



## **Surviving Full days on the hill – often in bad weather.**

Here are some notes from Tom Watts about how he manages to work 7 hours a day virtually every day of the season.

Tom has been teaching skiing for well over 20 years, he is highly experienced at managing himself, his time, energy, body and equipment.

It is based on working 3 sessions per day:

Layers: depending on what type of lessons I have, depends what layers I wear, always have extra/spare in my bag.

Using breaks efficiently, toilet stops, refuel and water, at least one glass of water at morning break, then more fluids at lunch, in the busier / warmer periods Isostar at lunch.

NEVER skip lunch.

Cereal Bar in pocket, just in case.

Glove liners and neck snood in pocket

Re-apply sun cream at each break and keep small tube in pocket.

Spare gloves, hat and goggles in Bag,  
3 sets to change into for each new session when wet, not because Gore-Tex doesn't work, because they take too long to dry.

Keep uniform / outer gear clean so water proofing works. (laundrette will re-waterproof if required)

Boots dried every night, NEVER left in car. Remove liners and footbeds ensure there is no moisture anywhere.

Clean socks

Get any boot niggles looked at straight away, it will not get better itself.