



Skier and Rider Checklist

Items we'd recommend you bring to help make the most of your ski trip! Remember, it's easier to take clothes off if you get warm than to find extras to put on if you're already cold. Keep in mind that the amount of layering depends entirely on the weather.

To keep the bottom half of you drier, you can easily and safely waterproof a pair of pants with Scotch Guard. Ski Bibs and jackets can also be rented at the area for \$9.⁰⁰ per day each or \$16 for the set.

- Sunglasses
- Goggles
- Sunscreen
- Lip Balm
- Bag to carry change of clothing, boots, and extra equipment
- Long Underwear
- Ski Pants or Bib Pants
- Outer Layer Jacket (Preferably waterproof/breathable shell)
- Gloves or Mittens (Waterproof is preferred)
- Neck Gaiter
- Turtleneck
- Sweater or fleece
- Socks or Sock Liner (one thin to medium pair)
- Vest (for insulation)
- Face Mask
- Change of clothes for after skiing or riding
- Hat or Headband (Did you know 80% of your body's heat escapes through your head?)

Note: All of these accessories and more can be found in at our shop in Maggie Valley, Cataloochee Ski & Sports. If you discover after you arrive, that your gloves are not warm enough or that you have forgotten your sunglasses, you can also check in at the Shop on the Mountain for a reasonably priced replacement. In addition, you'll find Cataloochee souvenirs from hats to pins, sweatshirts to T-shirts and everything in between! Both shops are conveniently located and accept Visa, American Express and Mastercard.





Common Sense, it's one of the most important things to keep in mind and practice when on the slopes. The National Ski Areas Association (NSAA) believes education, helmet use, respect and common sense are very important when cruising down the mountain. NSAA developed Your Responsibility Code to help skiers and boarders be aware that there are elements of risk in snowsports that common sense and personal awareness can help reduce.

Seven Points to Your Responsibility Code

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

KNOW THE CODE: IT'S YOUR RESPONSIBILITY.

**THIS IS A PARTIAL LIST.
BE SAFETY CONSCIOUS.**

