

# GEAR UP!

FOR THE SLOPES

- Wear a helmet. Wearing protective headgear while skiing makes good sense.

- Wear ski goggles that fit properly around the helmet.

- Ski with a friend. It's always safer to ski with a friend and watch out for each other. Prearrange a meeting place in case of separation and use walkie-talkies to stay in touch.

- Do not ski trails that are above your skill level.



ARMY SAFE  
**FALLWINTER**  
NO TIME TO CHILL



ARMY SAFE  
IS ARMY STRONG

