



Minnesota + Snow = Safety, Fun & Learning!

Winter is here! Get off the couch and on the slopes! There's nothing like playing in crisp Minnesota sunshine from November through March. Go skiing and snowboarding, or any fun activity that gets you and your family outside to enjoy our great Minnesota winters.

Cover Up!

The easiest way to stay safe in cold weather is of course to dress appropriately. This means covering exposed skin by wearing a hat, neck gator, and snow-proof jacket, pants and gloves or mittens. Replace that hat with a helmet and goggles if you're participating in skiing, snowboarding or another action sport. A pair of insulated, weather-proof boots for building a snowman, or sport-specific gear like ski boots, lets you ignore those windchill factors and get outside!

Layer Up!

Layering means starting with a *base layer* that wicks moisture away from your skin. Cotton will leave you feeling clammy, chilled and wet. For a durable, fast-drying base layer start with synthetic fabrics such as polyester blends, spandex or rayon. Try merino wool for extra warmth or silk tops and bottoms on a moderately cool day.

Next comes an *insulating layer* like fleece, down or even grandpa's cool retro wool sweater. Adjust the insulating layer based on the intensity of your activity and the air temperature.

Finally, add a water-resistant, breathable *outer layer* – your jacket and snowpants! Consider the insulation type you prefer, such as down or synthetic fibers. Heavier insulation retains more warmth. Look for features such as hoods, powder skirts and vents, which help you stay warmer or cooler depending on the weather and your activity level.

Use the same process to layer from head to toe – don't forget about your feet! No cotton socks. Remember: dry means warm!

Gear Up!

Great fitting gear, like skis and snowboards, means a great day on the snow. Gear that fits or performs poorly creates barriers for keeping kids active and can even lead to injuries. Visit a local, independent retailer with trained staff committed to getting you gear that fits and matches your skill level.

Most local shops like to engage in the community and build long-term relationships with families. Many ski and snowboard shops offer “buy back” programs. The shop will literally buy your gear back at the end of the season and apply the amount toward your purchase for next season. A select few shops also offer season-long rentals or host equipment swaps, which can be a great place to get used gear at huge savings.

Go with a Pro!

No matter what winter activity you choose, the better you are, the more fun you’ll have. Whatever your experience level, take a lesson from a pro. You’ll always learn something new and increase your fun-factor!

Snowsports areas and traveling ski and snowboard schools offer safe, fun learning environments where you can master the skills and maximize the fun of lifelong activities the whole family can enjoy together!

Winter Fun Formula

Cover up + Layer up + Gear up + Go with a Pro! That’s the secret formula for getting outside and enjoying winter, Minnesota’s best season. See you on the slopes!

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