

## GENERAL RECOMMENDATIONS

### Socks

- One pair of **medium-weight, moisture-wicking ski or snowboard socks** is all you need. Avoid wearing multiple socks or very thick socks—this reduces circulation and makes feet colder.
- Socks should be designed specifically for skiing or snowboarding. Modern socks use **merino wool or synthetic blends** for warmth and breathability.
- Tuck long underwear **above the top of the sock** (not into the boot) to prevent pressure points and discomfort. Only your **foot and sock** should be inside the boot.

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### Clothing & Layers

- **Layering is key!** Weather on the mountain can change quickly.
  - **Base layer:** Moisture-wicking long underwear (avoid cotton).
  - **Mid layer:** Fleece, lightweight down, or wool for warmth.
  - **Outer layer:** Waterproof and breathable ski/snowboard jacket and pants.
- Avoid **jeans, cotton sweatshirts, or knit gloves**—once wet, they stay wet and will make you cold.
- Always bring **extra gloves or mittens**, especially for kids, as they often get wet. Mittens are usually warmer than gloves for younger or newer riders.

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### Helmets

- A **ski- or snowboard-specific helmet** is strongly recommended for safety, warmth, and comfort.
- Helmets should fit **snugly but comfortably**—never too big “to grow into.” A properly sized helmet will usually last kids 2–4 seasons.
- Do not wear a hat or thick beanie under the helmet. Instead, use a thin helmet liner or balaclava if extra warmth is needed.
- **Bike helmets are not a substitute**—only use helmets certified for snowsports.

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### Goggles & Sunglasses

- Goggles are essential for skiing and snowboarding—they protect against snow, wind, and harmful UV rays, which are stronger at higher altitudes.
- Choose goggles with a **dual-lens design** and anti-fog coating for the clearest vision.
- Make sure goggles fit snugly to your face, with no gaps around the nose or cheeks. Check for helmet compatibility if you'll be wearing both.
- If you wear glasses, look for **OTG (Over-the-Glasses)** goggles.
- Sunglasses can be a good backup for sunny days, but they do not provide the same protection or coverage as goggles and should not replace them.