

Dressing for the Weather

by Snow Valley's Simon the Snow Leopard

When preparing for a trip to Snow Valley it is advised that students dress in layers.

There are 3 layers to consider:

1. **Base Layer** - A base layer is an insulating layer worn next to your skin. Base layers help regulate your body temperature by moving perspiration away from your skin. This layer should fit snugly and retain some insulating properties.

2. **Mid Layer** - The purpose of the mid-layer is to capture warmth through trapped air. Typically a mid-layer is a fleece or a thick wool layer.



3. **Insulation Layer** - An insulated and waterproof ski jacket and pants provide warmth and allow students to stay dry.

- Knee High Ski Socks, plus a spare
- Gloves or Mittens (two pairs, in case one gets wet)

Accessories: Hand / Foot Warmers, Lip Balm & Sunscreen

Tip: If you dress in layers, you can always remove a layer if you get hot. It's harder to add layers after the fact, especially when you're cold.



Items NOT to bring: Denim of any kind, Knit Mittens or Ankle Socks