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ESSENTIAL SKI KIT LIST

THERMALS – Invest in a good set of base layers. You don't have to spend a fortune however make sure you're buying the right thing for the job. Do remember that cotton is an inefficient base layer and won't keep you warm.

LAYERS – It's all about layering up. You can always remove layers to cool down but it's very hard to warm back up once you get cold on the mountain.

SOCKS – Get ski specific thermal socks, nobody likes cold toes! Avoid anything with seams around the shins as your boots will press into them all day long.

GLOVES/ MITTENS – There's a huge range of gloves out there that do some wonderful high-tech stuff. The important thing though is to get comfortable ones that fit properly and will keep you warm. Mittens are generally warmer than gloves but can restrict your movement.

SUN CREAM – The sun is very strong and the higher you go in altitude the higher the factor needs to be. At 2000 meters a factor 30 sun cream only protects the skin at factor 15. Minimum factor 30 for adults and 50 for children! You'll see a surprising amount of sunburn on the slopes...

LIP BALM & MOISTURISER – Your skin will dry out at altitude like you've never seen before, put a lip balm in every pocket and moisturize religiously.

HAT – Big giant knitted colourful bobble hats are a necessity. That's just a fact, and handy for hiding helmet hair.

OUTER WEAR – Obviously the most important thing is to look cool on the mountain! I'm partly kidding but it's worth remembering that you will be wearing your ski gear a lot and it will become the means by which people recognize you. Check your gear's waterproof and breathability ratings (detailed on the tags) and make sure it's going to keep you warm. Again, you don't have to spend a fortune, renting is a great way to get good quality outer wear if you're a first-time skier.



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Goggles/ Sunglasses – Protecting your eyes is an absolute must and it pays to spend a bit more on good goggles or sunglasses as the sun is very strong and reflects off the snow. You can get goggles with lenses for bright days and ones for overcast days, but generally when starting out go for an orange or pink ‘universal’ lens that will serve you in all conditions. If you wear sunglasses make sure you have decent ones that filtering out the harmful rays.

Helmet – Get a helmet! Whether you rent one or buy one it doesn’t matter, so long as you wear one every time you hit the slopes. There is no stigma attached, it’s no longer ‘un-cool’ to protect your head, the pros wear them, they sell colourful funky ones that you can hook your headphones up to them, you can get fur-lined ones that keep your head toasty warm and you can sticker them up with all kinds of daft things, helmets are cool, wear one, full stop. If you’re do decide to buy a helmet and you have goggles already, make sure you try them on together. Your helmet and goggles should fit seamlessly together and not leave a big gap across your forehead – that is un-cool and also lets the wind in.