

## Kid's Guide to Winter

*Everything you need for your big adventure!*

Nobody likes it when they're cold and wet, so we've put together this handy kit list to help you get set for a great time on the slopes! Just pop in to any of our stores and speak to our helpful staff who will be more than happy to kit out the whole family.

### **Ski Jacket & Salopettes/Pants**

Warm + dry = happy kids. Make sure their kit is waterproof. Kids tend to lose heat more quickly than us grown-ups so being well insulated is important too.

### **Gloves**

A pair of warm, waterproof gloves or mitts is essential for an enjoyable day on the hill. Our extremities feel the cold first so we have to keep them warm. Mitts can often be warmer than gloves, as all the fingers together generate more heat – they're also easier for the young 'uns to get on!

### **Goggles**

As the snow magnifies UV rays, it is crucial to protect your eyes whilst out on the slopes. The best way to do this is by using goggles rather than sunglasses as they create a seal all the way around the eyes and stay securely in place. Be sure to look out for double lenses as this helps to stop them from steaming up!

### **Thermals**

The best way to stay warm is to layer up – and the best way to start is with a good set of thermals. A wicking layer worn next to the skin will draw moisture away from the body whilst providing extra warmth. Look out for thermal accessories, such as liner gloves, for those really cold days.

### **Helmet**

A must for kids. Already in law in Italy, most European resorts will require children to wear a helmet on the mountain. Whilst you can hire one, we strongly recommend investing in your own as you can't be sure of the fit of the hired one – let alone how many knocks it's had! To ensure proper safety, get some advice from our staff about the right fit and making sure your child can manage all the fastenings.

### **Fleece**

For added insulation, a fleece is a great middle layer. With a massive range to choose from, you can't go wrong!

### **Snow Boots**

Keep their feet warm when playing in the snow – cosy, insulated boots and waterproof too; when they're not on the slopes, there's nothing better!

### **Socks**

Because ski boots would be uncomfortable without them! With loads of different colours and patterns available we're bound to have something for everyone. Many styles come up to the knees as well so look out for them for extra warmth.

### **Hats**

Keep your head cosy and look über cool with any one of our range of wild and wonderful hats, beanies, Peruvians and balaclavas. Don't laugh – you know it's true.

**Sun Protection**

Keep those panda eyes at bay! Up the mountain, you're closer to the sun and the snow magnifies its rays so don't skimp on a high quality, high factor sun cream. Don't forget about the lip balm either.

**Handy Hints**

Disposable hand warmers are great for those really cold days – simply shake them to activate and they fit nicely inside your gloves keeping you warm for hours. You can even get them to pop inside your socks!

Take some snacks to keep up your energy – the last thing you want is to get too tired to enjoy the snow!

Make sure your kids drink plenty of water – keeping them hydrated means they'll be more alert, and won't ache so much at the end of the day!

Keep layering on the sun cream – you won't realise how strong the rays are until it's too late!

Pack spares! Let's face it, we're all out there to have fun and if that means rolling around in the snow, there's a good chance that some layers will get wet.