

Alpine skier Lindsey Vonn competes in Crans-Montana, Switzerland in 2016.

SHE SHREDS,

And why shouldn't that "she" be you? Take to the mountain, woman. But first, clad gear out there...then heed loads of inspiring advice from female athletes

Before you can free-style snowboard, before you can hike a 2,000-foot summit, before you can ski down an icy slope with laser-like precision...you kinda have to be dressed for the part. Sounds beyond *duh*. But that niggling little detail is preventing legions of women from enjoying cold-weather athletics. In fact, recent research shows that a lack of confidence in understanding how to pick the right gear keeps us sidelined. But what, exactly, *is* the right gear? It's a trickier question than you might think, because until recently, many ski/snowboard/hiking brands simply took the stuff they had tailor-made for men and sized it down and turned it (groan) pink—then sold it to women. Beyond the fact that we like red and green and blue too, thank you very much, what women really need from their outdoor exercise gear is far deeper: Everything from snowsuits to helmets should accommodate the anatomical differences of women's bodies (generally, that means we require lighter, more flexible materials that won't weigh us down) and our biomechanical differences as well. (Layman's terms on that last part: We tend to have a lower center of gravity and more weight in our butts than men, so the bindings on our skis need to properly support our natural stance on the slopes.) Now here's the woo-hoo news: A raft of brands are finally answering the call with high-tech goodies designed with the female form in mind. Our discriminating editors went through the latest finds, tossing aside the good-enough so we could bring you only the can't-be-beat. Then we rounded out our guide by showcasing three of the most incredible snow sporters around: World Cup alpine skier Mikaela Shiffrin; mountaineer Melissa Arnot, the first American woman to summit Mount Everest without supplemental oxygen, and survive; and snowboarder Jamie Anderson, winner of one Olympic gold medal and four gold medals at the World X Games. Their personal stories and tips will inspire you to put one snow-booted foot in front of the other until you reach higher ground.

ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES

SHE SCOOOPRES!

thy body in the techiest new winter-sport with altitude (and attitude) to spare.

MIKAELA SHIFFRIN, ALPINE SKIER

EVEN THE PLAYING FIELD
The top skiing advice Mikaela ever got came from her parents: "Knees to skis, hands in front." (Translation: Keep your knees aligned over your skis and hands ahead of your body.) "That taught me how to stay in control, and now I'm known for being one of the most balanced skiers on the World Cup circuit."



YOU ARE HERE
Mikaela calls Vail, Colorado—one of the best slope spots—home. So no surprise her favorite place to shred is Beaver Creek. "There's nothing like skiing all day and sleeping in my own bed." But when she's traveling, she has a thing for Courchevel, France. "It's an amazing place to free-ski [jumps, tricks, and other obstacles], plus the town is just super cute."

Clockwise from top left: Mikaela rounds a gate during a training session at Loveland Valley in 2016; the slopes at Hunky Dory in Vail; Courchevel ski resort in France



1 / THE BACKPACK
Who knew a slim 20-incher could be so accommodating? This backpack holds (and organizes) your helmet, skis, water bottle, and snacks. *The North Face Slack Pack 20*, \$99, thenorthface.com

2 / THE GOGGLES
No need to window-wipe away the mist with your fingers: These pups have a defogger. *Oakley Line Miner goggles*, from \$150, oakley.com

3 / THE SNOWSUIT
The insulation is made of coffee grounds. Weird, but who are we to quibble? It feels oh-so-warm and has zipped pockets up the wazoo, and radar-enabled reflectors can channel a rescue crew should you (eep!) get stranded. *Sweaty Betty ski all-in-one*, \$715, sweatybetty.com

4 / THE SKI POLES
Bamboo = lightweight and durable. Smaller handle grips = made for female hands. *Rossignol Electra poles*, \$100, rossignol.com

5 / THE BASE LAYER
Slopes, meet chic: a no-bulk seamless layer with an oil painting-like print. *Obermeyer Sage sport zip top*, \$69, obermeyer.com

6 / THE SKIS
Cushy and bendy, this set can cut through pillowy, deep pockets of fresh snow. *K2 ALLUVit 88 skis*, \$800, evo.com

