



Beginners guide to the snow

Participating in snow-sports opens a whole new world of possibilities to enjoy endless winter fun. But everyone agrees, your first experience at a mountain can be a bit overwhelming. We realise this, so to help make your first mountain experience enjoyable, we've put together this guide to help you navigate your first day on the slopes.

This section offers information to help you be well prepared for your day on the slopes. We also offer a few guidelines regarding strategies for refueling your body and maintaining your comfort level while on the mountain.

Before you arrive up the mountain

Winterise your car

Before you travel to the mountain, make sure your car is ready for the colder alpine environment. Top off all fluids, including antifreeze and windshield washer fluid. You should buy or hire a set of chains and always carry them in your car. In time you may want a rooftop rack to carry skis or snowboards.

Make sure to zip your car keys into a secure pocket when you leave the car. As a back-up, give an extra set to someone else in your party.

Make a checklist

Make a checklist of the essential items you need, and check it before leaving for the ski area. If you do forget something, we do sell lots of items at our shop in the customer service office including clothing, socks, gloves, hats, caps, goggles and sunscreen.

When you arrive on the mountain

Do you need to store your belongings?

There are lockers at the ski area. Ask the team at the ticket office, and they can hire you a locker for the day.

Do you need a lesson?

Lift tickets are available right at the Customer Service desk! We strongly recommend our Intro to Sliding Package for all first-timers. Using the latest equipment and teaching techniques, our Snow-sports Instructors are committed to your enjoyment.

If you're planning to take advantage of our **Learn to Ski/Board Package** go directly to the Customer Service Desk to sign up for your lesson. Beginner's lessons are at 10:00am and 1:00pm. You should arrive an hour before your lesson starts.

You can also sign up for Private Lessons and various other group lessons and clinics at the Customer Service Desk located next to the ticket office.

SPECIAL OFFER: Learn to Ski or Ride

For first time skiers ages 5 and up, the Learn to Ski & Ride inclusive beginner's package includes a 2 hour Beginner Lesson, quality rental equipment and a learning area lift ticket! You'll also receive a **Porters Passport** from your instructor during the first lesson. Complete the passport program with three more visits, and you qualify for a Season Pass valid for the rest of the season!

The passport program welcomes brand new skiers and riders to Porters with excellent value packages and a SEASON PASS when you complete the programme.

How does it work? What do I get?

1. Purchase a learn to ski or ride package. This package will include equipment, a two-hour lesson and a learner's area lift ticket for \$95. During your beginner lesson your instructor will issue you your passport booklet. Make sure your instructor has printed their name and date in the day 1 lesson to authorise you for a discounted package on your next visits. Fill in your name and information.
2. On your next visit, show your authorized passport book to the Ticket Office to receive a 50% discounted package that includes equipment, a two-hour lesson and a lower mountain lift ticket. Have your instructor print their name and date in the day two lesson to authorise your discount for your third visit.
3. On your third visit show your authorised passport book to the Ticket Office to receive another 50% discounted package that includes equipment, a two-hour lesson and a lower mountain lift ticket. Have your instructor print their name and date in the day three lesson to finalise your passport.
4. On your next visit go to our customer service office, present your authorised passport booklet, purchase an all mountain lift ticket and immediately receive your **PORTERS SEASONS PASS** for the rest of this season!

*Voucher has no cash value, redeemable at Porters in that year only.

Guarantee

We're so confident that our instructors can get you skiing or snowboarding that we guarantee it! Available with all of our group lessons the "Learn to Ski or Ride Guarantee" makes sure that the important first experience is all that it can be. If you're not stopping and turning on your own by the end of the ski lesson or side slipping with a stop by the end of your snowboard lesson, then you can come back until you can. No fine print, no blackouts, just the guarantee! Another reason why the Porters Snowsport School is all about you!

Rental equipment

If you just need to rent equipment, we have a rental shop in the base area between the ticket office and the new café. You need to **pay for your rental equipment at the ticket office not the rental shop**. We also have high-end rental skis available.

Purchase a lift ticket

Lift tickets are included with our Beginner's Packages. However, if you are not purchasing one of these lesson packages, you will need to purchase a lift ticket. You can purchase a lift ticket by going to our ticket windows. Ticket windows are located in the front of the base building facing the parking lot. For current ticket prices, visit the rates page on the Porters website.

That's it! You're ready to tackle the mountain and all it has to offer!

