

LGS SKI TRIP 2020

Ski Wear

Please consider the following recommendations on what to wear for skiing. Good ski wear is designed to keep you warm and dry, yet allow freedom of movement.

SKI JACKET AND TROUSERS. The main articles of clothing required are a jacket and ski pants or a one-piece suit. These items should have strong zips, be windproof and water-resistant. One-piece suits are very warm but have limited usefulness. A ski jacket or anorak can be a good investment as it may be used for everyday wear when your ski trip is over. The jacket should be quite long with close fitting cuffs and neck to keep out snow and a high collar, which will fasten at the top. The most comfortable trousers are "salopettes" and the quilted type with high back and front are ideal for beginners. These items of clothing may be hired locally.

HAT AND GLOVES. Adequate protection for both head and hands is essential because these are parts of the body from which most heat is lost. A helmet will be worn during skiing but a ski hat will be useful for other occasions. The basic requirement of any ski hat is that it should be large enough to cover the forehead, ears and neck. A good pair of ski gloves or mittens is also very important. Mittens are much warmer than gloves but gloves give more freedom of movement. Whether you choose gloves or mittens, the material should be water resistant and designed for skiing.

SKI GOGGLES OR SUN GLASSES. These are worn to protect your eyes from the intense glare of the sun reflected on the snow, to improve your visibility on overcast days and protect the eyes from wind blown snow. Goggles are preferable for beginners as they are less easily lost in a fall.

SWEATERS. Two thin sweaters are warmer and less bulky than one thick one and wool provides better insulation than synthetic fibres.

COTTON POLONECK. A very useful item that can be worn instead of a second sweater in warmer weather.

SOCKS. You will need at least three pairs of warm, comfortable socks and it is best to take a combination of thick and thin socks.

T-SHIRT. A cotton layer next to the skin will absorb perspiration.

LIPSALVE AND PROTECTIVE CREAM. It is necessary to protect the face from the wind and strong alpine sun. Specialist products are available from most chemists.