



PREPARATION FOR COLD WEATHER ACTIVITY

FOR STUDENTS, PARENTS AND TEACHERS

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Skiing and snowboarding in cold weather conditions requires some advance preparation. Dress for warmth and good mobility – you probably already have everything to enjoy your time on the slopes.

The **3-layer system** is the best way to beat the cold:

1. **Base Layer!** A snug fitting, breathable garment directly next to your skin will absorb moisture and sweat away from your skin. Long underwear, footless tights or swim rash guards will all work. Be sure to avoid cotton, including for socks, as it will absorb perspiration and make you shiver.
2. **Insulating Layer!** Choose a breathable fabric that can retain heat. Polar fleece and/or wool are great choices. For the legs, whenever possible avoid jeans and choose nylon or polyester sweatpants or leggings instead. The insulation layer should be loose enough to trap air between your layers.
3. **Outer Layer!** Additional insulation plus protection against wet conditions and wind. Regular playground snowsuits are an excellent choice. Denim and cotton are not recommended.

PRACTICAL ADVICE

- ❖ One pair of fitted, dry wool or synthetic socks. Boots are designed for warmth. Wearing more than one pair of socks can restrict circulation and result in cold feet.
- ❖ Insulated and water resistant gloves or mittens. Mittens are warmer than gloves. Avoid wool mittens and gloves as they will trap snow and turn into a block of ice.
- ❖ If your visit to Camp Fortune is after school, pack a second pair of socks and mitts so you can start your visit warm and dry.



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- ❖ To ensure that your helmet is well adjusted, a thin hat or balaclava is all that is necessary. Helmets are insulated and provide ear coverage.
 - ❖ Ski goggles are recommended to provide eye protection from the wind, cold and sun. Ski goggles are NOT available to rent.
 - ❖ The sun's rays are intensified as they reflect off the snow, protect your skin with UV protective sunscreen and eyes with UV protective glasses or ski goggles.
 - ❖ Scarves and other loose clothing are discouraged and must be tucked in for safety. A neck warmer is preferable.
 - ❖ Neoprene face masks, which cover the bridge of the nose, cheeks and chin, protect exposed ski even in very cold conditions.
 - ❖ You will be better prepared for the cold if you are well rested and fed. Take frequent breaks to rest and refuel and know when to call it a day. Fatigue causes loss of concentration and weakened muscles, which can lead to injuries.