

Equipment

Get the right equipment. Often parents will shop for a bargain when choosing skis for their child, recognizing the child will grow quickly and they'll be out shopping again soon. Bargains are understandable - but know what you're looking for, so you truly get a good deal.

Boots. Be sure they are comfortable, easy to get in and out with no lateral play when the boot is in the binding. Be sure the boot goes with the binding system. Make sure the binding system is reliable. MYSL highly recommends the Salomon or NNN system. Boots can be sized a little big, with extra socks, to allow for growth but a boot is too big if the child's heel slips up and down.

Skis. Skis should be the appropriate size. Size range may run from an extended wrist down to chin height, depending on the skiing technique and skiers experience. Buying a longer ski (yet still within the recommended range) can get a child through 3 or 4 years. Do not expect your child to use a ski that is too long. It will be very frustrating. Waxless skis should have an adequate pattern surface (not worn away). Skiers using waxable skis should have the proper kick wax on them. Bindings should be tight on the skis.

Poles. A small child's poles should have safety tips (dull plastic tips). Poles should be the appropriate length. For classic skiing (level 1-4) the poles should fit right under their arm. Kids learning to skate will need a longer pole, approximately to their chin. If your child uses both classical and skating techniques frequently, 2 sets of poles is advised, to learn proper technique. Check to be sure poles and baskets are not cracked or broken.

Clothing. Clothing should provide protection from the wind, insulation from cold weather, and wicking moisture away from the skin. Dressing in layers is best, adding or removing clothing to maintain a comfortable temperature. Three suggested layers are:

1. The underwear layer, next to skin, transports or wicks perspiration. (Polypropylene or capilene underwear. Not cotton).
2. The middle layer insulates. (Polar fleece or wool).
3. The outer layer protects from the elements. (Wind layer that also resists water). Never head out skiing without a hat, gloves or mittens and warm socks.