



# Ski Touring Comfort Tips

## Maximise comfort, enjoyment and recovery before, during and after a backcountry ski day

*This list is not required things to do – just tips to help you maximise your enjoyment!*

### Pre trip:

- **Eat and drink lots the day before and morning of.** A touring day is a high caloric activity and not a time to diet.
- **Organise gear a day or two beforehand.** This saves pre-trip evening time/ facilitates getting enough sleep the night before.
- **Ensure your skin glue is in good condition** and touch it up if necessary (usually touch-ups along the edge are all skins need). A full reglue is necessary every few years, or more often if you use them a lot or don't take care of them.
- **Wax skis/board for the given temp conditions.**
- Check your email the night before your trip to see if Tom has made any changes to meeting time/place.
- **Drive with your boots in your warm car** (instead of the cold ski box/back of truck).

### During the day:

- **Have a car-only dedicated puffy jacket.** I love this as it means I can be comfortable waiting for everyone to be ready in the morning, then ditch it as soon as we start walking. I'm just not likely to pull out the one from my pack knowing that I'd need to re-pack it away when we start skiing.
- **Put on fresh socks when changing into your ski boots.** Your driving ones will have gotten damp (even if you don't feel it) and will put your feet at greater chance of getting cold.
- Have a small piece of carpet/old yoga matt to facilitate changing into your boots so you're not stepping in snow.
- **A thermos with honey/sugar filled tea** is well worth the extra weight! (as opposed to a half frozen water bottle you're then not likely to drink)
- **Lots of high calorie snacks:** It's incredible how good you can feel when properly fueled. When selecting food, think: "can I put this in my deep-freeze for 5 hours, pull it out and eat it right away?" If the answer is no, then don't bring it skiing. High fat/sugar

cookies, nuts, PB&J sandwiches are all good ideas. A lettuce/tomato sandwich and an apple are not good choices.

- **Hand heat packs:** Call me 'soft' but I use these most days. Helps start the day warm, then mid day if I get hot hands, I'll put the heat packs in my phone pocket to preserve battery life, then in the afternoon when gloves inevitably get a bit wet and energy drops I'll put them back in my gloves. Open them up ~10 minutes before trip departure and blast 'em with air on your vehicle's heat vent - oxygen is what makes 'em work!

#### Tips for cold days:

- **Extreme cold:** Thank you for your understanding on cold days. I will cancel/refund if the forecast **high** temp is -20 or colder.
- **Eat and drink lots.** Your body cranks its metabolism on cold days to keep you warm. A fire won't keep you warm without putting lots of logs on it (eat, eat, eat).
- **Insulated pants:** are a great investment. This is the single biggest change in my layering that I do on cold days. Night & day difference in keeping your feet warm! Look for ones with full side zips so you can take them off easily with boots on if you get too warm.
- **Heated socks:** expensive yes but they work! I use Lenz, Sidas and Thermic brands. Batteries and chargers are interchangeable amongst these three brands. Socks are all a bit different, choose the ones that are the most comfortable and the right thickness for your preference.
- **Buff:** Lots of blood comes close to the surface by your head and neck. Having a buff fully covering your neck traps in heat.
- Wax your skis with cold wax. Cold snow is crazy slow and if you're not waxed properly, it'll feel like you're skiing on velcro.
- **Mitts:** are warmer than gloves. Good to have a pair in your pack just in case.

#### Post trip:

- **A full change of clothes to get into right away.** Damp ski clothes will suck the energy out of you on the drive home.
- **Eat and drink right away.** Especially important if you're doing back to back days. I'll drink 1L (car thermos) and eat a min of 500 calories (carbs and protein) within a half hour of getting off my skis and will drink at least 2L before getting home. Waiting until you're home to change/eat/drink significantly delays your recovery.
- **Check over your gear when hanging it up to dry.** Especially important for splitboarders to do a bolt check and make sure nothing is going to fall off during the next tour.