



Clothing Tips for Winter Outings

- Dressing appropriately means using multiple layers of quick drying clothing. This will enable you to add or remove clothing to prevent chilling or overheating.
- Avoid tight-fitting clothing especially in the armpits, wrists and feet that may restrict blood circulation and warmth.
- Select clothes made of synthetics or wool that wick away perspiration and retain their insulating value when wet (i.e. polar-tech, poly-pro, capilene, thermax, etc.).
- AVOID COTTON GARMENTS (even unders) - they hold moisture against your skin.
- Check your equipment (the screws on your ski bindings, and security of your snowshoe bindings) before leaving town.

Clothing and Equipment

Synthetic or wool fabrics are the foundation of a winter travelers outfit. The following list is based on a layering system and consists of the **minimum** you should have. If you feel you are generally colder than average, feel free to add a layer. Two layers for the lower body and three layers for the upper body are the minimum. **Cotton should be strictly avoided, especially near the skin.**

Lower body

1) Wicking layer: Medium weight long underwear, (synthetic, wool or silk...no cotton!)

2) Insulating layer: Wool pants, Sporthill XC pants or pile/fleece pant.

3) Outer layer: Breathable, waterproof pants made of GoreTex or similar material.

What Instructors wear: (medium weight synthetic long johns and goretex or wool pants).

Upper body

1)Wicking layer: Medium weight turtleneck underwear, (synthetic, wool or silk...no cotton!)

2) Insulating layer: Medium or expedition weight long underwear, wool shirt or sweater, pile or fleece jacket/vest. You should have a second pile or fleece jacket that goes along with you while skiing.

3) Outer layer: Windproof, waterproof jacket made of GoreTex or similar material.

What Instructors wear: medium weight synthetic zip turtle neck, wool/acrylic sweater, fleece vest, (extra fleece jacket in pack and goretex or wool jacket)

Socks—A pair of thin, synthetic liners and a pair of thicker wool socks works well.

What Instructors wear: (liner socks plus medium or heavy weight wool socks).

Gloves—A thin liner glove under wool gloves or mitts works well, especially if you have wind and waterproof shells, which a Instructors re highly recommended.

What Instructors wear: liner gloves inside goretex gloves or mittens, (extra mittens, chemical hand warmers and pile liners carried in pack).

Hats—Should cover the ears easily. Balaclava masks are excellent. Neck “gaitors” are great too. A baseball cap (or other hat with visor) is great for sun/snow protection.

What Instructors wear: wool ski cap, (neck gaitor and balaclava carried in pack.)

Hardware and Personal Items

Skis: A variety of touring skis will work fine in the Cascades and beyond. Metal edges are a plus, but not necessary. Sturdy bindings like NNN BC are great.

Snowshoes: A modified bear paw design will give you plenty of floatation in the soft snow. Make sure your bindings are in good repair.

Boots: Three words: comfy, warm, sturdy! Few of the tracks are machine-set and heavier boots will give more control. Ankle support is a key element in sturdy boots for skiing.

Poles: Standard touring poles are fine. Adjustable poles are nice as you can store them in a pack easier.

Gaitors: These are very important to keep your feet dry as the snow will sometimes be over the top of your boots.

Pack: Should hold all of your gear comfortably (including the clothing you shed if weather is warm). 2000 cubic inches should do the trick, though larger is OK. A waist belt is important for comfort while touring.

Sunglasses: With a neck strap. Needs to have 100% UV protection. Side shields are a plus.

Ski Goggles: Offer fuller coverage and protection if we are out in a storm.

Sunscreen: Minimum of SPF15. Lip sun-protection is important as well.

Water bottles: Two full liters with secure lids, preferably wide-mouthed. For safety, each person should carry their own.

Thermos- For carrying hot beverages while you ski. I carry sweet hot tea!!!

Food-A variety of high-carbohydrate snacks will keep your energy up and keep you warmer

Personal Meds-You'll need to have your own Advil, prescription medications, blister stuff, etc.

Flashlight or headlamp -with extra batteries and bulb

Wax or Maxiglide: even for waxless skis

Small Ensolite pad: for insulation while standing or sitting

2-3 Plastic garbage bags: to line your daypack

Ziploc bags: to pack your lunches in, etc

Clothing Summary For Skiing/Snowshoeing:

- Heavy wool or synthetic socks - 1 pair
- Lightweight polypro liner socks - 1 pair
- Long-johns, tops and bottoms - 1 pair
- Heavier pile pants (or something like Sporthill XC ski pants) and pile or wool sweater - 1 each
- Warm vest or jacket (pile or wool)
- Waterproof rain coat and pants
- Warm hat, balaclava
- Light liner weight gloves and heavy waterproof ski gloves or mittens
- Chemical HAND/TOE WARMERS
- Sun Glasses and Ski Goggles
- Sun Screen – Lip balm
- Day Pack (minimum 2000 cubic inches)
- Personal First Aid Kit (Blister kit, band aids, etc.)
- Plastic water bottles - Bring 2 liters (make sure they don't leak) for full days out
- Optional small thermos to bring tea along (highly recommended).
- Ski boots, skis, gaiters, poles, mini ski repair kit (duct tape, wax, pole repair materials)
- Snowshoes, boots, gaiters, poles (if desired)
- Headlamp or flashlight (extra batteries and bulb)