

# DRESSING FOR WINTER



## Gloves and mittens

Mittens seem to work better than gloves for younger children. They are comfortable, easier to get on, and lots warmer. Look for mittens that have a long cuff that cinches or “Velcros” closed so that snow doesn’t sneak in on the wrist. On really cold days, heat packs can be slipped into the mittens. Warm, sunny spring skiing might be the only time when gloves will work better than mittens.

## Goggles

Wind, snow, and cold make it hard to see. Most kids do better with goggles than sunglasses. All ski helmets have some sort of clip on the back side to hold the goggle strap securely in place. It’s easier for kids to put the goggles on the helmet first, and then put the helmet on their head. If the goggles are secure, they should stay on the helmet all day. Most important, *don’t sit on them!*

## Balaclava

Cover up those cheeks and noses on cold days with neck gaiters or balaclavas. Look for hats and balaclavas that are thin enough to fit easily underneath a helmet. The best are thin on top and fleecy around the face.

It is possible to pull the balaclava up onto the nose and around the eyes, then put the goggles on in a way that leaves no skin exposed. This is a good idea on the coldest days when any exposed skin can get numb and nipped by frost quickly. Make sure to check children’s faces when it’s cold and windy.



**LAYERING  
for  
WINTER**

(Some options  
for skiing)



Frostbite will show up as waxy white patches, usually on the tip of their noses or cheeks. Deal with this right away. Go inside and get warm. If you see this on the chairlift, you can cover their affected spot with your bare hand.

Another option for warmth is the combo of a hat and neck gaiter.

## Socks

No need for thick (or multiple) socks—kids do better with one pair of thin socks. They should be snug enough to avoid wrinkles and tall enough to reach well above the height of the boot. You might need to reach in there a few times during the ski day and pull the socks up again. This smoothes out the wrinkles and improves comfort. Stay away from cotton socks! Kids'll be warmer and drier with wool or synthetic socks.



### Tips for warm feet

- ~ Make sure the boots are dry! If you are on vacation and you are skiing day after day, it's *crucial* that the boots get dried out after each day of skiing.
- ~ Kids need wiggle room for their toes! The youngest skiers will lean back more than adults, and this will force the toes to the front. Pull the liners out, and have the kids put them on (with one thin sock) and then ask them to wiggle their toes. You'll be able to feel their toes and get a good idea how far they are from the front of the boot. A half inch of extra space is the minimum.
- ~ Make sure the boots and the feet are nice and warm *before* putting them on. Ski boots are like a thermos: They'll keep cold things cold and warm things warm.
- ~ Tucking the boots near a heater vent while driving to the ski area makes for toasty feet when the boots go on.
- ~ Pull the soft inner liners out of the shells each night and set them in a place where they are sure to dry out, like near a heater. The boots will dry quicker if you take the thin foot beds out for drying.
- ~ If you are skiing a lot, you might want to invest in an electric boot dryer!

## KEEPING WARM



fuzzy



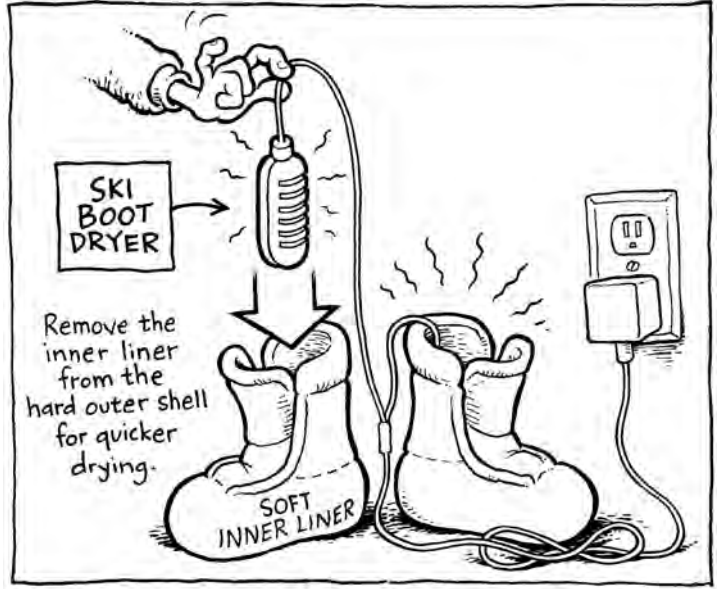
FITS OVER HEAD



Warm



NECK GAITER



## Managing temperature

Skiing is a winter sport, and that means cold. But don't treat every ski day like it's the coldest day of the year. It's pretty common to see kids overdressed for the weather, and that means they'll overheat. It's hard to have fun when you're freezing cold or sweltering hot. Spring skiing can be freezing cold in the morning and broiling hot by the afternoon.

If your child is overheating, unzip and vent a jacket, remove and pocket a balaclava or neck gaiter. Or, run into the lodge and stash a layer. Keeping your child comfortable is always worth the extra effort because it keeps the focus on learning to ski!



FOOT!

THIN IS BETTER THAN THICK!



taller than yer boot

TALL THIN SOCK