

BWS SKI TRIP TO LA MOLINA, SPAIN FEBRUARY 2016

SKI CLOTHING

La Molina is a high–altitude resort and subject to extreme weather conditions, thus we must ensure we are well protected. Outer clothing should be windproof, snow proof, padded for warmth and sealed at the extremities, i.e. cuffs, collars and ankles. For added warmth, several layers of lightweight clothing should be worn under this outer protective shell - not heavyweight bulky sweaters. The sensible skier will dress for blizzards, wind and severe cold, with vest, cotton polo-neck, plus one or two light/medium weight sweaters plus ski jacket. Extra layers under salopettes (padded ski trousers) can be provided by skins/long-johns. Boys will not be allowed to ski if they are not wearing acceptable clothing.

I recommend the following as sources for good quality items: **Surfanic.com** – excellent for technical jackets and trousers at very affordable prices. **TK Maxx** – usually offer a wide selection, sizes not guaranteed though. **Tresspass** – now in town with good quality items at the lower end of the market. **Sportpursuit.com** – Flash sale website with some very big reductions on some less well known, but exceptionally good products.

| <u>Basic Items</u> | - | <u>Essential Facts</u> |
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| Ski jacket, salopettes or Boarder Trousers | - | Padded, sealed at extremities, snow and wind proof, zipped pockets. 10,000 Waterproof and Breathability for superior protection. |
| | - | Jeans or tracksuit trousers do not give adequate protection against cold, wind and snow. |
| Hat or balaclava | - | Windproof (can be covered by anorak hood) large enough to cover ears. |
| Snood | - | Very useful and versatile item of clothing to give extra protection to face. |
| Socks | - | Minimum two pairs ski socks, wool or thermal fibre, not nylon. |
| Mitts or gloves | - | Tough, waterproof, warm, sealed at wrists. Mitts are warmer and more suitable for the beginner. Woollen or thin thermal gloves to wear as an inner are a good idea. |
| Vest or t-shirt | - | Cotton, not nylon. |
| Polo-neck | - | Cotton, not nylon. |
| Sweaters | - | Light/medium weight |
| Tights, long-johns, pyjama trousers. Canterbury or equivalent Base-layer | - | Cotton or cotton mix. Excellent new products available for warmth and breathability. |
| Goggles and sun glasses | - | Important to cope with glare. Goggles – more durable, wide vision and good in all conditions. Sunglasses useful when conditions are less extreme. |
| Sun cream and lip salve | - | Skin very easily burnt by both sun and wind - lips tend to chap - high factor protection required. |
| Ski clips | - | useful for storing skis, in lifts and when carrying (Not a priority) |
| Scarf | | |
| Après ski boots or similar | - | Warm, snow proof footwear with a non-slip sole for walking round village in the evening is needed. (Not essential but handy) |

Wrist guards are advisable for snow boarding

SKI BOOTS, SKIS POLES AND HELMETS ARE PROVIDED AS PART OF THE COST OF THE TRIP AND ARE HIRED AT THE RESORT.