

## ESSENTIAL CLOTHING FOR SKIERS

**UNDERWEAR** - Thermal vest and long johns. T-shirts and woolly tights are just as suitable. NB Cotton next to the skin allows for absorption of perspiration and the maintenance of even body temperature.

**SOCKS** - Three pairs of woolly or loop-lined ski socks. Nylon socks are not suitable.

**long sleeved t shirt x3** - Important as several thin layers are warmer than a couple of thick layers. Short sleeved t shirts can also be worn if the temperature is a little warmer x3

**Fleece Layer** - The top layer after the long sleeved t should be a fleece but can be fairly lightweight depending on how windproof and warm the anorak is.

**SKI JACKET / SALOPETTES** - These should be windproof and snow-proof. A hood is also useful.

**WOOLLY HAT OR BALACLAVA** - A third of your body heat is lost through your head. A woolly/fleece hat is essential and it should be large enough to cover your ears.

**A neck warmer/buff** which can also cover your face is useful.

**GLOVES** – Ski Gloves should be warm and waterproof. Woolly gloves are not suitable.

**GOGGLES/sun glasses** - These are necessary, not only to protect the eyes in adverse weather, but to act as a screen against the sun reflecting off the snow.

**LIP SALVE & BARRIER/SUN CREAM** - Very necessary. Will protect the face and lips against sunburn and also the elements of wind and snow.

### **Apres Ski Wear**

2/3 pairs of Jeans/joggers/**thick** leggings  
Socks and underwear for the week  
Spare t- shirts/long sleeved t's  
A spare jumper or fleece  
trainers/boots/shoes suitable for walking around the resort/travelling in

PJ's  
Swimming costume  
Towel for swimming

If you are prone to blisters I suggest getting a packet of medium/large compeed blister plasters, they are AVILABLE from any major supermarket, superdrug or boots.

