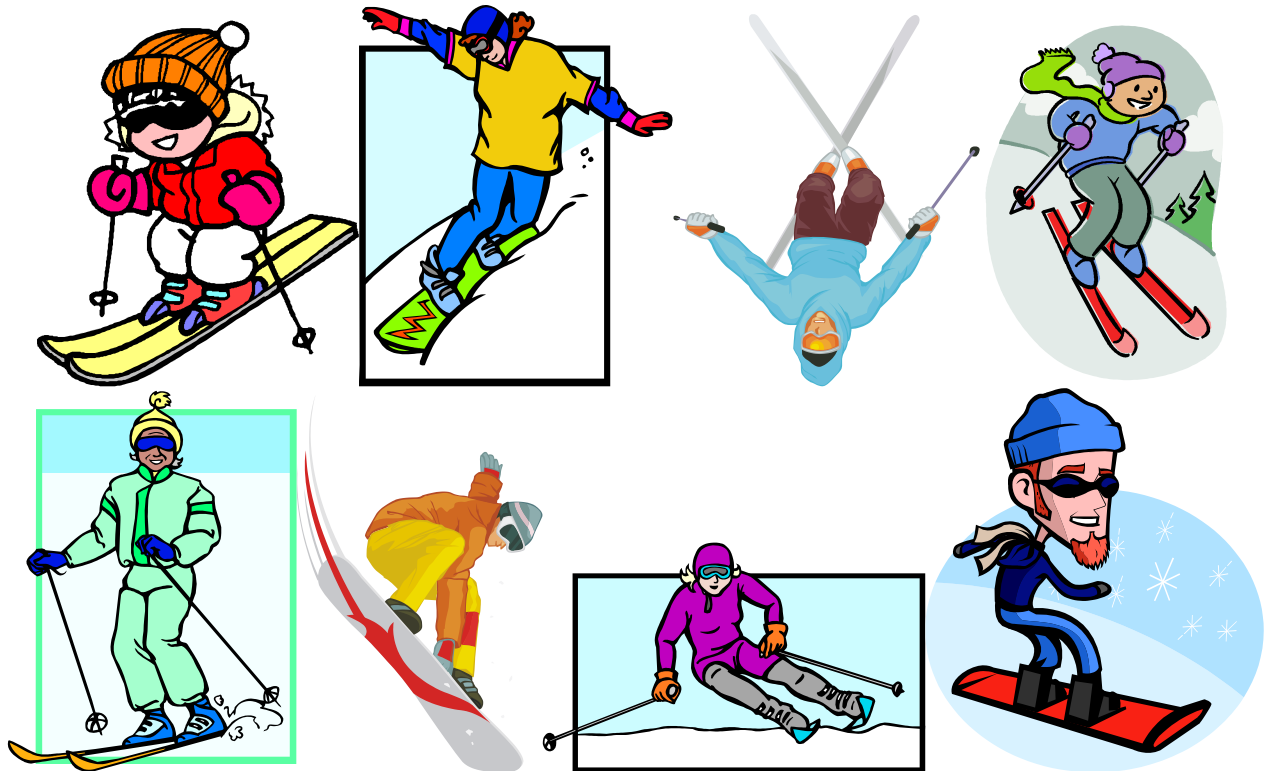




**First Time on Snow? Not Sure What to Wear?
Never been to Attitash Mountain Resort?**

Check out our lists of what to bring for adults or children
And lists of helpful hints....



Adult what to wear list

Skiing and snowboarding are active sports. While you may start off a little chilly, most people warm up as the start to move. Here are some hints on what to wear to get the most out of your lesson.

- Dress for the outdoors, expect to be outside for most of your lesson.
- Dress in layers starting with a base layer, preferably wool or synthetic material. Follow that with a sweater, fleece or turtleneck as conditions warrant.
- One pair of medium weight socks made of wool or synthetic material if possible
- A neck-up and goggles will keep your face warm (no scarves as they are a safety hazard on chairlifts)
- Helmets are recommended, but if you choose not to wear one, a warm hat will help keep you warm
- Warm water proof mittens or gloves
 - Thin cotton stretch gloves are not appropriate even in warmer weather as they get wet and cold fast, also avoid knit gloves and mittens
- Finally, a warm winter coat and ski pants waterproof or water resistant is great
- Don't forget sunscreen and lip balm to protect your skin from the sun reflecting off the snow

If you need to purchase any of the above items you can find them at Attitash Sports located in the Attitash Main Base Lodge.

Most of all bring a sense of adventure!

What to Bring for Children's Program Participants

Children are in ski school for either a full day or half day. Each half day includes a two hour ski session. Children may have a break during the session or may stay outside the entire time depending on weather conditions and energy level of the class. Children may always request a break if they need one.

Please dress your child according to the weather that day, taking into consideration their tolerance of the cold.

- Start with a warm base layer of long underwear, wool or synthetic wicking material is best.
- One pair of calf height socks made of wool or synthetic material
- Sweater or fleece and/or turtleneck
- If your child tends to get cold, a pair of thick tights or lightweight sweatpants may be helpful
- A warm jacket and ski pants water proof or water resistant is best
- Helmets are recommended and available to rent as a separate item. If you choose not to have your child wear a helmet, a warm hat will be helpful

- Goggles and a neck-up will keep faces warm. Please no scarves as they are a safety hazard on the lifts
- Warm waterproof mittens or gloves
 - Thin cotton stretch gloves are not appropriate even in warmer weather as they get wet and cold very fast, also avoid knit gloves or mittens
- Don't forget sunscreen and lip balm to protect your child's skin from the sun reflecting off the snow.
- Our younger Buddy Bears sometimes find an extra set of clothes helpful

Please label your child's clothing, as well as any equipment that you own.

Your child will have a small cubby to store items such as extra gloves and layers.

If you have forgotten anything, you can purchase them at Attitash Sports located in the Attitash Main Base Lodge.

Other helpful information

Children's Ski School

Children with their own equipment should have their name on all items and skis placed in the ski school ski racks located on the back deck of the Adventure Center closest to the number 3 summit chairlift. Children should have their ski boots and snow pants on before they get registered.

If your child is renting skis or a snowboard they will be fitted once they are in ski school by ski school staff.

If you forgot anything, you can purchase everything you need at Attitash Sports located in the Attitash Main Base Lodge

Ski School groups go out on snow at 10:00 a.m. for the morning session and 1:00 p.m. for the afternoon session. Registration starts at 8:30 a.m. and 12:30 p.m. In order to allow your child to have the most instruction time possible it is very important to have your child in ski school by 9:30 a.m. or 12:45 p.m. This will give time for equipment sizing, adjusting layers, and allow time for your child to get comfortable with their coach.

It is very exciting to watch your child learn to ski, however some of our young guests are still having trouble separating from mom or dad. Talk to your child about what is going to happen and tell them you will meet them back in the children's room when their lesson is all done for the day. If your child is staying all day, you can go to the upstairs registration desk and ask a staff member how your child is doing. If you want to see your child skiing, watch from a distance, as to not distract their attention from their coach, or cause any separation anxiety.

If your child has any special needs or special learning considerations please do not hesitate to let us know, we want to do everything we can to give your child a great day learning how to ski or ride

Adult Ski Groups

Please allow plenty of time to buy your ticket, get your rentals (unless you are in a Learn to Ski day one lesson) and get suited up prior to your lesson.

All private, semi private, group clinic, and day two and three Learn to Ski classes meet at the colored flags behind the Adventure Center

We want your experience at our resort to be a positive one for all our guests, if you have any special needs or concerns please speak to your coach before your lesson starts