



5TH-6TH GRADE LEARN TO SKI SCHOOL PROGRAM

P A R E N T H A N D O U T

DRESS YOU CHILD APPROPRIATELY TO HAVE A GREAT DAY!

1. Bandana or neck warmer
2. Goggles or sunglasses
3. Snowpants
4. Warm socks – These should not be cotton. Cotton socks get wet and hold moisture close to the skin which leads to frozen toes!
5. Gloves – No cotton stretch gloves. Gloves should not be fleece or soft on the outside. Snow will stick and get wet fast. Insulated and waterproof gloves are the best!
6. Certified ski helmets are a smart idea, yet optional.
7. Do you need sunscreen in the winter? You bet! Snow reflects the sun's rays, so sunburn is possible even if you're cold. When you're outdoors in the winter, wear sunscreen on any exposed areas. Use lip balm that contains sunscreen, too.