

Molo

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ON
THE
EDGE



TIPS ON HOW TO SKI WITH KIDS

We have teamed up with the family behind the blog www.5wayswest.com and asked them to give us good advice on how to make skiing with kids a success.

The West's are a quality-conscious Danish family, living in Switzerland and loving everything related to snow, sports and life in the mountains.

Photo: Holly Junak @premiere neige



SEVEN TIPS

On their blog, the West's share snippets of their daily lives and various adventures. They believe that every season has its own beauty and opportunity for adventure, which bring joy to everyone in the family. But... this "joy" is the result of hands-on experience in making it work for everyone! The age range of their kids varies quite significantly, as does their physical ability. They see this as a fact, not an obstacle, and they know that skiing with kids requires planning. Here are the West's 7 best tips on how to make skiing with kids a success.

01 BE REALISTIC IN YOUR EXPECTATIONS

Don't expect to be able to do too many activities during the day. Skiing with children is very different than skiing BC (Before child). You need to change your idea of what a successful holiday looks like. The reward is different but much bigger!

02 LOCATION

Location is everything! Living in Switzerland allows us to have both one-day and multiple-day trips, but no matter how long you stay, you need a "base" close to the slopes. If it's a one-day trip, pick an area where they have a good indoor space (restaurants etc.) and use that as your base. If you have embarked on a multiple-day trip, it's worth it to pay a bit extra to stay close to the lift. A car/bus drive between your accommodation and the snow several times per day does not do anyone any good. Trust us, we have been there!

03 TRAVELING WITH A SMALL CHILD... (BUY/RENT A SLED)

If you, like us, are bringing a young child, getting everything from the car to the base area can be a pain if you don't have a sled and some bungee cords. Simply pile all the gear into the sled, strap it down and tow it behind you. This also allows you to carry one of the kids, preventing them from getting tired before they even get on their skis or snowboard. Besides, the sled can provide a fun break for all ages. To accommodate your little ones, you need to be as prepared as the most experienced Sherpa in Nepal: this means you should have plenty of snacks, water, sunscreen and extra layers with you just in case. Consider it a bonus workout!

04 FOCUS ON THE FUN, NOT TECHNIQUE

If your kids are not having fun right away, it may be a struggle to get them back up to the hill to learn about technique, so when you notice that they start to lose interest, forget about the skis for a minute and make time for play. Snowball fights, snow angels, and building snowmen are all free, fun and easy things to do. The key is to take a lot of breaks!

05 DRESS THEM APPROPRIATELY

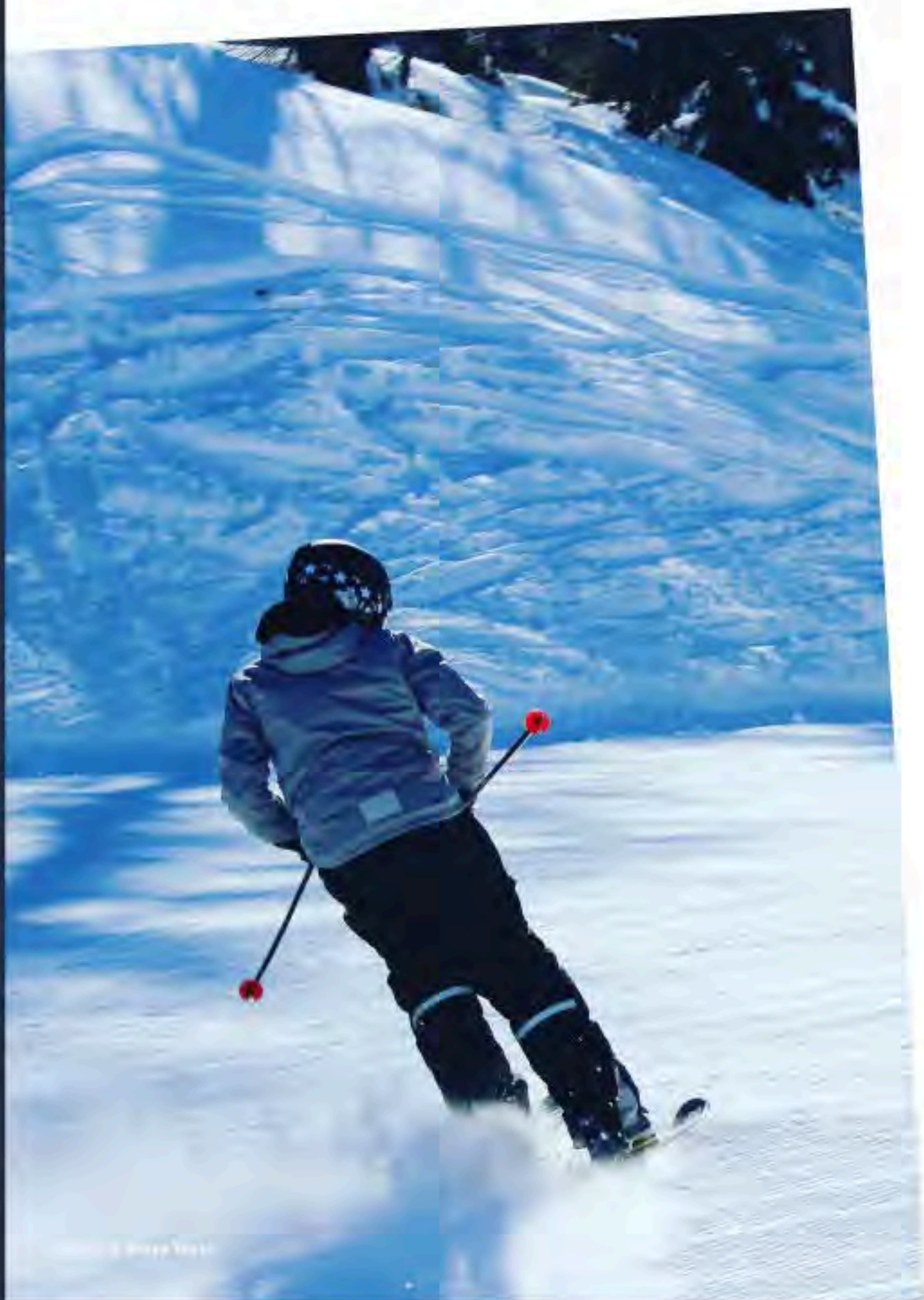
Although it might be cold outside, overdressing your kids can ruin your day just as quickly as under-dressing them. Invest in functional outdoor clothes that are waterproof, breathable and visible. Also, if you are hauling your kid up the hill all day, you will probably want to dress on the lighter side so you don't get overheated. Have your kids wear helmets and goggles!! It's always a good idea to start positive habits on the first day. Helmets and goggles help keep them dry as well as protected!

