

# Are You Ready to Go Skiing?

by Scott Alexander

## Hardware:

### \* Ski Tuning

When was the last time you had your skis tuned and waxed? If it was during the Clinton era it is time.

### \* Ski Boots

Do your boots have a flat sole? Cracks in the shell or broken buckles?

### \* Ski Bindings

Are your bindings indemnifiable? Will a ski shop still adjust your bindings?

### \* Clothing

Have the moths found your wool sweaters?

Where are my ski socks anyway?

Can your outfits be layered?

## Software:

### \* Physical Conditioning

Focus on not just major muscles but in particular work on lateral strength of the knees. Knee and wrist injuries are now the most common ski injuries.

### \* Flexibility

I don't plan on falling so it shouldn't be an issue. Warm-up and stretch before skiing at least five minutes.

### \* Fuel

Do you really lose water faster in a high, arid environment?

Is skiing more active than your regular job?

Water, Water, Water.

## On Snow:

### \* Weather Conditions

Minnesota vs. Colorado. Snow and wind vs. sunshine.

Can you dress in layers?

### \* Altitude

Minnesota vs. Colorado, high altitude sun, lower oxygen levels, increased effectiveness of alcohol; problem?

### \* Trail Maps

Most ski areas post a list of recently groomed runs near the ticket windows.

I can ski any run but where is lunch?

### \* End of Day

Take a short break and enjoy the view before your last run of the day. This lets the crowds dissipate in those high traffic areas and creates a refreshed run to finish off a great day of skiing.