

# Ski Clothing

## **What to Bring on Your Ski Holiday!!**

- Ski Jacket
- Salopettes / Trousers / Ski suit
- Warm Hat / Cap / Balaclava
- Ski Socks (minimum 3 x pairs)
- Ski Goggles are essential (in case it snows) or Sunglasses (for glare when its sunny).
- Thermal base layers (leggings and long sleeved shirt)
- Warm & Protective Ski gloves (2 x pairs can be useful as they are difficult to dry)
- Sun Cream
- Lift pass holder (may be built into your jacket)
- Bum Bag or Ruck Sack (optional but can be useful for snacks or to put extra layers in)
- Apres Ski Boots / Moon boots / Sturdy boots (Converse or trainers not great in the snow).
- Fleece Jacket (micro fleeces are good for under jackets)
- Casual Warm Evening Wear.

**An additional kit list for travel essentials will be provided closer to the time of departure**

## **Helpful Hints:**

### **Clothing:**

Nothing ruins a day on the slopes quite like ill-fitting or inappropriate ski wear, especially if it leaves gaps where snow can get in. Shoes – comfortable but snow proof, ski jacket\ski suit is necessary to keep out the cold and snow.

Salopettes or Ski suits are necessary as it is important that legs are kept warm and dry. Do not wear bulky heavy knitwear, it will restrict your movement and you will probably find it too warm. Cotton style polo-neck/sweatshirts are much better under your jacket. Remember two or three thin layers of clothing are much better for skiing rather than one heavy article.

You will need thick wool ski socks as this will give you more protection between the boot and the skin. Waterproof thermal gloves are a must. A wool hat is also essential to keep the head and ears warm as you lose more heat from your head than from any other part of your body.

Bring a pair of decent sun glasses (with plastic frames and lenses for safety) as the reflection of midday sun on snow can be very strong and also everyone should pack a sun block cream for the exposed area of their face and lip salve with SPF 30+.

Also please remember to bring some comfortable shoes or boots that have a good grip for wearing in the snow whilst not skiing.