

Since day skiing is always more enjoyable when we are well equipped, here's a checklist to help you remember everything.

Your snowsuit (coat and pants)

- ☑ hot underwear (avoid jeans and cotton)
- ☑ A good pair of warm gloves or mittens
- ☑ A neck warmer
- ☑ Thermal or wool socks (cotton is not recommended)
- ☑ A tuque
- ☑ Socks and mittens spare

If you have it at home, bring :

- ☑ Your helmet
- ☑ Your ski goggles
- ☑ Your ski equipment (skis, boots and poles) or snowboard (board and boots)

Note:

- It is better to wear several thin layers rather than one very thick.
- Provide ample snow pants so it can be put over the boots. It is important to have the least amount of clothes inside boots for comfort.
- Avoid too long scarves.
- Put your ski socks only when you get to the mountain. Your feet will be warm longer.
- If you are a snowboarder, make sure you have your safety belt on your board in order to avoid unpleasant surprises.
- Do not forget : before taking the lift you need to have your ticket in sight.