

**Winterizing Your Outings:  
Try The Frisco Nordic Center  
By Coach Stacy Fowler, M.S., C.P.T.**

Here are some tips to maximize your fun and minimize your problems on your next winter outing.

**Winterize your gear. Pack your backpack or car with the following items:**

- |   |                                      |
|---|--------------------------------------|
| 1. Map/compass                                      | 7. Emergency blanket                 |
| 2. Hats - 70% of body heat is lost through the head | 8. Duct tape                         |
| 3. Colored tape or ribbon to mark your trail        | 9. Matches and flashlight            |
| 4. Snow probes or avalanche beacons                 | 10. Mirror and whistle for signaling |
| 5. First aid kit                                    | 11. Hand and foot warmers            |
| 6. Multi purpose fold-up tool (mini tool kit)       | 12. Plastic garbage bag              |
|   | 13. Kleenex                          |
|   | 14. Cell phone                       |
|   | 15. Watch                            |
|   | 16. Water                            |
|   | 17. Energy snack food                |

**Winterize your safety**

1. Always do a warm-up / cool-down exercises and do easy trails first.
2. Ski with a buddy and make sure somebody always knows where you are.
3. Wear your sunglasses and sunscreen even on cloudy days.
4. Ski and board under control and not so fast that you can't stop suddenly.
5. Keep enough distance between you and other people on the trails.
6. Keep off closed trails and obey all signs and warnings.
7. Listen to your body. If you get tired, rest or call it a day.
8. Make frequent stops for water and snacks along the way. You need 2 quarts of water per day.
9. Watch the weather forecast / temperature and wind chill. Be prepared and plan to be in before it gets dark or the weather turns dangerous.

**Recognize the signs of:**

- **Frost bite:** In mild cases, the skin turns red and stings. In moderate and severe cases, skin turns grey, mottle white, or waxy and intense stinging or complete loss of sensations occurs. Treat by restoring body temperature as quickly as possible by immersing in a water bath of less that 110 degrees and serving warm drinks. Do not rub the affected area; if clothes are stuck to the area, do not pull to remove. Dry the area off and cover it until it thaws and medical help arrives.
- **Altitude sickness:** nausea, dizziness, fatigue, drowsiness, lethargy. If you feel these symptoms, you should stop, rest, and breathe. Take in a simple sugar like candy or a fruit drink, and then travel as soon as possible to a lower elevation.
- **Hypothermia:** Shivering, slowed speech, memory lapse, stumbling, drowsiness, and exhaustion. Immediately get out of all wet clothes in a warm, dry area, and put on dry clothes. Drink warm liquids and sit by a warm fire.