

WHAT TO WEAR

Skiers/Riders must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your ski/snowboard trip, keep the following in mind:

- **Cold weather clothing** should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- **Layering** works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon **jackets and pants**, running suits, ski suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- Jeans, sweat pants, cotton or wool worn as an outer layer will pick up snow and leave the skier/rider wet and cold. Sweat pants and **long underwear** can be layered under a water/wind proof outer layer.
- **Headgear** is a must, whether in the form of a woolen hat or a helmet, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the ski lift.
- **Neck tubes** are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. If a scarf is worn, it should always be tucked inside clothing.
- A warm pair of **gloves** or mittens is essential. In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from snow and abrasions.
- **Goggles** or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the weather conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- **Ski/snowboard boots** should be worn with a **single pair** of good fitting, comfortable **wool or synthetic socks** that are not too thick. Too many socks stuffed into boots can cut the circulation and increase the chance of cold feet.

CHECKLIST

Cold weather clothing includes:

- Layering - Long Underwear
- Water Proof Outer Layer
(Jacket and Pants)
- Headgear – Hat or Helmet
- Neck Tubes – Not Scarves
- Gloves or Mittens
- Goggles or Sunglasses
- Wool or Synthetic Socks
- Ski or Snowboard Boots