

SKI & SNOWBOARD EQUIPMENT RECOMMENDATIONS

To help you (or your child) get the most out of lessons at Cascade Ski and Snowboard School, it's important to start with properly fitted and well-maintained equipment. A little preparation before arriving at the mountain makes the experience much smoother and far more enjoyable.

We strongly recommend having all equipment checked and adjusted at the beginning of the season at a **reputable ski or snowboard shop**. If you are renting gear, renting from a shop in town rather than on the mountain will save time on lesson day and ensure proper sizing. Always **label all equipment with the student's name** to avoid mix-ups. For children just starting out, have them practice putting on and taking off their boots and skis/snowboard at home—doing so without the distraction of snow, cold, and new surroundings makes the learning curve much easier.

Skis

- For children, skis should generally be **between chest and head height**, depending on their skill level. Shorter skis are easier to maneuver and build confidence, especially for beginners or lighter-weight kids. Avoid buying skis that are “too long to grow into”—oversized skis make learning frustrating and can stall progress.
- Look for skis with a **modern shaped (parabolic) design**, and match the ski's stiffness (flex) to the skier's weight and ability. Softer-flexing skis are better for lighter or newer skiers.
- Teens and adults should also size skis around head height, going shorter for timid or lighter skiers.
- Keep skis **tuned and waxed**—sharp edges and smooth bases make turning easier and safer.

Snowboards

- Snowboards should generally size **between the rider's chin and nose**. Beginners often benefit from a shorter board within this range for easier turning.
- Flex matters—softer flex boards are more forgiving for beginners, while stiffer boards are geared toward advanced riders.
- As with skis, ensure boards are kept **waxed and edges sharpened** for best performance.

Bindings

- Ski and snowboard bindings must be **current, safe, and properly adjusted**. Have them serviced by a qualified shop **before ski school begins**.
- Binding settings are tailored to boot size, height, weight, and ability. For skiers, release settings are critical for injury prevention—do not skip professional adjustment.

Ski & Snowboard Boots

- Boots are the most important piece of equipment. Poorly fitting boots (too loose or too tight) can quickly ruin a day and hinder learning.
- Boots should fit like a **firm handshake**—snug but not painful, with toes just brushing the front of the boot and heels secure in the heel pocket.
- To check sizing: remove the liner and place the foot inside the empty shell. With toes touching the front, there should be **about one to two finger widths** of space behind the heel (slightly less for children).
- Take the time to get properly fit at a shop. Comfortable, well-fit boots will make skiing or snowboarding far more enjoyable.