

BasicSkiwear.com Ski Trip Checklist

			Item	More Info
			1 Moisture wicking base layer such as thermal underwear	The layer that touches your skin should be specifically engineered to keep you warm and dry. Dryness is the key to comfort in the cold.
			2 Insulating top such as a fleece jacket or vest / wool or acrylic sweater / hoody	Adds an insulating layer that can be removed if you get too hot. If your jacket is insulated this may not be necessary.
			3 Waterproof Jacket	Parkas are insulated, shells are not insulated, 3-in1 jackets include a shell and an insulated liner jacket so the take care of items 2 and 3
			4 Waterproof Pants or Bibs	They come as a shell or insulated. Think about how much time you spend sitting in the snow when picking these
			5 Socks	Do not underestimate the importance of good socks. If your jacket is a piece of junk you will be fine but if your feet are cold you will be completely miserable. Frozen feet will end your day on the slopes!
			6 Gloves	Same deal as the socks. Frozen hands will end your day! A cold hand isn't good but a cold wet hand is a terrible situation. You want gloves that are both waterproof and breathable so your sweat can escape. Gloves on our site are rated Good, Better and Best.
			7 Headwear such as neck gators, facemasks, beanies, helmets or headbands	Most heat loss occurs through the head and neck. If your hands and feet are cold, put on a hat.
			8 Goggles (OTG means over-the-glasses)	Goggles are highly recommended for several reasons. They keep most of your face warm and provide UV protection from the sun and glare from the snow. Most also enhance your vision making it easier to see undulations in the terrain. They are a must if you ski or board around snow blowers.
			9 Safety	Helmets are the most comfortable way to keep warm and safe. These days there is no excuse for not wearing a helmet.

General tips and info

Staying dry is just about the most important thing if you're spending time in the cold. Cotton is known as a killer in the cold because it retains moisture. Synthetic fabrics and wool are ideal in the winter. When you're getting dressed to go out. Don't put on all layers just to hang out inside and sweat in your gear. That sweat will freeze when you outside. Also, if you go in the lodge for lunch, take off your outer layers asap. Do not tuck your ski pants into your boots. The gaitors are made go over your boots. If used properly, there is no way snow and water can get in your boots.