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The Nations
Team 2010

Oasis



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Alpine 2010



Taking a hike

It's not just about the view from the top of the mountain. It's about the journey. The hike is a challenge, a test of endurance and a chance to connect with nature. The gear you choose is crucial for a safe and enjoyable experience. From sturdy boots to reliable skis, every piece of equipment plays a role in your ascent.

1. Invest in quality gear to ensure safety and performance.
2. The most important piece of gear is your boots. They should be comfortable, supportive, and provide good traction.
3. A reliable backpack is essential for carrying your gear and supplies. Look for one with multiple compartments and a sturdy frame.
4. Skis should be well-maintained and suited to the terrain. Consider the length and width of your skis based on your skill level and the conditions.
5. Ski poles are a vital tool for balance and control. Choose poles with adjustable lengths and ergonomic grips.
6. Ski boots should be snug but not too tight. They should provide good support and control while allowing for some flex.
7. The right ski binding is crucial for safety. Make sure it's compatible with your boots and skis.
8. Ski socks should be made of wool or a wool blend to provide warmth and moisture-wicking properties.
9. Ski gloves should be waterproof and insulated to keep your hands warm and dry.
10. Ski goggles are essential for eye protection. Look for goggles with UV protection and a clear lens.

For more on this visit www.nations.com or www.alpine.com