So, now you're through the sign-up process, you have your ticket, rental equipment, lesson, etc. Here are some pointers regarding places to eat, amenities, etc.

While you are on the mountain

Wear layers

Wearing layers keeps you warmer and lets you adjust clothing as the day gets warmer or colder. You can add or remove layers to remain comfortable. The two most important layers are the one closest to your skin and the one on the outside. The best underwear is absorbent and takes the perspiration away from your skin. The outermost layer, including pants, should be wind and water resistant. Clothes such as jeans or sweatpants absorb water, making you wet and cold. You can lose tremendous amounts of body heat through the top of your head. Wear, or carry, a hat at all times.

Wear mittens or gloves

Some prefer the added warmth of mittens, while others like the finger freedom of gloves. Snowboarders wear extra thick protection on their hands plus wrist guards. Whatever you prefer, always protect your hands from the elements and from injuries. Even on warm spring days, the snow is very abrasive on your bare skin.

Wear a helmet - It's a smart idea

Many snow-sports enthusiasts wear helmets. The best ones are light, comfortable, warm, and allow you to see and hear clearly. If you use one, you not only provide yourself added protection, you never have to worry about hats. Use a helmet especially designed for snow-sports. Rentals are available for children.

Wear sunscreen and lip balm

In the higher elevations of the mountain environment, the sun's rays are less filtered. Snow also reflects UV sun rays, making them even more intense. You can get severely sun burnt very quickly. Wind will burn your skin, too. Even if you have darker skin, or believe you always tan instead of burn, use strong sunscreen anyway.

Wear goggles/sunglasses

Infrared and ultraviolet rays can be extremely harmful to your eyes, especially at higher altitudes. Good quality sunglasses are an important investment. Wind, blowing snow, cold, and fog can also be very uncomfortable to your eyes. Goggles are every bit as important as sunglasses. Always take both with you, even if the day seems perfect. Remember, weather changes rapidly in the mountains. It's easy to be caught unprepared.

Understand your fitness level

Snow sports are for everyone - regardless of age, body type and fitness level. But it's important to work within your own fitness level. Pace yourself, don't venture too far from resting places and shelter, and don't overdo it. Stay with companions who are close to you in ability and fitness. As you progress in your abilities, you may consider regular workouts to prepare for mountain adventures.

Warm up and warm down

Cold weather tends to make your muscles more stiff and sluggish than normal. Allow yourself time to acclimate to the mountain environment before you head up-mountain. A few warm-up exercises and stretches pay big performance dividends. Keep moving until you can get inside, take off a few layers, and relax.

Drink plenty of water

Sun, wind, perspiration and altitude rob your body of fluids. In fact, you can become dehydrated long before you even feel thirsty. Stop frequently for water or carry it with you. Coffee, tea and soft drinks don't replenish your body fluids as well as plain water.

Eat well and have breaks

Good healthy food is available from our new Café & Bar. Come in for breakfast, lunch or morning and afternoon tea. Just relax and warm up around the open fire. Have a break when you start feeling tired.

Enjoy our facilities

New café

In our new fully licenced cafeteria you can get good, hearty breakfasts and lunches. Please do not store your belongings under the tables in the cafeteria. Any unattended belongings will be removed by staff (or the bomb squad!) - this is simply a safety issue.

In addition to the cafeteria we have a take-away bar next to the ticket office, which is open on busy days.

Lodge

There is a 40 bed Lodge 10 minutes from the mountain with bunk type accommodation. It is a commercial Lodge run by the Porter Heights Ski Club. Bookings can be made by email porterheightslodge@xtra.co.nz

Toilets and Telephones

Toilets are located next to the cafeteria. A public telephone is in the customer service area. There is no cell phone reception in the base area.

Guest Services

Guest Services staff are ready to help you with all your needs. For directions, information, and helpful tips, just visit the Guest Services desk next to the ticket office

First Aid

We hope you'll never need them, but if you do, Porter Heights Ski Patrol is ready to help you. The First Aid Room is located in the Ski Patrol Hut, which is above the base buildings. Ask any staff member for assistance. We're happy to call Ski Patrol for you.

Enjoy!

Snow-sports are exhilarating, especially as you try to learn something new or try to move to a higher skill level. Remember: it's all about fun. There is always help available from professional snow-sports instructors at our Snow-sports School. For the best possible start to your new-found winter activity, contact the Snow-sports School at the customer service area.

Contact us

If you have any questions please contact us:

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