

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 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 as most body heat is lost through the head. This should be in the form of a woollen hat when not skiing and a helmet when skiing/riding. Avoid anything with 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.