



## What to Wear?

Part of the thrill of skiing and snowboarding is enjoying the refreshing winter weather. By dressing properly, you'll stay comfortable no matter what Mother Nature throws at you. Our suggestions:

- Dress in layers. A number of lighter layers allow you to adjust your clothing as the temperature changes.
- Wear a base layer of thermal underwear or tights made of synthetic or “wicking/breathable” fiber.
- Warm collared shirt, or fleece.
- Water and wind resistant pants are the best bet, and you will very glad you have them. Snow or ski pants are ideal, **Avoid** sweat pants, Jeans and cotton, they get wet very quickly! Be sure your pants are wide enough at the bottom of the legs to fit over large boots.
- Jacket or shell with a high collar, once again water and wind resistant is best.
- High socks. Bring a couple of extra pairs of socks - the higher, the better. Avoid socks with big, thick seams if possible.
- Gloves or mittens. Gloves allow more freedom of movement, but mittens are warmer. Avoid knit gloves, they get wet very quickly.
- Warm hat that covers you ears. The old saying "If your feet are cold, put on a hat" is true!
- Sunscreen and lip balm, SPF-15 or greater. Vaseline or Chapstick. Even on cloudy days it is very easy to get too much sun when on the snow. Protection from chapped Lips
- Eye protection. Either sunglasses or goggles.
- Be sure to bring extra clothes to change into for the ride home!
- You will also need your night club card, and some money. We suggest that you bring a lunch to save money. NCC Cards Now have a credit capability.

The Liberty Mountain Sports shop, conveniently located just steps from the slopes, carries everything listed above. But you should probably purchase any of the items above in advance at a much discounted price.

