In order to help make the most out of your mountain experience, here are some tips on getting the family ready:
为了帮助您和您的家人更好地体验滑雪的乐趣，请参考以下建议：

Ski School Student "Ready to Go Snow Riding" Checklist for _____:

滑雪学校学员准备清单

Please keep this list handy and use it to check that your student has everything they need when it's time to leave for the mountain.
请随身携带此清单，以便在学生出发滑雪前检查是否准备就绪。

Ski / Snowboard Gear 滑雪（双板/单板）装备	**Clothing** 服装	**Miscellaneous** 其他	**Spares (recommended because it can be wet sometimes)** 备用物品
Boots 滑雪靴	Parka 滑雪服	Sunglasses (must provide 100% UV protection) 墨镜（100%紫外线防护）	An extra pair of gloves (dry gloves after lunch feel so good!) 手套
Skis / Snowboard 滑雪板（双板或单板）	Snowsports Pants, Bibs, Warm-ups, or Wind pants 雪裤/吊带裤/保暖裤/防风裤	Skin protection (SPF 30 lotion and lip protector) SFP30 防晒霜和唇膏	Extra socks for the drive home 袜子
Poles (skiers only) 雪仗（双板）	Wool hat 帽子	Kleenex 面巾纸	A large size (36-gallon) trash bag (makes a great emergency rain coat - just punch a hole in the bottom and sides for the head and arms. Then just toss it when done!) 大的垃圾袋（可用作临时雨衣）
Gloves 手套	Turtleneck 高领衫	Gear bag or knapsack (to carry everything) 滑雪背包	
Goggles 雪镜	Wool sweater 毛衣		
Helmet 头盔	Long underwear 长袖内衣		
	Wool neck gaiter (optional) 围脖		
	Warm Sock 滑雪袜		An extra hat 帽子