

A successful trip to **Wilmot Mountain** begins before you arrive. You will have more fun if you start by coming prepared for the weather.

How to dress

All participants want to stay warm and dry. It will be easy to dress for a winter trip if you follow these simple guidelines.

*** Dress in layers**

You can always add or take off a layer. This will allow you to adjust for the weather.

First layer

Long underwear or a substitute. This layer should fit snugly but it should not be too tight. You do not want this layer to “bunch up.”

Second layer

A turtle neck or something similar –mock turtleneck, long-sleeved t-shirt, etc.

Third Layer

A Sweatshirt, sweater or a vest

Last Layer

A waterproof and/or windproof jacket

Pants

Ski or snow pants if you have them

Or

Jeans with nylon pants over them to keep you dry

You just might fall the first time and you don't want to get wet☺

***Feet, Head, hands, Eyes and face**

Feet

One pair of medium weight socks should be enough.

Bring an extra pair in case your feet get wet.

Some people think the more socks the better. If you are concerned that your feet will be cold, the maximum pairs of socks you should wear are two. Make sure that one pair is light weight and the other pair is a medium weight. Numerous pairs of bulky socks will not help keep your feet warm and make your boots uncomfortable.

Head

A Hat or a headband

Make sure you bring a hat or a headband. Much of your body's heat can escape from an uncovered head.

Hands

Gloves that are waterproof

Your gloves will also be used to ride the tow. They should be of a sturdy material

EYES

Goggles if you have them

Sunglasses if you are coming during the day

Face

Scarf, neck gaiter or a face mask if it very cold.

If you wear a scarf, do not leave it outside of your jacket. A loose scarf could be dangerous as it might get tangled on a tow.

If you are out during the day, you might want to consider some sun screen. The reflection on the snow on a bright day may cause a sun burn if you are light sensitive.

Your first day "on the Hill"

Watch what is going on! Ask questions! Everyone was once a beginner!

****First Stop***

Lift ticket

Attach your lift ticket to your jacket with the wire that will be provided. This wire is called a wicket.

Your goal is to put your ticket on the wicket while the wicket is attached to your jacket.

It is easy. Just Think that you are going to make wicket/ticket sandwich with the wicket in the middle.

First Put the wicket on a zipper pull or loop on your jacket.

Next Fold your ticket in half with the printing on the outside

After that Remove the backing on the ticket and place one sticky side to the wicket.

Now fold the other sticky side (with the wicket in between) to the side that is on the wicket. The two sticky sides will hold to each other. There you have it -- a wicket/ticket sandwich!

Next stop Rental shop

Rental form

Fill out the form with your height, weight and skiing or snowboarding ability. Be accurate as your bindings are set for you personally. This is done for your safety.

boots

SKI boots The fit should be snug but not painful. Your toes should barely touch the end of the boot. Your heel should remain in place when you flex your knee and ankle forward. Make sure that there aren't any "pressure points." These are individual places that hurt your foot or leg.

Board boots should fit comfortably

Skis

The rental personnel will give you skis that are appropriate for your height, weight and skiing ability.

Boards

The rental personnel will set your "binding stance."

Poles (Skiers only)

The rental personnel will give you poles based on your height.

You are now ready to go outside!

Make sure that you are zipped up and ready to go!

Walking in your ski boots

Walk carefully in your boots. Walk heel to toe. Do not try to keep your feet flat. Ski boots are not designed that way.

Walking in your board boots

You should be able to walk in them just like any other winter boots.

Once you 're outside walk over to the ski school meeting place. It is a bell under a little roof in front of the lodge. It is especially important to take a lesson if you are a beginner. You will learn all the basics of skiing and snowboarding and have **more Fun faster!** Don't make the mistake of not taking a lesson. Don't try to teach yourself or have a friend teach you. The instructors are trained to get you sliding on the snow safely, quickly and comfortably.

All the employees at Wilmot Mountain hope you have an "awesome" day!!!

Advisors and teachers

Please feel free to copy the first few pages of this booklet to give to your trip participants. It will help them to dress properly and feel comfortable and excited about the trip before they get to **Wilmot Mountain**

You can also give the participants some first day tips.
You can even practice some of these with them. They may seem easy but a few minutes of practice will help them out.

Skiers

Bend your knees

Hands in front for balance

Let them pretend that they are holding ski poles

Keep feet apart

Look ahead -- not at your feet

Listen to the instructor regarding walking, stopping, turning and riding the tow.

Boarders

Knees bent

Back straight

Hands in front

Look ahead – not at your feet

Listen to the instructor regarding walking, stopping, turning and riding the tow.

If you are a school group, you might want to ask your science teacher to relate skiing and snowboarding to their class if possible.

Here are some science ideas

Discuss and/or demonstrate

Acceleration and deceleration

Balanced and unbalanced forces

Center of gravity

Force of gravity
Mass
Newton's laws
Potential and kinetic energy
Sliding friction

How does Wilmot mountain they make the snow?

There is no snow in our backyard. There is no snow anywhere. How do they make the snow so we can have a great day on the slopes?

Snowmaking consists of:

Water

Compressed air

How do the tow rope and chair lifts work?

Work

Power

HYDRAULICS

Pulleys and mechanical advantage

Weights and counter weights