06 MENTALLY PREPARE

Get ready to be patient and flexible. We know this seems like a no-brainer, but it's worth repeating: be patient and flexible.

07 ORGANIZATION IS KEY

Pack everything the night before - snacks in pockets, bags and allow far more time than you think you'll need to get towed up the mountain.

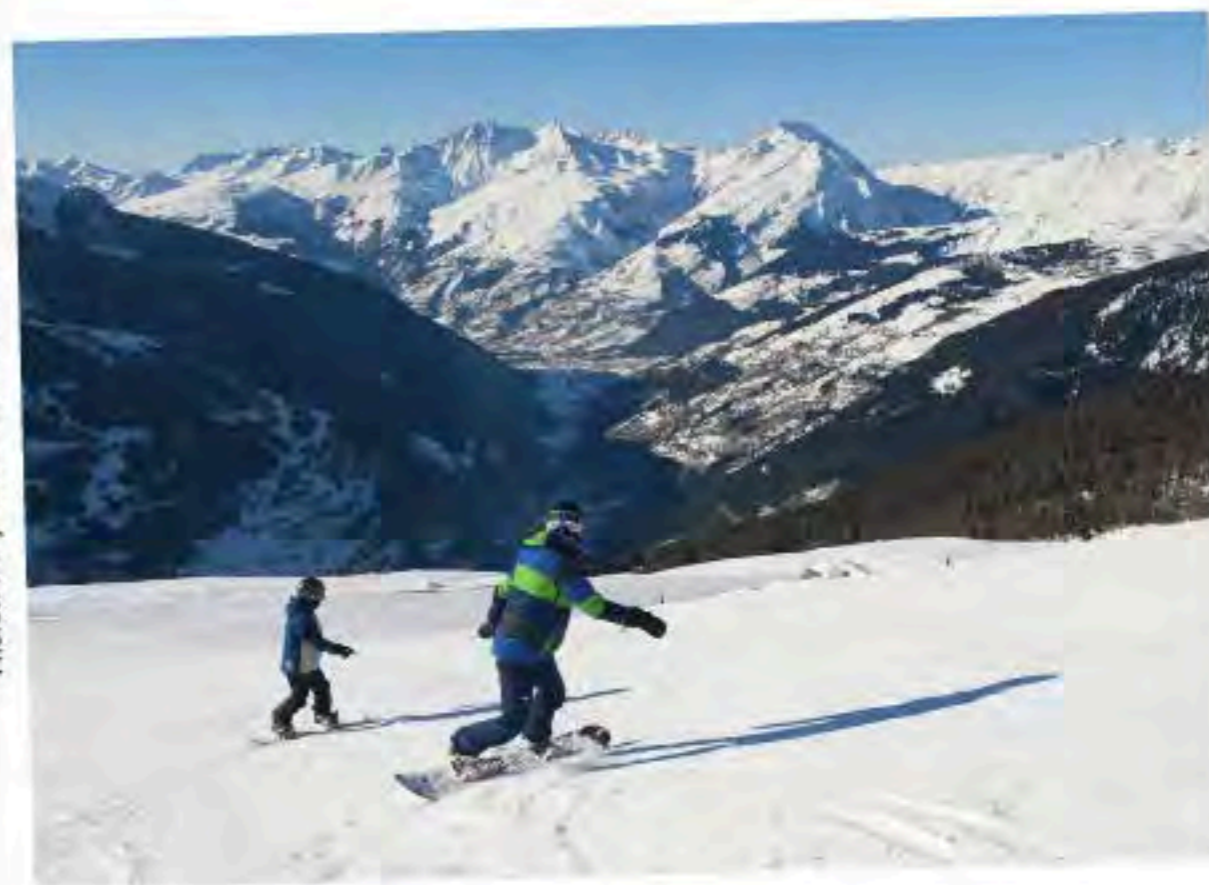




The family consists of *Theodor* (13), *Louis* (10), *Ellinar* (4), Mom *Anna* and Dad *Jim*. Anna spends her days consulting elite athletes and businessmen on performance optimisation from her office in their home in Switzerland, and Jim heads up the recruitment department of a big American pharmaceutical company. They all share a love of travelling and adventure, and most weekends are spent outdoors, engaged in various activities: skiing in the winter and hiking in the summer months.



Photos: Holly Junak @premiere neige



SAINTE FOY TARENTOISE – THE FRENCH ALPS

Our absolute favourite ski destination is Sainte Foy Tarentaise in The French Alps. If you like unspoiled alpine charm, well-prepared slopes, perfect conditions for kids, a large array of off-piste options and no lift queues, then this might be an option for your next ski holiday - but please keep it a secret :-)

You can read more about Sainte Foy Tarentaise [here](#)

