

Suggested gear for skiing and snowboarding

Note: All images we taken from the internet and are simply used to illustrate the types of gear needed. LRCA does not promote any certain brand, store or manufacturer.

1. Ski Jacket/Coat

- The main thing to look for is a coat that is **waterproof**. Also, many of them have a zip-out fleece liner for extra warmth, but if you find one that is not lined, you can always wear a sweater or fleece shirt under the coat for that extra warmth if needed.



2. Ski Pants or Bibs

- Just like with the coat, the main thing to look for in pants is that they are **waterproof**. They come in regular pants style and a bib style, and either is fine. Only one pair of ski pants needed. Most people wear jeans or thermals underneath.



3. Gloves

- Insulated and **Waterproof**



4. Goggles

- Eye protection is essential! Goggles are optional, but if goggles are not worn, then sunglasses are a must. Goggles are very nice when it is snowing, and when the sun is out, they also help protect your eyes from the sunshine reflecting off the snow.



5. Socks

- Ski socks are crucial. They are designed so that feet do not sweat; because once the feet sweat and socks get wet, and then the feet are remain cold. Ski socks are not super thick, but are specially designed so that feet stay warm. It is recommend having 2 or 3 pairs of socks.



6. Hat

- Some type of warm hat is needed when out in the cold.



7. Sunscreen and lip balm

- For the face-the higher the SPF, the better.
- Lip balm helps prevent blistering and chapping.