



806-748-7400

# Ski Apparel Checklist

	1-2 Days	3-4 Days	5-7 Days	Family Members
<b>Weatherproof Outer Layer</b>				
Ski/Snowboard Jacket	1	1-2	2	<input type="checkbox"/>
Ski/Snowboard Pants	1	1-2	2	<input type="checkbox"/>
<b>Insulating Middle Layer</b>				
Turtle Neck or LS Shirt	1	2	3	<input type="checkbox"/>
Fleece or Sweater	1	2	3	<input type="checkbox"/>
Vest	1	1	1-2	<input type="checkbox"/>
<b>Wicking Base Layer</b>				
Long Sleeve Top	1	2	3	<input type="checkbox"/>
Bottom	1	2	3	<input type="checkbox"/>
Ski/Snowboard Socks (pairs)	1	2	3	<input type="checkbox"/>
Glove Liners	1	1-2	2	<input type="checkbox"/>
Sock Liners	1	1-2	2	<input type="checkbox"/>
<b>Accessories</b>				
Gloves/Mittens	1	1-2	2	<input type="checkbox"/>
Goggles	1	1	1	<input type="checkbox"/>
Sunglasses	1	1	1	<input type="checkbox"/>
Sunglass Cord/Strap	1	1	1	<input type="checkbox"/>
Neck Gaiter (neck warmer)	1	1-2	2	<input type="checkbox"/>
Face Mask	1	1	1-2	<input type="checkbox"/>
Headband	1	1-2	2	<input type="checkbox"/>
Hat	1	1-2	2	<input type="checkbox"/>
Sunscreen (30 spf or greater)	1	1	2	<input type="checkbox"/>
Lip Balm	1	1	2	<input type="checkbox"/>
Hand Warmer Packets	1-2	3-4	5 to 7	<input type="checkbox"/>
Toe Warmer Packets	1-2	3-4	5 to 7	<input type="checkbox"/>
<b>Safety</b>				
Helmet - YES, for <u>EVERYONE</u>	1	1	1	<input type="checkbox"/>
Wrist Guards for snowboarders	1	1	1	<input type="checkbox"/>
Padded Shorts for snowboarders	1	1	1	<input type="checkbox"/>
<b>Miscellaneous</b>				
After Ski Boots	1	1	1	<input type="checkbox"/>
Snow Sleds & Discs	1	1	1	<input type="checkbox"/>
Ear Muffs	1	1	1	<input type="checkbox"/>
Boot Dryers/Warmers	1	1	1	<input type="checkbox"/>



# Ski Apparel 101

## Weatherproof Outer Layer

### • Jacket

- **Waterproof vs. Water Resistant** – Most regular winter coats (department store coats) are made with waterproof fabric but the garment itself is not waterproof. During construction, as the jacket is sewn together, tiny holes are poked in the fabric. It cannot be waterproof if there are holes in it. To make a garment waterproof it must be constructed with waterproof fabric and then the seams must be heat sealed with a special waterproof tape to seal off the seams. This process is called "Taped Seams" or "Seam Sealed". It is not a feature that you can typically see, but it will be stated on the hang tags.
- **Do I need waterproof?** - That depends.....Do you think you will be on the mountain during harsh weather? Will you be skiing or will you be snowboarding? If you think the weather will be nice during your trip then a water resistant jacket will probably work, but what about next year's trip. Also, if you are a snowboarder, you will probably be spending more time on the ground, in the snow, and you should consider a waterproof jacket
- **What features should I look for?** - We like jackets with zip out liners, they are the warmest and the most versatile...when it is cold you wear the whole thing, when it is warm you zip out the liner...you have a built in layering system. Other features we like are air vents, lots of pockets, hoods, powder skirts, lift ticket D-ring

### • Pants & Bibs

- **Should I get a pant or a bib?** - Beginners and children often get bibs as a guard against snow getting in the pants....but, as long as the pant fits correctly at the waist and the jacket is an appropriate length, it would be VERY difficult to get snow down a good pair of pants.
- **Do I need waterproof?** - Skiers do not, but snowboarders do. Skiers do not need a fully waterproof, seam-sealed pant. It is not bad to have, but it is not a necessary feature to look for especially since it adds to the cost of the pant. Snowboarders should have a waterproof, seam sealed pant because they are sitting in the snow a lot more than a skier is.
- **What features should I look for?** - We like pants that provide a good fit, adequate warmth, and a good selection of pockets. Other features that are nice to have include air vents, lift ticket D-rings, zippered ankle openings and adjustable waistlines.

### • Gloves & Mittens

- Mittens are warmer than gloves. They keep your fingers together so that heat can transfer from one to the other and there is no cold air in between each finger
- Look for gloves that are both waterproof AND BREATHABLE! A low-end "waterproof" glove has a plastic liner between the shell and the fleece. This plastic liner does keep all the moisture out, but it also traps all of your moisture in. These make you sweat (yes, you can sweat while you are cold if your skin cannot breath) and the moisture builds up throughout the day making your glove wet and COLD! GORE-TEX pioneered the breathable technology, but they do not have to be the GORE-TEX brand to be breathable.
- If you are skiing/snowboarding for more than 2 days you should consider taking more than 1 pair of glove

## Insulating Middle Layer

- Not much advice here...On your torso you will wear a good wicking thermal top as your base layer, then you will want a long sleeve shirt or turtleneck and on a cold day a fleece or a sweater, then your jacket. On the bottom you will wear a good wicking thermal bottom and an insulated outer pant. We typically do not wear middle layers on the bottom, but on an extremely cold day you might consider a fleece pant or a really light pair of sweat pants. We do not suggest wearing ski pants over your jeans.

## Base Layer

### • Thermal Underwear / Long Johns

- We like snug fitting, stretchy garments that are designed to wick and pull moisture from your body. Do not get the thick "expedition" weight unless you will be on the mountain in EXTREMELY cold weather. Polypropylene is a good inexpensive option, but we normally prefer a nicer, polyester/spandex blend.
- DO NOT WEAR COTTON - Cotton holds moisture and makes you cold!

### • Socks

- Thicker is NOT necessarily warmer. Thick socks make your boot tight (cutting off circulation) and makes your foot sweat...both of these will make you cold. We prefer a thinner sock, but one that has padding in the correct places
- DO NOT WEAR COTTON - Cotton holds moisture and makes you cold!

## Head, Neck & Eyes

### • Goggles & Sunglasses

- Take both. On the nice days, sunglasses (polarized is best) are preferable, but when the weather gets bad you will need a good pair of anti-fog goggles.

### • Hats & Headbands

- You gotta cover your ears. If it is cold you will want a hat, if it is nice you will want a headband.

### • Neckwarmers / Gaiters

- Works great for covering the neck area and allows you to leave the top of your jacket open.

### • Helmets

- YES, they are for EVERYONE, but especially for children and for snowboarders. Accidents happen, you will be on a sloped mountain made of ice.

## Other

### • Sunscreen & Lip Balm

- Don't leave home without it. You will sunburn faster on the mountain than you will at the beach and a sunburn is the fastest way to ruin your ski trip. 30spf sunscreen and 15spf lip balm are preferable. Travel size is best so that you can keep it in your pocket and re-apply it at lunchtime.

### • Hand & Toe Warmers

- A great way to add a nice heat source for your fingers and toes the "Grabber MyCoal" brand is the best.