



# Ski Gear 101: What to Wear on The Slopes

For those of you just starting out, here is a simple break down of how to dress on the slopes to keep you warm and protected.

## Step 1: Base Layers

This layer should fit closely to your body. Merino wool is a popular option because it is warm and sweat wicking, however, nylon and polyester also work.

- Long sleeve / Leggings

## Step 2: Mid Layers

On warmer days, this layer may not be needed; this depends on how prone you are to the cold. Most people skip a mid-layer on their legs and opt just for a base layer.

- Long sleeve fleece/ thin down jacket/ thin merino wool sweater

## Step 3: Outer Layers

The key to a good outer layer is that it is waterproof. Typically, this is labeled as Gore-Tex, however, some companies have their own name for their waterproofing technology. Also note these layers will either be considered insulated or non-insulated (shell); again, what you choose depends on the weather. Some companies offer flexible options with a 3-in-1 system.

- Pants, Bibs, Jacket

## Other Important Gear:

- Gloves/Mittens, Buff, Socks
- Helmet, Goggles,
- Goggles

**If you have any questions about gear, swing by your local ski shop. They will be more than happy to help guide you in the right direction!**



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You can demonstrate to others what is possible and have a positive influence on them.