best for skiing and riding. If the sock is too thick or if you're wearing too many, it could make your boots too tight, reducing circulation, which causes cold feet. It's also a good idea to change into fresh socks before putting your boots on. Damp socks worn on the trip to the ski area will quickly become cold and uncomfortable.

Eye Protection

Have sunglasses and goggles with you. Skiing and snowboarding in the Poconos are a lot more fun when you can see!

Sunscreen and Lip Balm

Protect yourself from the strong Poconos sun. The sun reflects off the snow and is stronger than you think, even on cloudy days! Keep lip balm in a pocket and apply often while skiing.
There's no reason to be cold during your Poconos skiing experience, and with a little preparation and the proper clothing and accessories, you won't be. Ski Shops are located at the mountain and feature all of the apparel and accessories you need to enjoy your day on the slopes.

Rental Equipment Tips

Tip: Don't get dressed to ski or ride when you need rental equipment.

Follow these steps:

1. Get equipment.
2. Layer Up - Put on final layers of clothing - this way you won't be so hot when trying on boots.
3. Store personal belongings.

To get the right boot fit, be sure to wear the proper socks. The boot should fit like a snug hiking boot with no pressure points. Be sure that your pants are not tucked into the boot.

How to use your ski or snowboard bindings:

- Always clean all snow, ice, and dirt from your boots, skis, and snowboards before stepping into the binding.
- To open the binding, depress rear lever with ski pole, or ski boot.
- Step in toe first. Be sure to clean the snow off of the boot sole first.
- Step down. Heel will close automatically.
- To exit the binding, depress rear lever with boot, ski, or pole.
- Step out. The binding is now ready for re-entry.
- Do not change the binding settings. If you feel that they are not working properly, bring them back to the shop for assistance.
- Avoid walking, skiing, or snowboarding through water or mud. Water, mud, and dirt can affect your bindings making release more difficult.

While you are skiing or snowboarding, keep your boots properly closed. This allows the boot to support you properly and helps to keep your feet dry. If you have any questions, please ask for assistance.

Helmet Policy

Most mountains recommend helmets as a consideration for skiing and boarding participants and parents. Most mountains support individual and parental rights to choose to wear a helmet or not while skiing. We encourage parents and others to educate themselves about the benefits and limitations of helmets while skiing. Most mountains promote responsible skiing and snowboarding behavior as the key to long-term slope safety. Follow Your Responsibility Code. Helmets can be rented from the Rental Shops or purchased at the Ski Shops.

Storing Your Personal Belongings

Jack Frost has either a free baggage check or coin-operated lockers to store your belongings.

Baggage Check – You can store your belongings in the baggage check area. When you check in your baggage the attendant will give you a ticket, which you will need when you want to retrieve your baggage. This area is monitored by an attendant at all times.

Coin-Operated Lockers
You can store your personal belongings in our convenient coin-operated lockers in the base area while you enjoy some time on the slopes.

Your Responsibility Code

Follow the Responsibility Code, the seven safety rules of the slopes:

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent run away equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

Know The Code.
It's Your Responsibility
This is only a partial list. Always be alert and safety conscious when on the ski hill.
Officially endorsed by the NATIONAL SKI AREAS ASSOCIATION

Using Lifts

At first, ski lifts can be intimidating contraptions, but you will quickly master them.

Carpet Lifts
Carpet Lifts are a great way to get up the hill. You just stand on the carpet and enjoy the gentle ride.

Double, Triple, and Quad Chairlifts
Ski chairs, two, three, or four-seaters, mounted on a cable, move continuously up the slopes.

Here are some tips on riding a chairlift:

- Skiers need to take the straps off their wrists. Snowboarders need to have a leash attached before boarding the lift.
- Outside guests hold poles in inside hand. Middle guests hold poles in either hand.
- Outside guests look over outside shoulder and grasp bail as it approaches. Middle guests should grasp back of chair as it approaches. Sit down as the chair reaches you.
- Once the chair has left the platform, lower the safety bar. Do not bounce or swing during the ride. Take care not to drop gloves, poles, or litter. Should you lose something, note the number of the next tower for orientation.
- When getting off, you will see the sign warning of unload area, open the safety bar. Raise the tips of your skis so they don't catch as you approach the platform. As your skis touch the snow, stand up and push yourself off the chair with your free hand.
- Move quickly away from moving chair and keep unloading area clear. Brake once you are well clear of your companions.

Trail Marking Symbols and Trail Map

Take a few minutes to check out the ski lifts and the trails marked on the trail map. The colored symbols next to the trails indicate the difficulty of the trail. You will also find them on posted signs on the mountain.

![Trail Marking Symbols and Trail Map]

Before you ride a lift, make sure the trail symbols off of that lift fit your ability. If you have any questions or need directions, go talk to a lift attendant or anyone in a resort uniform.
If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.

See you on the slopes!