7 / THE SNOW PANTS
Water-resistant nylon on the outside. Body-warming fleece on the inside. Happy bods all around. *Adidas by Stella McCartney winter sport pants*, \$400, adidas.com

8 / THE JACKET
So adjustable, this one: the hood, the hem, even the Velcro'd sleeves. *Whyte Spyder Bernese jacket*, \$400, spyder.com

(Opposite page)

TOP / THE MITTENS
Down-filled, waterproof, and with an extra-long knit cuff for wrists, these mittens live up to their superlative name. *L.A.M.B. x Burton Warmest mitts*, \$100, burton.com

BOTTOM / THE SNOW BOOTS
Special sole tech grips snow so you won't walk like Frankenstein when you aren't attached to skis. *Fischer RC Pro W 100 boots*, \$800, fischersports.com



PROP STYLING: RACHEL HAAS/KING MANAGEMENT AGENCY; CLOCKWISE FROM TOP LEFT: ANDY CROSS/GETTY IMAGES; ROBERT MORTON/GETTY IMAGES; ISTOCK



CLOCKWISE FROM TOP LEFT: COURTESY OF EDDIE BAUER/KENT HARVEY FILMS; DAVID MORTON; JON MANCUSO (2); ISTOCK; JON MANCUSO

MELISSA ARNOT, MOUNTAINEER



BRACE YOURSELF
 “A lot of people ask me if there’s some trait I have that makes me better than other people at climbing high altitudes. I’m not naturally fit. I have to really train. But I have a high tolerance for being uncomfortable. And I have a way of seeing that joyfully,” says Melissa. “You’re at the mercy of the mountain, and you can’t change the situation.”



NO UPHILL BATTLE

Melissa’s advice to wannabe hikers? “Take one fearless step.” If Mount Everest is your goal (Melissa has summited it six times), start hiking once a week on a hill by your house. “Commit to small goals and work your way up. When you start to break down those massive, hard-to-imagine goals, you realize it’s just walking uphill.”

Clockwise from top left: Melissa makes her way through the Khumbu Icefall on Mount Everest; crossing an ice bridge at Camp One on Mount Everest; ascending Mustang Himal in Nepal; Mount Everest at sunset



1 / THE JACKET
 The seams are welded shut on this guy—ain’t no ice coming through. *Hunter Original Core jacket*, \$230, us.hunterboots.com

2 / THE COVER-UP
 A beautiful contradiction: keeps you toasty while wicking any sweat. *Champion pullover*, \$48, champion.com

3 / THE SKI POLES
 Lightweight with a cork handle: ultra-ergonomic. *Rossignol Carbon 70 poles*, \$115, rossignol.com

4 / THE SKIS
 Thanks to a thin layer of synthetic, no-stick mohair, these skis help you glide over choppy ice. *Rossignol Skin skis*, \$405, rossignol.com

5 / THE BACKPACK
 Weighs nothing on its own so you can fill it up with everything you need. *REI Flash 22 pack*, \$50, rei.com

6 / THE TIGHTS
 So much to love: stretchy, comfy wide waistband, and even a hidden pocket above your tush. *The North Face Warm Me Up tights*, \$80, thenorthface.com

7 / THE BOOTS
 These fleece-lined babies make your feet feel like they’re in front of a fire, not deep in snow. *Merrell Aurora 6 boots*, \$140, merrell.com

(Opposite page)

LEFT / THE VEST
 Ah, a down vest that understands warmth is not a synonym for bulk. The blue flowers? Fashion-y way to stand out, champ! *Lands’ End vest*, \$69, landsend.com

