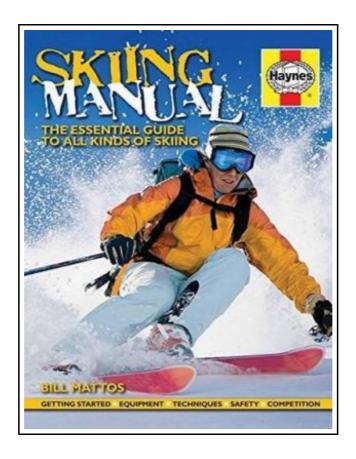
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Clothing and equipment for all types of skiing

Learning to ski - carrying and putting on skis, choosing a ski school Life on the hill - what it's like on the mountain, how to buy a lift pass, and how to get around in the snow Skiing technique - from snow plough turns to extreme skiing Ski lifts - the different types, and how to use them Types of skiing - cross country, telemark, freeskiing and adventure skiing Mountain safety - avalanches, precautions, equipment and rescue Ski culture - Cafe culture and apres ski
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