

Participant Handout: Planning for Ski/Snowboard Trip



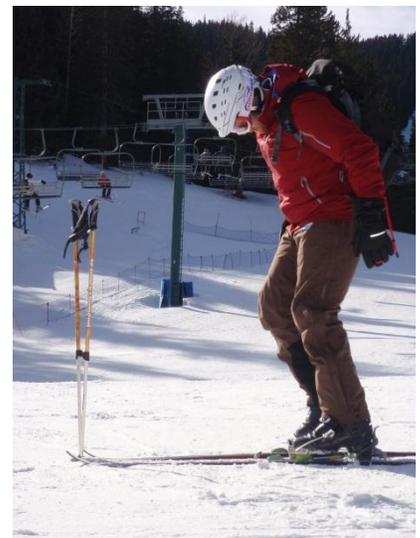
Outdoor Adventures, UREC

Overview

This document helps provide an overview for what you might consider packing for a ski/snowboard trip. Although OA covers all of the equipment, meals, transportation, and lodging, it does not cover the clothing aspect of the trip. Buying clothing for a ski trip can seem overwhelming. This is a guide to help you through the process, but please recognize it may not cover everything. Your best bet is to talk to other people and research other resources.

What to Pack

Here is the bare minimum for packing. It is highly recommended that all layers **are not primarily made from cotton**. Once cotton gets wet, it stays wet and could keep you super cold. We recommend products like polypropylene, nylon, fleece, etc. These are the materials that make up most Under Armour shirts. Your outer-layers should be highly water resistant, if not waterproof.



- Base layers (top and bottom)
 - People also call this “long underwear”.
- Mid-weight layer (e.g. fleece, vest, etc.)
 - Fleece works well as a mid-layer, but vests and puffy layers do as well. Would avoid having a hood on this layer.
- Outer-layer (i.e. ski jacket and pants)
 - Having a good out-layer is crucial. Do not be cheap here. You want waterproof or highly water resistant. Vents are good to have, but make sure the material is waterproof and breathable. The more zippers and pockets,



the more weight to the garment. Read online reviews and watch YouTube reviews of products. Powder skirts are nice, but not necessary.

- Things to consider about pants are: bibs (suspenders) or normal height, do they go over boots, etc. Some jackets provide built-in insulation. You should determine if this is a feature you want, or if you prefer to build your own layers in separately.
- Make sure your outer layers fit over your other layers. Tip: bring your other clothes to the store when you are trying on jackets and pants to make sure the fit feels good.



- Warm hat and gloves

- Gloves versus mittens: both have great pros and cons. Mittens definitely help keep your hands warmer, but make it harder to use your hands for pulling zippers and fixing bindings. Mittens are preferred for those that always have cold hands no matter the circumstances. Whichever you decide, they should be waterproof.



- Warm hat is great for regulating your temperature very easily. Do you want it to fit under your helmet, or do you prefer a warmer hat? Also, consider face protection (e.g. balaclava).



- Goggles

- Obviously, the more expensive, the more features your goggles will have. Top-tier goggles now even have a heads up display built-in ([click here to check it out](#)). Your basic goggles will protect your eyes from snow and from UV rays. More advanced goggles have features like: swappable lenses, helmet compatibility, anti-fog measures, fit with prescription glasses, etc. Think about your level of investment and go from there.



Buyers' Guide

Again, buying equipment for your first trip can seem a little bit crazy and expensive your first go-around. This piece is intended to help smooth that transition out, but make sure you review other resources as well.

Option 1: Plan on going multiple times

If you are sure that skiing/snowboarding is a sport you would like to invest in, then it would be great to invest in the right equipment from the start. The sites and information below recommends gear and clothing that might be a little bit more affordable, but should have you looking and feeling pretty good out there.

Recommended Stores:

- <http://www.patagonia.com/us/home>
- <http://www.sierratradingpost.com/>
- *<http://www.backcountry.com/>

- [*http://www.moosejaw.com/moosejaw/shop/home](http://www.moosejaw.com/moosejaw/shop/home)
- [*http://www.rei.com/](http://www.rei.com/)
- [Happy Trails](#)
 - This store is local and will have great advice. They will have almost everything you would need and you would be able to try it on in-store.

**Denotes one-stop shops for everything in one place.*

Recommended Brands:

- Black Diamond, Outdoor Research, Patagonia, REI – brand, Columbia, Mountain Hardware, etc. (no particular order of preference).

Example Garments

Item	Examples	Estimated Cost
Base layer	<ul style="list-style-type: none"> • Women's top example 1 • Men's top example 1 • Men's bottom example 1 	\$20-50 a piece
Mid-weight layer	<ul style="list-style-type: none"> • Women's top example 1 • Women's top example 2 • Men's top example 1 • Men's top example 2 	\$20-125
Outer-layer	<ul style="list-style-type: none"> • Women's top example 1 • Women's top example 2 • Men's top example 1 • Men's top example 2 • Women's bottom example 1 • Men's bottom example 1 	\$100-450
Warm hat and gloves	<ul style="list-style-type: none"> • Unisex example 1 • Gloves example 1 • Mittens example 1 • Facemask example 1 	\$30-100
Goggles	<ul style="list-style-type: none"> • Example 1 	\$75+

Please view men's and women's examples for ideas on what to purchase. Price estimations do not include sales tax or S&H.

Option 2: Will go once or twice

If you are not sure that skiing/snowboarding is a sport for you, then test the powder with less expensive equipment. Recommendations below will keep you warm and dry; however, the main difference in this list is quality of the product, durability, and features.

Recommended Stores:

- [*http://www.rei.com/](http://www.rei.com/)
- *Academy
- [*Happy Trails](#)

- This store is local and will have great advice. They will have almost everything you would need and you would be able to try it on in-store.

**Denotes one-stop shops for everything in one place.*

Recommended Brands:

- Columbia, REI – brand, EMS-brand, etc. (no particular order of preference).

Example Garments

Item	Examples	Estimated Cost
Base layer	• Example 1	\$10-30 a piece
Mid-weight layer	• Example 1 • Example 2	\$30-100
Outer-layer	• Example 1 • Example 2	\$40+
Warm hat and gloves	• Example 1 • Example 2	\$10-50
Goggles	• Example 1	\$35+

Please view men’s and women’s examples for ideas on what to purchase. Price estimations do not include sales tax or S&H.

Closing

Your best bet for purchasing clothing for skiing/snowboarding is to not put this off until the last moment. Whether you go with option 1 or 2, you are still investing money into a system for a sport. Granted, this equipment can be used in multiple situations; so, think hard about fit, features, quality, and return/exchange policies.

Once you have found something you like, research it on Google or YouTube and see if others have done a review of that product. You can learn a lot about products that way. Most websites allow you to also create wish lists that will let you save everything you want, and then you can share those lists with your family members around holidays and special occasions.

If you are still not sure, stop by the Climbing Gym during open hours and ask the Outdoor Adventures staff. They are there to help guide you through this experience as well.