

What to bring?

1. Lots of warm layers: Layers of wool or synthetic fibres like polypropylene and polar fleece are ideal for keeping you warm and dry. Wearing layers means you can add or remove layers as the temperature changes and that's important in this changeable environment.

2. Long wool or thermal socks: You don't need thick socks (in fact thin socks are more comfortable under ski and snowboard boots) but you do need socks that will stay warm if they get wet. Don't fall into the trap of thinking two pairs of normal sock will provide you with the same warmth. The socks will rub and will lead to blisters and a very uncomfortable day up the mountain.

3. Warm, water resistant gloves or mittens: Woollen or waterproof gloves or mittens will keep your hands warm. There is a budget range of waterproof gloves and mittens available to buy on the mountain from \$25.

4. Helmet: Ski/board helmets are available to rent on the mountain to keep you safe and warm.

5. Waterproof jacket and over trousers: You can rent good quality waterproof outdoor gear on the mountain. It will keep you protected from getting wet and also from the wind. You'll be much warmer and happier for it!

6. Shoes with good grip: Wear sneakers or boots with good grip. You can rent snow boots on the mountain.

7. Sunglasses or goggles: The snow is very very bright! It may be cold but don't forget your sunnies! We have a budget range of sunglasses and goggles at the on-mountain Vertical retail stores.

8. Sunblock: The sun reflected off the snow can be very harsh. Goggle tans have never been cool so make sure you wear sun block! You can buy sun block suitable for alpine conditions from the on-mountain Vertical retail stores.

9. Avoid:

- Cotton and nylon clothing like jeans, t-shirts etc. When they get wet they offer no protection against the cold.
- Outerwear with lots of toggles or loose bits hanging as they can get hooked or caught on lifts.
- Ill-fitting gear - not only is it uncomfortable but it will also offer less protection against the elements.