



# Starter Pack

## Downhill Skiing

### Downhill Skis



- As tall as your height, shorter - beginners, longer – experienced
- 3 measurements mm– tip/waist/rear
- Carving skis– narrow, <80 mm waist, groomed runs
- Powder skis– wider, 110 mm+ waist
- All-Mountain skis – combo
- Rocker – tips of skis, makes for better turning
- Bindings are important – Salomon, Marker, Rossignol

**Brands: Rossignol, Fischer, Salomon, Atomic, Volkl, Nordica, Head, K2**

<https://www.switchbacktravel.com/best-skis->

### Poles



- Carbon or Aluminum shaft
- Adjustable if going in the backcountry
- Sizing – with hands on grips arm should be a 90 degree angle

**Brands: Fischer, Rossignol, Volkl, Leki**

<https://www.switchbacktravel.com/best-ski-poles>

### Boots



- Flex- 50-140, beginners do better with lower number with more flex
- Sizing (Mondo) – cm toe to heel, snug but not tight
- Last (width) – mm side to side, avg 100 mm
- Liners – softer for beginners, heat-moldable liners for custom fit

**Brands: Lange, Tecnica, Salomon, Atomic, Nordica, K2**

<https://www.switchbacktravel.com/best-ski-boots-beginners>

### Helmets



- ABS construction – durable, cheap, hard plastic shell with foam liner glued
- Ventilation – with adjustment
- Liner helps with warmth – covers ears
- MIPS liner protects in impact
- Goggle clip on the back
- Audio compatibility

**Brands: Smith, Giro, Oakley**

<https://www.switchbacktravel.com/best-ski-helmets>



### Goggles

- Cylindrical – cheap, some glare vs Spherical
- Mirrored Lenses decrease brightness
- Visible Light Transmission (VLT) as high as possible
- Good ventilation prevents fogging
- Make sure there is as little gap between top of goggles and helmet

**Brands: Giro, Smith, Bolle, Oakley**

<https://www.switchbacktravel.com/best>