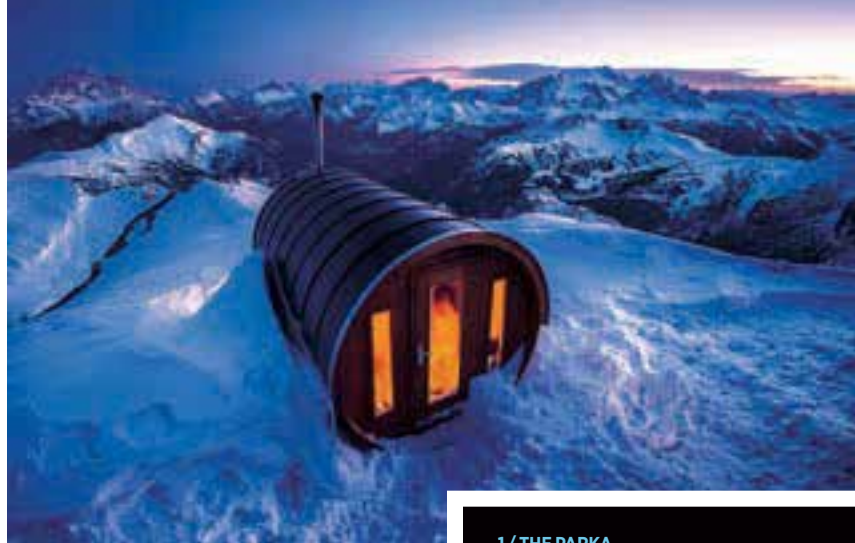
RIGHT / THE SNOWSHOES
 Tapered for a woman’s stride, these are a cinch to fasten and boast aluminum spikes that bite into shards of ice. *L.L.Bean snowshoes*, \$109, llbean.com



JAMIE ANDERSON, SNOWBOARDER



TREAT YOURSELF
After a long day on the slopes, Jamie's favorite way to unwind is a sauna. "I have an infrared sauna at home, and it's so healing. Give me tea, the sauna, and a salt bath...and I am beyond happy and relaxed!"



OVERCOME THE FEAR
Ears up, novice boarders: "Patience is key. Sometimes it takes a little time to feel comfortable. Watching and riding with people who are better than you really helps. I grew up riding with all guys, and they always pushed me."

Clockwise from top left: Jamie does a backside hand plant on a quarter pipe in Breckenridge, Colorado, in 2007; a luxe sauna at Rifugio Lagazuoi in the Dolomites Mountains, Italy; Jamie at the 2015 Winter Games NZ in New Zealand; Jamie performs a slide at the 2014 Winter Olympics in Sochi, Russia



1 / THE PARKA
Punk rock for your powder run. Taped seams and Thermolite insulation keep frostbite out; on-trend patches make it wearable off-slope. *L.A.M.B. x Burton Riff parka*, \$330, burton.com

2 / THE SNOWBOARD
A favorite of Olympic gold medalist Kelly Clark. *Burton Feelgood snowboard*, \$600, burton.com

3 / THE TRACKER
Measures altitude, distance, speed, and pace while cranking your fave mountain playlist. *TomTom Adventurer tracker*, \$350, tomtom.com

4 / THE SNOWBOARD BINDINGS
Designed by women, these eco-friendly bindings have the best shock absorption around. So bring on that landing. *Burton Escapade snowboard bindings*, \$320, burton.com

5 / THE GLOVES
Grippy enough to hang on to a snowboard during a turn, sensitive enough to compose a tweet. P.S. Palm fronds in the palm of your hand? Kah-ute! *Underhanded Super Palm gloves*, \$40, underhanded.co

6 / THE BOOTS
Old-school Vans sneaker style in a snowboarding boot. Gimme, gimme. *Vans Encore boots*, \$200, vans.com

7 / THE SNOW PANTS
Do-gooder you will love that the insulation is made of 50 percent recycled fibers. Superficial you will love that the fit won't make you look like the Aspen version of a farmer. *Obermeyer Sigi pants*, \$200, obermeyer.com

(Opposite page)

TOP / THE GOGGLES
These frameless goggles maximize your peripheral vision so you can see through any whiteout. *Dragon Alliance X1s goggles*, \$180, dragonalliance.com

BOTTOM / THE HELMET
The hard shell hides micro-ventilation tech that circs air around your head (no sweaty hair). *Smith Vantage helmet*, \$230, smithoptics.com



CLOCKWISE FROM TOP LEFT: DAVE LEHL; SPOTCATCH/OFFSET; NEIL KERR/GETTY IMAGES; MIKE EHRMANN/GETTY IMAGES