



An SIA Initiative

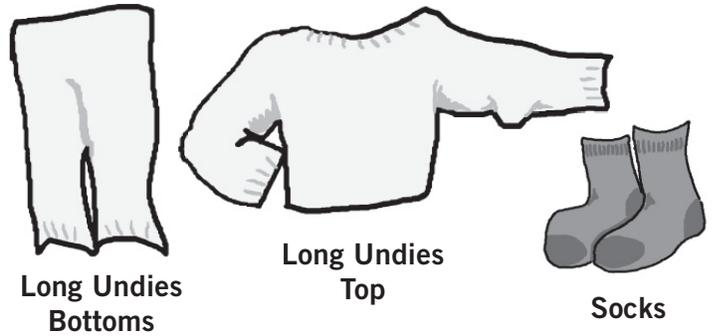
HOW TO DRESS FOR SKIING



Wearing the right clothing is the first step in getting your students ready to play outside in the snow. The best way to dress for winter fun is to wear layers of clothing. This allows you to add or remove layers, depending on the weather and your activity.

1 FIRST LAYER

Worn next to the skin, usually long underwear. Try to avoid cotton because cotton won't keep you warm when it is wet. Look for a synthetic fiber (usually polyester) that can move sweat away from your skin.



2 MIDDLE LAYER

The middle or insulating layer includes clothing made of fleece or wool to keep heat in and cold out by trapping air between the clothing fibers. Good choices for your middle layer are sweaters, sweatshirts, vests, turtlenecks and pullovers.



3 OUTER LAYER

This outer, protection layer includes a shell or jacket and a pair of nylon or snow pants, which should block the wind and repel snow and sleet. Most genuine outerwear is waterproof and "breathable," meaning it keeps moisture on the outside but allows moisture from the inside (your sweat) to escape, so you stay dry and warm.



visit www.winterfeelsgood.com for more info

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ACCESSORIES

It's best to wear GLOVES or MITTENS that are waterproof and breathable. Waterproof means that water can't get into your gloves or mittens. Breathable means moisture from your skin can escape.



Gloves

Up to 60 percent of your body's heat can escape from an uncovered head, so wearing a HAT headband or HELMET is essential. If you wear a hat or helmet, you may be able to wear one less layer on your body.



Hat



Helmet

SUNGLASSES protect your eyes from the sun and GOGGLES protect your eyes and part of your face. They have special lenses that help you see better when the light is "flat."



Sunglasses



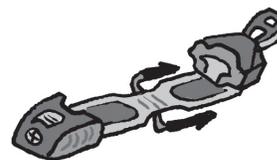
Goggles

EQUIPMENT

SKIS are "shaped," with narrow waists and wide tips and tails. These new skis turn easier and can be used in shorter lengths—the top of the skis should be between your chest and nose.

BOOTS give you support and help you control your skis.

BINDINGS hold your boots to the skis. If you fall, they release your boots. POLES help you with balance and turning, and you can use them to push yourself across the snow on a flat area.



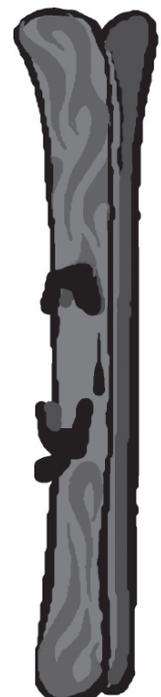
Bindings



Boots



Poles



Skis