

What to Know Before You Start Skiing

Congratulations! You want to start skiing. That's great.

Taking a lesson is very helpful. Skiing instructors get to work with you and show you the basics so you don't have to figure them all out yourself. We can cover more in an hour or two than you'd be able to teach yourself in years, so taking a lesson is a smart choice. We have ways to make it easier for you, too.

Here's a great video series on what you should know before you start skiing:

Get the Manual!

Yes, I wrote on book with some great tips called [*Beginning Skiing: Tips for Beginners*](#).

This book will give you great tips for planning your ski trip, figuring out how to dress right for the weather, how to get in shape, what to do when you get to the ski area and then what to concentrate on as you ski throughout the day.

Original article: <https://www.skiwithtony.com/what-to-know-first-time-skiing/>