

Checklist Skiing with Children
“warm kids are happy kids “

Ski Suit - one-piece or 2 piece suit that will keep out wind and snow. Remember you may also need a warm jacket for evenings if you buy a one-piece.

Base Layer – worn under ski clothes provides extra warmth and wicks moisture away from the body.

Mid Layer – fleece, worn over base layer, for really cold days

Gloves or Mittens - need to be warm and snowproof. Consider taking a spare pair of gloves/mittens in case they get really wet.

Socks – seamless tube socks in a variety of colours and patterns offering softness, comfort and warmth.

Hat – vital piece of kit that serves a dual purpose

Helmet – strongly recommended that a helmet be purchased as hired helmets offer no guarantee that helmet has not sustained an impact that could compromise safety. Helmets should be bought for the individual as not all skull shapes are the same. Make sure children know how to fasten the helmet properly especially important if they are not skiing with you. An ill-fitting or in appropriately fastened helmet offers minimal protection.

Goggles – essential piece of equipment even for those younger children who are not skiing.

Sun Glasses – essential for bright, sunny conditions - use whilst walking around the resort shopping, sightseeing etc. Use of a glass retainer also helps glasses from becoming lost.

Snow Boots – ideal for playing in the snow and when not skiing

Sun Cream/Lip Balm - should be applied regularly to all exposed skin. If children are not skiing with you make sure they have a small tube with them.

Rucksack—especially useful if not skiing with you for carrying water — children should be encouraged to drink plenty as dehydration leads to tiredness, increases muscle fatigue and more aches at the end of the day. Some chocolate or sweets will help keep energy levels up. Tissues for runny noses!

Bits and Bobs – disposable hand/feet warmers, ski ties, lift pass holder, polo

VENTURA

Ski and Snowboard Specialists

New to Wintersport?
Minimum basic essentials for one week

*Priced from **

Outer Layer jacket and salopettes (2 piece set) or to hire (see separate hire sheet)	£100.00
Base Layer climate controlled micro-polyester underwear (2 piece set)	£22.00
Mid Layer micro fleece provides additional warmth to work with either base or ultimate layers (set)	£29.99
Polo necks x 2 will keep snow/wind out (each)	£16.50
Gloves/Mittens choose one with a long cuff to keep snow/wind out	£15.99
Hat don't set off without one	£6.00
Socks 3 pairs for the week (each)	£4.99
Goggles eyes must be protected from snow, wind and glare	£12.00
Sunglasses needed in very bright conditions	£18.00
Apres Boots useful for walking in deep snow/sledging etc	£27.50
Sun Cream essential that skin is protected against powerful UV rays	£5.99
Lip Balm - protect lips against chapping and blistering	£3.50
Lift Pass Holder secures lift pass to jacket	£3.00
Ski Ties —keeps skis together when being carried—helps identify skis	£3.00

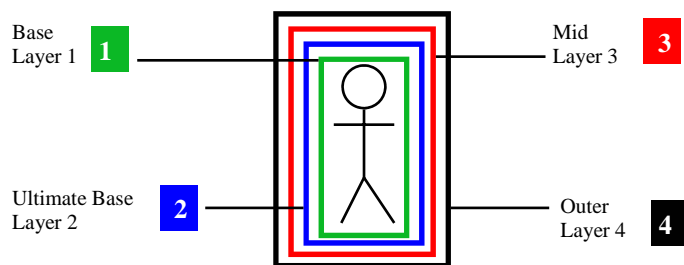
* adult price

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USEFUL INFORMATION

It is far more efficient from a body (heat) management point of view to wear several thin layers as opposed to one thick layer. Conditions change extremely quickly in the mountains and it is better to be over rather than under-prepared. Extra layers can always be taken off. The diagram below will explain the layering system.



Insulation The Protective Layers Base Layer (Layer 1) this layer traps air next to the skin and draws perspiration away from the skin and transports it into the next layer thus helping you to keep warm and dry. Ultimate Base Layer (Layer 2) Additional layer for those who really feel the cold. Mid Layer (Layer 3) Microfleece provides additional warmth to work with either base or ultimate layers. Outer layer (Layer 4) combines weather protection, durability and comfort.

GUIDE

Hire All our hire clothing is fit for purpose and designed to offer the best protection and ensures warmth, function and comfort. Hired garments do not require washing before being returned - we do that. All our garments are cleaned and re-proofed after each hire.

Footwear - Apres ski - pack sturdy functional snow proof footwear, that has a durable thick sole.

Hand Wear - Gloves or mittens - a matter of personal preference. As an extremity of the body, hands will get cold first. Ensure that jacket sleeve and or gloves cover wrist area too, otherwise a cold spot will result. Ensure comfortable fit neither too big or too small as this will result in cold fingers. Mittens maybe warmer than gloves as the fingers are not in isolated, individual chambers. Glove liners also available for really cold days. Mittens are likely to be easier to put on for younger/smaller children.

Socks seamless tubes have high wool content for extra warmth and comfort. The proportions of wool:man-made fibres allows moisture to wick away to keep feet warm and dry. No seams at the heel and very fine stitching at the toe reduces irritation and pressure points in the boot. Elasticated top rib stops the sock from creasing by offering gentle support. Sock liners also available for really cold days. Technical socks specifically for skiing/snowboarding are also available. Three pairs of socks are ideal for a weeks mountain activity.

Eye Protection - Goggles allow increased visibility in most light conditions experienced in the mountains. They will stay securely in place during activity and provide a seal around the eyes to keep out driving snow and harmful UV rays.

Sunglasses protect eyes from the harmful UV rays and reflective glare. All lenses are fit for purpose and classified as category 3 (18-8% light transmission) heavily tinted for bright to extremely bright light conditions.

Luggage Likely be restricted to one main bag. Holdall-type bags are ideal. A small rucksack-type bag for hand luggage is also useful both on the journey and for taking up the mountain.

Hat serves a dual purpose as it will help stop scalp/ears from burning or it will help you to keep warm as approximately 70% of all body heat is lost through the top of the head. In the mountain environment conditions change quickly so always take a hat up the mountain with you.

Face Protection The mountain environment often has extremes of weather and it is important exposed skin is protected. Use of a high factor, moisture rich sun screen that offers broadband protection from the sun's harmful rays (UVA, B and C). In addition to protection from painful and damaging sunburn the cream will also help stop skin drying out. The use of lip balm with added sun screen is also highly recommended. Sun Screen should be applied to all exposed skin areas - face, ears, hands, neck, lips, nostrils, scalp (more so if thin on top) etc 15-30 minutes before going outside and then applied at regular intervals throughout the day - even when it is cloudy or overcast.

Ski Ties— will keep skis together when being carried/stored and facilitates identification of skis.

Lift Pass Holder— secures pass to jacket.

Rucksack— a small rucksack type bag will be useful on the slopes for carrying things like water, snack, tissues, sun cream, camera etc. It is important to drink plenty of water in order to keep hydrated. A small chocolate bar, fruit etc will also help keep energy levels up.

happy skiing