

What to Wear



It will be cold, keep your heat in and the cold out !

Helmet, SilverStar will provide you with a helmet, which you **MUST** wear

Goggles or Sunglasses, to protect your eyes from the sun or driving snow

Waterproof Gloves or Mittens, mittens are warmer

Ski Coat and Pants, ideal. A warm, waterproof coat and pants are essential

Lots of Layers, keep you body toasty warm under your outer layers

Thick Socks – to keep your toes warm, but only one pair!



A helmet is an important safety consideration.

Use your head.

Educate yourself about helmet use.



There is no substitute for responsible behavior on the slopes. Follow the "Alpine Responsibility Code," and consider wearing a helmet. It's a smart idea.



Wearing your Helmet

Unless you have your own Ski/Snowboard helmet, you will be provided with one in the Rental Shop

Remember

NO helmet = NO participation

What NOT to Wear

Cycle Helmet – great for your bike, but not enough protection in an accident on the mountain

Jeans – you might look cool on the bus coming up the hill, but you will soon be cold, wet, and miserable in the snow

Wool or Cotton Outer Layers – even your most beloved hoodie will get covered in snow, won't keep you warm, and may get ruined

Scarves or Tassels – if you wear a scarf, keep it tucked into your coat. Tassels may get caught in your gear and equipment. Neck tubes are ideal

Backpacks – must be left in the lunch room and are not allowed to be worn in your lessons