

A Good Day from the Inside Out

Make sure to have the right clothes with you, and dress your child according to the weather:

***Start with a Good Breakfast:**

We burn lots of energy when we are outside in the cold, no matter what we are doing —prepare kids for a great day with a good breakfast that will keep them going!

***Waterproof sun block:**

Put it on first thing in the morning. It should be at least SPF 15; the sun reflects off of the snow and is stronger at higher altitudes.

***Long John's, T-necks and fleece tops:**

Layering is the best method for staying warm and dry in changing temperatures and conditions.

***Ski socks that fit:**

A big wrinkle inside the boot will turn your child off of skiing as fast as anything else. Make it just one pair of ski socks, feet can get cold if there is not enough circulation.

***Snow pants and a parka:**

They should be waterproof, as well as easy to get into and out of when it's time for a bathroom break.

***Ski mittens:**

Kids use their hands a lot to get up after falls and to play in the snow, so make sure their mittens are water-resistant and insulated. Mittens are warmer and easier than gloves.

***Helmet and neck warmer:**

Children 12 and under must wear a helmet—helmets are available in the Junior School. And the neck warmer? Warm kids are happy kids.

***Kid size goggles (or sun glasses):**

Goggles keep the face warm and vision clear. On warm, sunny days glasses protect the eyes from harmful UV rays, which are worse from the reflection off the snow.



*Whenever possible, attach loose items such as mittens and even hats and neck warmers to the jacket or each other. This will keep the amount of lost clothing at a minimum. Label all items as well.

