

# Ski Clothing Guide – Kings Park Secondary

## Equipment

All skis, boots, helmets and poles are supplied by the ski company, Halsbury Travel Group.

## Buying Clothing

Aldi, Lidi, Mountain Warehouse, TK Maxx, Tresspass, Go Outdoors and Decathlon all sell fairly priced clothing. The Aldi ski Clothing isn't on sale all year and is seasonal, it is worth while checking the website below.

<https://www.aldi.co.uk/specialbuys/about-our-specialbuys/skiing>

## Clothing Guide

- All pupils **MUST** wear a helmet at all times
  - Provided by Halsbury at no extra cost
  - Pupils welcome to bring their own helmet if they'd prefer
- Warm Hat
  - For when the pupils take their helmet off at lunch, travel & ice skating
- Goggles / Sunglasses
  - Goggles preferred
  - **MUST** be worn while skiing on the mountain
  - It is likely to be very sunny when we are away
  - There is also a condition called Snow Blindness that can affect the pupils vision if they are not wearing eye protection
  - A soft case/cloth is useful to clean goggles throughout the day
  - Some goggles can be plagued with "misting". This is when the air is trapped between the goggles and the wearer and can cause condensation inside the lenses. If possible ensure that goggles allow a flow of fresh air between the inside and outside of the goggles.
- Buff/Scarf/Bandana (optional)
  - Usually the only exposed skin when on the mountain is neck/chin/mouth and nose. Many jackets come with a high collar and therefore cover up this area. Some people chose to have a thin scarf that they can wrap around their chin/mouth to avoid any wind chill.
- Base Layer top
  - Sporty base layer. Breathable and dries quickly. Very similar to running long sleeved t-shirts.
  - If pupils wear absorbent/cotton base layers and they sweat or get wet from the snow then they will end up very cold
- Base layer bottom (optional)
  - Some people feel the need for thermals on under their trousers. This is completely optional as often ski trousers will keep you warm enough
- Technical Fleece (optional)
  - Some pupils may want to wear a fleece on top of their base layer.
  - This does run a risk of getting too warm as pupils will likely be in the sun and exercising all day.
  - If wearing a fleece please make sure it dries quickly as some of the non-technical fleeces can be very absorbent and hold water for a long time
- Ski Jacket
  - Warm technical jacket that will keep them warm in snowy conditions yet let them move freely on the mountain.
  - Many come with useful pockets for storing money, lift pass, goggles, spare gloves and a hat.
- Ski Trousers / Salopettes
  - Waterproof trousers designed to fit over the ski boot and stop snow from going under the trousers
- Gloves
  - Thick gloves that must be worn at all times while skiing.
  - Often have a small leash allowing pupils extra security so they don't drop them
  - Spare pair optional incase the primary pair get wet.
- Ski Socks
  - Comfortable and thick socks to offer warmth and comfort from the ski boot
  - High sock, should reach above where a ski boot would reach on their shin
  - Please do not wear 2 pairs of stocks, this can cause excess heat, friction and blisters
  - Shaped socks offer a better fit and less chance of gathering than a shapeless tube sock. This again offers additional comfort and less chance of blisters



## Further Reading

<https://www.igluski.com/guides/beginners-skiing/what-to-wear-skiing>