

SARS Freeride Equipment Recommendations Chart

***Several factors beyond age go into ski length and boot flex including weight, height, skiing ability, and aggressive nature of athlete. For additional help, check with one of your coaches and or one of the sales representatives from the Alpine Shop in Sandpoint or Schweitzer Mountain Resort.*

As the alpine freeride movement continues to grow, the industry has a wide range of equipment choices. Those outlined below are the ones that SARS coaches feel are the most appropriate for Big Mountain competitive skiing as well as the most appropriate for developing exceptional lifelong all mountain skiing skills.

Boots- All mountain or soft race four buckle boot. A wider last boot (like 97mm) is appropriate for Big Mountain skiing unless the athlete has a super narrow foot.

Skis- All mountain ski that are “traditionally” mounted. We feel that center mounted skis promote poor skiing habits when used as a primary all mountain ski. SARS recommends avoiding huge amount of rocker and park skis for Big Mountain competitors. Full blown powder and or park skis are a great tool for a second set of boards.

Helmet- A properly fitted alpine helmet is required. Either soft or hard eared helmets are sufficient, but we highly recommend a helmet that fits properly without a hat or goggles beneath so that the protective device can perform the way intended.

Back Protector- Sport specific back protectors are required for Big Mountain competitive skiing. POC and Shred are popular brands among the skiing community.