

WHAT TO WEAR

***Start with a Good Breakfast:**

We burn lots of energy when we are outside in the cold, no matter what we are doing .

***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 and Snowboard socks that fit:**

Make it just one pair of socks, feet can get cold if there is not enough circulation.

***Snow pants and a parka:**

They should be waterproof, as well as windproof to keep out the winter chill.

***Mittens and gloves:**

They should be water-resistant and insulated. Keep in mind mittens are warmer and than gloves.

***Helmet (or hat) and neck warmer:**

Keep your head and face safe from injury and stay warm.

***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.