

**Safety Site**  
**Cross Country Skiing Safety**  
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**Recreational Safety takes Responsibility & Control**

Cross Country Skiing Safety Tips

Check on conditions and weather reports before you go.

If you are new to the sport, take a lesson or ski with an experienced friend.

If possible, ski with a buddy, or let a friend or family member know your plans, so they know where to search if you don't come back at the expected time.

Use properly fitting skis, boots, and bindings. All equipment should be in good condition.

Know your limits.

Carry an emergency kit, map, compass and communication device.

Always carry a water bottle or hydration pack.

Stepping off the trail can lead you into hip-deep snow, losing a ski or a pole, or even getting lost. Sticking to the trails also protects plants and wildlife by keeping wild corridors undisturbed and natural areas natural.

Be aware of local wildlife.

As with hiking, check the time when you start, so that you turn around in time to be back before sundown.

Have fun. Be safe.