

# WHAT TO WEAR WHEN SKIING

The amount and type of things you wear when skiing varies with the weather and your normal comfort requirements. If it is very cold or you get cold easily, you may wish to wear more layers than you would on a warm day. Layering is very important. Layers trap body heat better than one bulky coat. Also, layers can be peeled off before you over heat.



Layering usually consists of:



ski jacket -- look for wind resistant and waterproof. A designer jacket may not keep you warmer than a store brand, but for some, it is better to look good than to ski good. Top designers include: Descente, Bogner, Obermeyer, Nils, Killy, Kaelin, Head, Skea, Ralph Lauren, etc. A good brand available in most sporting goods stores is Columbia. Check the required method of cleaning, dry cleaning of down can be costly.



ski pants -- look for wind resistant and waterproof in the insulated pants or bib styles. Look for high wool content in the stretch pants. Note, ski pants come in over-the-boot (OTB) and in-the-boot (ITB) styles, check to see that the ITB ones do not make your ski boots uncomfortable. Ski bibs tend to be the warmest. You can try to get by with jeans, if you wear long johns and brush the snow off before they get wet. Avoid wearing corduroys as snow sticks to them and they get wet fast.



hat -- your mother was right! You do need to wear a hat when you're out in the cold! A large percentage of your body heat is lost from you head.

gloves/mittens -- look for water resistant. Mittens are warmer than gloves.



long johns -- look for silk, "Duofold" (made of two layers), or high-tech ones that provide 'wicking action' to keep the layer closest to you dryer. Standard cotton ones tend to feel wet. On a really cold day or if you wear stretch or non-insulated ski pants, you may want to wear an extra pair(s).



ski socks -- bulky socks are not needed, as ski boots are well insulated. Make sure they feel comfortable in your boots and that the seams (if any) do not rub. Look for one with 'wicking action' to keep your feet dryer. You can try to get by with a pair of athletic socks on your 1<sup>st</sup> time out



turtle neck -- remember cotton 'breathes' better than polyester.



sweater or polar fleece top -- cotton, wool, and polar fleece 'breath' better than acrylic. If your coat is really warm, you may not need this additional layer.



sunglasses/goggles --- they improve visibility when skiing while it's snowing and reduce the glare on sunny days.

Apres (after) ski boots – Boots help keep your feet warm when coming and going to the ski area.



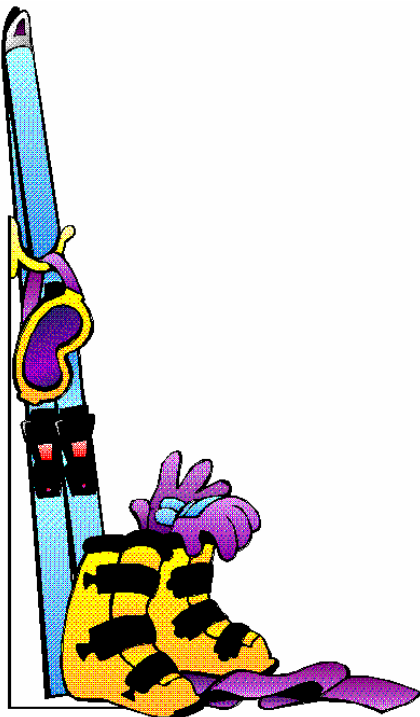
accessories -- here are just a few of the useful ones:

- headbands - ears get cold fast
- neck gaiters (large detached turtle necks) - keep wind from going down your neck and can be pulled up to keep your cheeks warm
- suspenders - we wouldn't want your ski pants coming down in public! These are built into the ski bibs.
- sun block - the sun is intense in the mountains
- hand warmers - small, disposable packs of charcoal and iron filings that heat up when exposed to air and can be stuffed in your ski gloves

**Remember -- if you get hot - take something off, if you get cold - head to the lodge**

## Where to Buy Ski Wear???

- Lowest Prices – Burlington Coat Factory, Dunham's, Dick's
- Moderate Prices – Ski Warehouse, Willis' Labor Day Sale, Ski North Labor Day Sale
- Higher Prices – Willis Ski Shop, Ski North, Fox Chapel Ski & Board Shop, Center Ski



## Should I Buy Skis???

- If you are new to the sport, it is best to rent. Beginner skis are relatively short. As you develop your basic skills, you will advance into a longer ski. Where to rent – ski resorts, Center Ski, etc.
- If you ski on a regular basis, the best comfort and control will come from owning your own skis. We suggest you let the ski shop pro help you pick the right skis for your skill level, physical style, and body type. Where to buy – ski resorts, Ski North, Willis, Center Ski, etc.