



Ski equipment and clothing presentation

Introduction

- Introduction
- Mountain climate
- Features
- Equipment list
- Equipment details
- Questions



Mountain Climate

- The mountain environment
 - very changeable
 - rapid changes in temperature
 - weather changes
 - time of day
 - temperature extremes
 - from -35° to 30°
 - variable visibility
- Conditions
 - cloud & snow
 - poor visibility / flat light
 - poor definition
 - blizzards
 - sleet, rain, sun
 - effects enhanced by snow
 - wind
 - high altitude



Mountain Climate

- Risks
 - exposure
 - hypothermia
 - dehydration
 - sun burn
 - chapping
 - frostnip
 - frostbite
 - eye damage
- Be prepared !



Features

- Breathability
 - let moisture out
 - reduces cooling effects
 - reduce overheating
- Warmth
 - counter hypothermia
 - maintain core temperature
- Functional
 - adaptable
 - venting
 - liners
 - storage
 - pockets
 - pouches
 - waterproof
- Comfort



Equipment list

Essentials	Optional
Jacket	Safety helmet (legal requirement in some countries)
Sallopettes or Trousers	Snow boots
Gloves or Mittens	Neck warmer / cowl
Socks	Thermal underwear
Base Layers	Ski tie
Hat	Rucksack
Goggles	Water bottle
Sunglasses	Handwarmers
Sun cream	
Lip balm	

Jacket

- Adaptable
 - zipped vents
 - zipped liner
- Breathable
- Waterproof & windproof
 - taped seams
- Functional
 - hood
 - high collar
 - adjustable cuffs
 - snow cuff and skirt
 - full length
 - pockets
- Durable



Salopettes & Pants

- Adaptable
 - zipped vents
 - adjustable waist
- Breathable
- Waterproof
- Windproof
- Functional
 - adjustable waist
 - pockets
 - belt / braces
 - high back
- Durable
 - wear patches



Socks

- Comfort
 - smooth shin / no ribs
 - boot / knee high
- Tube sock
 - loop stitched
 - no heel & flat toe seam
 - comfort fit
- Heel sock
 - heel & flat heel and toe seams
- Technical sock
 - flat seams
 - anatomic design
 - advanced / technical fit
- Hygiene !! 3 to 6 pairs



Base layers

- Worn under salopettes and jackets
 - multiple layers for adaptability
 - add or remove layers to adjust core temperature
 - wicking properties
 - wicks moisture from body
 - increases warmth and comfort
- Long or short sleeve tops
- Long johns
- Thermals
- Roll neck cotton polos
- Micro fleece



Hats & neck warmers

- High percentage of heat lost through head
- Close knit or lined for superior warmth
- Good fit
- Various styles
 - bobble
 - beanie
 - tube / cowl



Goggles

- Mainly used in poor visibility or weather conditions
- Can help in flat light conditions
 - Orange lens enhances available light
 - Modulator adjusts to light intensity
- Good UVA/UVB protection essential
- Options
 - single lens
 - double lens
 - better anti-fogging properties
 - spherical lens
 - less optical distortion
 - Vented for airflow
 - Face foam
 - OTG (over the glasses)
- Helmet fit



Sun cream & lip salves

- Used to protect from sunburn and chapping
- Creams contain
 - UVA and UVB filters
 - Bronzers
 - Moisturisers
- Different SPF's
 - SPF8
 - SPF15
 - SPF30
 - SPF50+
- Available in stick form
- Available in Combi form
 - with lip salve in tube lid
 - breakaway neck cord



Gloves

- Essential item of clothing
 - protects against cold
 - protects against sharp edges
- Adaptable
 - adjustable cuffs
- Breathable
- Waterproof
- Windproof
- Functional
 - goggle wipe
- Durable
 - wear patches on fingers
 - reinforced palms
- Correct fit important
 - not too small



Safety Helmets

- Used to protect head from impact
- Added benefits
 - protect against cold
- Helmet fit
 - should be snug, not too tight
 - should not rotate on head
 - chin strap should be secure
 - check fit with goggles
 - buy together if possible
 - some now adjustable
- Legal requirement for under 14s in some countries
- High demand for this coming season



Footwear

- Anti slip soles
 - not smooth or leather !
- Warm lining
- Sturdy construction
 - moon boots not essential
 - suggest Caterpillar style boots or similar



Accessories

- Handwarmers
- Ski ties
- Water / sports bottle



- Any questions?

