

WHAT TO WEAR

“**Layering**”- Wearing several pieces of lighter clothing in combination is usually better than wearing one or two bulkier pieces of clothing that can also restrict movement. With “layering”, air is trapped between the layers, which helps insulate the body. As the skier’s body heats up and starts to perspire with exercise, the skier can remove one or more layers and maintain a comfortable body temperature. When the skier is less active or gets tired, layers can be added so that body temperature is properly maintained. As a corollary to the principle of layering, **it is better to bring too many clothes than too few**, as layered clothing provides options that are not available if a skier wears insufficient clothing for prevailing weather conditions.

Clothing Suggestions

- ✓ For freedom of movement, skiers should wear stretchy or looser clothing. This is particularly the case for the second layer covering the lower body. **Jeans should not be worn**; they are generally tight and restrict movement.

Long underwear (top and bottom)	Eyewear: sunglasses (UV 400) or goggles
Insulating layer (Fleece or wool)	Shell Jacket and Pants for wind and snow
Warm Socks	Warm mitts or gloves
Neck warmer or Tube	Balaclava
Warm clothing to change into after skiing	

Nutrition

- Skiers should start the day with a nutritious breakfast.
- They should bring along a good lunch with plenty of snacks such as dried fruit and nuts as well as a litre or so of fluids.
- It is preferable to have a couple smaller fluid containers so they are easily carried. It is very important to be replacing fluids during the day.
- Healthy snacks and drinks are available for sale at the Nordic Centre.