



Winter Snow Sports Check List

Before you leave the house

Be sure to carry tire chains in your vehicle. They are required during heavy snowfall on I-80. Cal Trans requires all motorists to possess chains/snow tires during inclement weather. Up to the minute road conditions are available via Cal Trans at 800.427.ROAD. Nevada road conditions 775.793.1313.

Tips for our mountain environment:

- DRINK LOTS OF WATER! Start drinking water the night BEFORE you arrive in Tahoe to help your body adjust to the higher altitude and drier air.
 - Jewelry such as rings and earrings transfer cold easily. If you are sensitive to cold, refrain from wearing jewelry.
 - Rule of thumb: NEVER WEAR COTTON while skiing or snowboarding. Cotton traps moisture next to your skin and allows heat to escape. When choosing ski or snowboard clothing, look for fabrics like Capilene, Thinsulate, Gortex, Coolmax, or Polypropylene. These fabrics are specifically designed to keep heat in and moisture out. In the end, you'll be much more comfortable!
 - Don't spend a lot on ski clothing. You probably already own most of the items listed below. We also have some limited ski clothing you can borrow for the day.
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Snow Sports Clothing Checklist

- Goggles (preferred over sunglasses)
- Sunglasses Sunscreen Chapstick
- Winter Hat (80% of your body's heat is lost through your head)
- Long underwear top and bottom
- Fleece jacket or pullover
- Water resistant ski or snowboard pants
- Water resistant ski or snowboard jacket
- Gloves or Mittens (2 pairs)
- Thin and thick wool or synthetic socks (bring at least 3 pairs)
- Winter snow boots/shoes