

adaptive SPORTS FOUNDATION



**WHAT TO WEAR
WHEN YOU SKI AT
WINDHAM MOUNTAIN!**

(write your name here!)

**is going to ski
at Windham Mountain.**



Skiing is lots of fun!

We are here to help you when you arrive at the **ASF Lodge**.

Be sure to **sign-in at the DESK,**



visit the **EQUIPMENT ROOM** to gear up,

and relax by our warm, cozy, **FIREPLACE.**



The Lodge can be very busy when lunch is served.



You can go to the **Quiet Room** to relax, if you like.

Now, let's
practice getting ready
so we can make this the
best trip ever!



Let's learn how to dress for
Skiing BEFORE
you go to the mountain!



Skiers wear special clothes.



Ski Socks



Ski Pants



Long Johns



Jacket



Neck Warmer



Balaclava



Helmet



Gloves



Sunglasses



Ski Boots



Hat



Mittens



Goggles



Skis

LONG JOHNS first.

It is cold in Windham.
LONG JOHNS keep you
warm under your clothes.



Practice wearing your
LONG JOHNS.

SOCKS next.

Tall **SOCKS** are best.
SOCKS keep you warm.
They will be different from
everyday **SOCKS**.
Only wear ONE pair.



Next up - SKI PANTS.



These keep you dry, because snow can be wet. Sometimes your **SKI PANTS** have suspenders, practice putting them on. **Tuck in your shirt!**

Time to Go - JACKET on!



Zip it up!

Make sure your ski pants and jacket are zipped up!



You might wear a **NECK WARMER**. Try it on now.



The **NECK WARMER** keeps your face and neck warm.

You might wear a
BALACLAVA
under a **HELMET** to keep
your head and face warm.



Is it hard to breathe
through the fabric?

NEXT ON - GLOVES or MITTENS!

GLOVES or
MITTENS
are very
important to
keep your
hands warm!



MITTENS are warmer!
Keep them on while you are
outside.



Practice
wearing
GLOVES
and
MITTENS in
the cold.



AND THEN - HATS or HELMETS!

Wear a **HAT** or **HELMET**
when you are on the mountain.



Practice wearing your
HAT or **HELMET**.
Did you buckle up your
HELMET strap?



GOGGLES, next!

GOGGLES protect skier's eyes and keep them warm.



GOGGLES fit snugly on your face.

Can you see out of your
GOGGLES?

And then, **SKI BOOTS!**

The most important things
you wear are your

SKI BOOTS.

They connect you to your
skis!



SKI BOOTS are big and heavy with special buckles that make a clicky sound. **SKI BOOTS** may feel tight at first but safe skiers wear snug boots to control their skis.





BEND YOUR ANKLES.

Do your toes barely touch the
front of the boot?

This is good.

Practice wearing your boots.

SKIS



When you
come to
Windham
we will fit
you to a
pair of skis
just right
for you!

MATCH THE PICTURES WITH THE WORDS.



Long Johns

Ski Socks

Ski Pants

Ski Boots

Jacket

Neck Warmer

Balaclava

Hat

Sunglasses

Helmet

Goggles

Mittens

Gloves

Skis

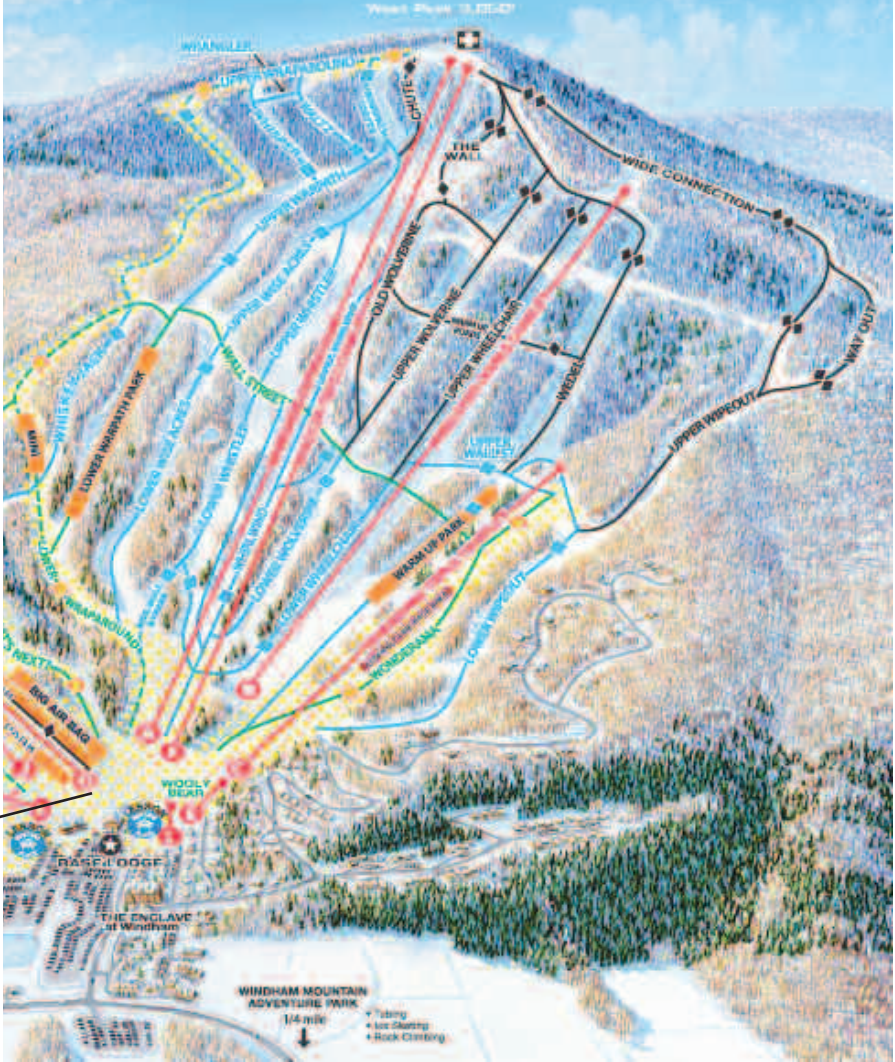


Windham Mountain is fun.



Adaptive Sports Foundation Building

Wear the right ski clothes to the mountain.



We will see you soon!



adaptive SPORTS FOUNDATION

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for People with Disabilities**

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