

The Ultimate Kids Travel Guide to Skiing: Everything You Need to Know



Kids' Travel Guide - Ski: Everything kids need to know before and during their ski trip by Lisa Marie Mercer

★★★★☆ 4.7 out of 5

Paperback : 200 pages

Reading age : Baby and up

Language : English

File size : 36389 KB

Screen Reader: Supported

Print length : 40 pages

Lending : Enabled



Planning a ski trip with kids can be a lot of fun, but it can also be a lot of work. Here's everything you need to know to make your trip a success.

Before You Go

Before you even hit the slopes, there are a few things you need to do to make sure your kids are prepared for their ski trip.

- **Get them fitted for ski gear.** This includes skis, boots, poles, and a helmet. Make sure the gear fits properly and is comfortable. You can rent ski gear at most resorts, but it's often cheaper to buy it in advance.
- **Book ski lessons.** This is a great way for kids to learn the basics of skiing in a safe and controlled environment. Most resorts offer group lessons for kids of all ages.

- **Pack the right clothes.** Skiing can be a cold and wet activity, so it's important to pack warm, waterproof clothes. Layers are key, so your kids can adjust their clothing as needed. Be sure to pack a hat, gloves, scarf, and ski socks.
- **Make sure your kids are healthy.** Skiing can be strenuous, so it's important to make sure your kids are healthy before they hit the slopes. If your kids have any underlying health conditions, be sure to talk to your doctor before they go skiing.

On the Slopes

Once you're on the slopes, there are a few things you can do to make sure your kids have a safe and enjoyable experience.

- **Start on the bunny hill.** This is a great place for kids to learn the basics of skiing in a safe and controlled environment. Once they've mastered the bunny hill, they can move on to more challenging slopes.
- **Take breaks.** It's important to take breaks throughout the day, especially if your kids are new to skiing. This will help them avoid getting tired or overwhelmed.
- **Stay hydrated.** It's important to drink plenty of water throughout the day to stay hydrated. This will help your kids avoid getting sick or injured.
- **Be safe.** Always wear a helmet when skiing. And be sure to ski within your limits. If you're not sure about a particular slope, don't ski it.

After the Slopes

After a day on the slopes, it's important to take some time to relax and recover.

- **Get a massage.** This is a great way to relax sore muscles after a day of skiing.
- **Go for a swim.** This is a great way to warm up after a day in the cold.
- **Eat a healthy meal.** Eating a healthy meal after a day of skiing will help your kids refuel and recover.

Ski Resorts for Kids

There are many great ski resorts that are perfect for families with kids. Here are a few of our favorites:

- **Park City Mountain Resort, Utah.** This resort has a wide variety of slopes for all levels of skiers, including a dedicated beginner area for kids.
- **Vail Ski Resort, Colorado.** This resort is known for its world-class skiing, but it also has a great kids' program with lessons and activities for all ages.
- **Breckenridge Ski Resort, Colorado.** This resort has a charming historic town at its base, with plenty of activities for kids, including a snow tubing park and a kids' ski school.
- **Northstar California Ski Resort.** This resort is located in the beautiful Lake Tahoe area, and it offers a wide variety of slopes for all levels of skiers, as well as a dedicated kids' area with lessons and activities.

- **Okemo Mountain Resort, Vermont.** This resort is known for its family-friendly atmosphere, with a variety of slopes for all levels of skiers, as well as a dedicated kids' area with lessons and activities.

Tips for Skiing with Kids

Here are a few tips for skiing with kids:

- **Start early.** Kids have shorter attention spans than adults, so it's best to start skiing early in the day when they're fresh and energetic.
- **Make it fun.** Skiing should be fun for kids, so make sure to play games and keep them entertained. You can also bring along some snacks and drinks to keep them going.
- **Be patient.** Learning to ski takes time and practice. Be patient with your kids and don't get discouraged if they don't get it right away.
- **Safety first.** Always make sure your kids are wearing a helmet when skiing. And be sure to ski within your limits.
- **Have fun!** Skiing with kids can be a lot of fun. So relax, enjoy the experience, and make memories that will last a lifetime.



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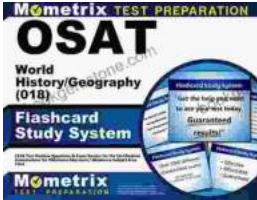
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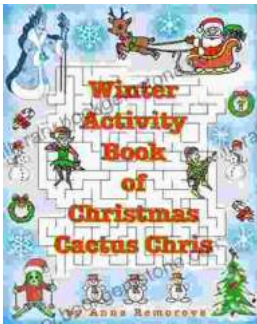
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