

GENERAL RECOMMENDATIONS

SOCKS:

Generally, one medium sock is all you will need. Too many socks or too thick of sock will cut off circulation and be just as cold as not enough sock. Sock weight is individual, so some experimenting may be necessary, just don't overdo it. One more hint- don't let your long underwear extend down into the boot. It causes circulation to get cut off and can be uncomfortable against the shin. When you put on your long johns, cuff them back up your leg just once, then pull the top of the sock up over the calf to overlap the long underwear leg. The only thing that should be in your boot is your foot and sock.

CLOTHING:

Mountain conditions can change rapidly. Dressing in several lighter layers is better than one or two heavy ones. Starting with a good set of long underwear, layer a turtle neck, a sweater or fleece top under a shell or lightly insulated jacket and pants or one piece suit. A hat or helmet will help retain about sixty percent of your body heat. The helmet is the better choice for safety reasons. Gloves should be waterproof and at least somewhat breathable. It's always a good idea to have an extra set of gloves or mittens for those wet days. Skiing or riding in jeans, knit gloves or similar fabric will bring a cold and early end to the day.

SNOWSPORT HELMETS:

Snowboard and ski specific helmets are a terrific piece of equipment. They are warmer and dryer than a hat in stormy conditions. They also offer a greater margin of safety to the skier or rider. A helmet should fit snug but not tight. Do not buy a helmet too big to get extra years use out of it for growing children. Buy the correct size. A child will get two to four years out of a helmet. Do not try to fit a hat underneath a helmet, it will compromise the safety of the skier or rider and it will be too warm. Bicycle helmets do not make good ski helmets.

GOGGLES AND SUNGLASSES:

Every skier or rider should have a pair of goggles. They are the best defense for the eyes in a variable mountain environment. Look for a pair with a "double thermal" lens. Single lens goggles fog too easily. Make sure they fit snugly around the brow, cheeks and nose. Gaps will let snow and wind in. If you wear a helmet or plan on getting one soon, you may want to consider getting a "helmet compatible goggle." Not all goggles are helmet compatible. If you need to wear eye glasses, consider an "over the glass" model. Smith, Scott, Carrera, Oakley, and others make a variety of ski and snowboard goggles, many at reasonable prices. Sunglasses are a nice extra to have for those sunny days, but they should not be considered a replacement for a set of goggles.