



HOW TO DRESS FOR SNOWBOARDING

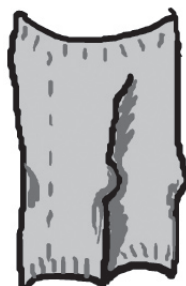
An SIA Initiative

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.

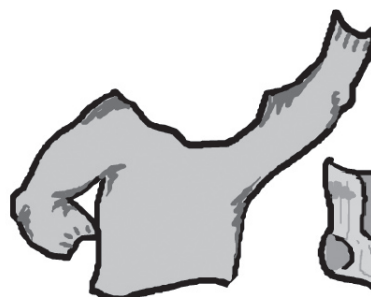


1 FIRST LAYER

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.



Long Undies
Bottoms



Long Undies
Top



Socks

2 MIDDLE LAYER

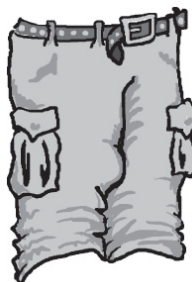
The middle or insulating layer includes clothing made of fleece or wool to keep heat in and cold out by trapping air between the clothing fibers. Good choices for your middle layer are sweaters, sweatshirts, vests, turtlenecks and pullovers.



Sweater

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.



Pants



Jacket

visit www.winterfeelsgood.com for more info

HOW TO DRESS FOR SNOWBOARDING - Page 2

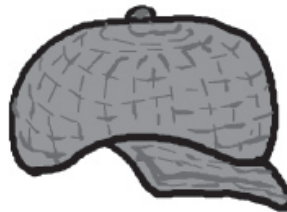
ACCESSORIES

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 or HELMET is essential. If you wear a hat or helmet, you may be able to wear one less layer on your body and stay just as warm.



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

SNOWBOARDS are wider and shorter than most skis. There are different types of snowboards. The kind you ride will depend on what kind of snowboarding you want to do.

Most snowboard BOOTS are softer than ski boots and they lace up in the front. They attach to the board with BINDINGS. Most bindings strap onto your boot and they are designed to keep your board attached to your feet and boots, even if you fall.



Boots



Bindings



Snowboard