



SKI TRIP KIT LIST

- **TWO BASIC PRINCIPLES OF SKI WEAR ARE:**
- OUTER GARMENTS such as jackets, salopettes and gloves, should be wind-proof and snow-proof and sealed at the extremities with collar and cuffs.
- THE LAYERS SYSTEM. Variations of temperature during the day can easily be controlled by the wearing of layers of thin clothing. Sweaters can be discarded or replaced according to the weather.

NECESSARY GARMENTS OF SKI WEAR

- **JACKETS / SALOPETTES**
- Preferably with hood and zip pockets. Jeans and tracksuits are neither warm nor protective enough to be worn on the slopes.
- **HAT/HEAD-BAND**
- Most heat is lost through the head. Ears can suffer in the cold too
- **GLOVES**
- Tough, waterproof and warm, Not wool.
- **GOGGLES**
- Eye protection is essential, as good vision is vital in poor conditions. Equally, reflected sun off the snow can be very damaging.
- **SUN CREAM/LIP PROTECTION**
To protect against sun burn & wind chapping
- **SOCKS**
- They need to cover your calves.
- **POLO NECK**
- Good for keeping the neck warm and heat in.
- **SWEATERS/SWEATSHIRTS**
- **Providing JACKETS and SALOPETTES are padded, windproof and warm, several thin sweaters are warmer than thick bulky ones.**
- **NECK WARMER/FACE MASK**
- A useful item in cold, windy conditions.
- **BACK-PACK/BUM BAG –**
- For carrying water / spare clothes