

Oak Hall

Oak Hall • Otford • Kent • TN15 6XF

What to wear when skiing

Choosing the right ski wear is important particularly when you're new to skiing. Ski clothing is best worn as layers, so it is easy to change as temperatures fluctuate. We have put some ideas below, but this will also depend on when in the season you are skiing and your own body climate!

Outer layer – Coat/Jacket and Ski trousers/Salopettes - A good quality ski jacket and pair of ski trousers are essential as they are your outer protection when on the mountain.

Base Layers/Thermals - Essential when it is cold, should be a close fitting layer to the skin for warmth and draw away sweat.

Mid Layers - These definitely vary based on time of season and personal preference, often fleeces are good, but long sleeve tops can work, as long as it is warm and comfortable, you can add or take away layers.

Head - Hat or Helmet - Most places it is a legal requirement for children U16 to wear **helmets** and they certainly provide extra protection. The majority of skiers and boarders these days wear a helmet, these can be hired from Oak Hall. A **woolly hat** is useful for travelling to/from the mountain or walking in the evening.

Eyes – facial wear - With your hat/helmet you will also need **ski goggles** or **sunglasses**, ski goggles provide the most protection against wind (double lens are best so they won't keep fogging up), and it is nice to have sunglasses when sat eating lunch. A **neck warmer/snood** is helpful and good to have to keep your neck warm and pull up over your face if needed for wind and sun protection!

Hands and Feet - Decent **gloves** and **ski socks** are very important as your hands and feet are the areas most likely to get cold, keeping them warm definitely improves the experience.

Extras - Bag, Water, Suncream, Lip balm, hand warmers, snacks - The sun is strong when on the mountain so having sun cream and water are essential.; Lips can also get dry easily with the cold and wind so a SPF lip balm is an essential. You can buy hand warmers which can make a big difference mid morning when the wind has started to pick up or wear them in your socks to keep your toes warm! The final thing is always some snacks on your body such as cereal bars, you never know when you are going to get the munchies or that bite of chocolate will fuel you through your final run.

Skis, boots and poles - In each resort we have high quality winter sports equipment available for hire. With the convenience of our expert team fitting your equipment – usually the evening before your first day on snow – there is no better way to ensure that you have a smooth start to your time in the mountains.

www.OakHall.co.uk

Email: office@OakHall.co.uk Tel: 01732 763131

