

## Ski Trip Clothing Guidelines

Being comfortable on the slopes makes all the difference in your ski experience! Don't wait to get correct gear! Many stores that carry ski clothing will not have it in stock by the end of February. I find Academy to be a very good value and Target and Walmart carry some of the items you will need. Remember, we will ski for two days. Below are some clothing guidelines:

**What to wear** -- Even though it is early April, it will still get plenty cold in the mountains! Temperatures can range from the mid teens at night to the upper 40's during the day. For those that ski/snowboard, the important thing is to stay dry and comfortable. The start of a day could be cloudy, cold, and windy, and then by lunch the sun could appear and the temperature can rise to 50. Also factor in that you are doing a strenuous physical activity that will heat up your body. I have skied in shorts on one day and in arctic gear the next! We will have a weather report for you each morning. When choosing ski clothes you will need to consider the following:

- Plan to dress in thin layers such as thermals, long sleeve cotton shirts (turtle necks are great!) and sweat shirts. Avoid heavy sweaters and non-breathing fabrics. With layers, if you start to get hot, you can shed some clothes. Getting over heated is as bad as getting cold!
- Protect your extremities --eyes, head, ears, hands, skin, and feet. Water proof gloves, wool socks, bill-less hats, goggles or sun-glasses are all a necessity. Even on cloudy days, the sun light reflects off of the snow and if you don't apply sunscreen, you will get burned! Ever see someone coming back from a ski trip looking like a raccoon?
- Finally, after you have put on all of your layers, you will need a water proof exterior shell. Most people have coats that work well, but don't forget about your lower body. Remember, many people spend as much time on their back-side in the snow when skiing as they do on their skis! If you wear jeans, buy and apply Scotch Guard. This is the cheapest way to go!

If you stay dry and comfortable, you will have a great skiing experience.

Please let us know if you have further questions.