

If you are thinking about buying Ski wear for the Switzerland trip, below is a list of things you need and specifications to look out for. The best price places to buy ski wear in the uk is TKMax, Asda (winter break), factory outlet outdoor sports shops or look on e-bay. There is no need to buy really expensive or this season's outfit. On the slopes you will see people wearing outfits they have had for 20 years!!

Essentials	<p>Goggles/sun glasses on a neckstrap</p> <p>Hat</p> <p>Gloves</p> <p>Suncream for faces – high factor</p> <p>Ski jacket and pants</p> <p>Ski Socks</p> <p>Flat comfortable waterproof shoes or boots</p> <p>The most important thing to remember is to layer clothing so you can add on extra layers if cold and take off layers if too hot. Remember skiing is hard work and you will get warm.</p>
------------	---



SKI GOGGLES/SKI GLASSES

These are essential to protect eyes from harmful ultra-violet rays intensified due to reflection off the snow. Sealed goggles, treated to prevent fogging, are especially necessary when skiing during a snowfall. To avoid injury in accidents or falls ensure frames and lenses are made of pliable plastic. Sport style close fitting sunglasses are suitable but should have a close fit around the eyes to prevent snow blindness.



SKI SHIRTS

Due to the effectiveness of modern day ski jackets and ski suits, bulky jerseys are no longer necessary. To this end pure cotton turtle necks (with zipper for flexibility) are the answer. Available in a variety of colours they can be colour coordinated with outfits. Look for 100% cotton interlock fabric with special seams to withstand stress. Note ski shirts are worn day and night and accepted as smart casual wear. Long

sleeve t-shirts are also suitable and it is sometimes worth having a thin fleece top to wear on top of this if cold.



SKI SOCKS

Are specially designed to be just the right thickness according to ski boot manufacturers. They are knee-high, seamless, thermal socks that keep the feet warm and wick moisture from the skin, while the special spongy weave cushions the feet in the boots. Note: Hiking, tennis or rugby socks are not recommended. You need a minimum of two pairs and a maximum of three pairs.



SKI PANTS

Ski pants are essential to your comfort and enjoyment of skiing. Substitutes like jeans are prohibited as they are totally inappropriate. Pants should be waterproof and high-waisted to protect the small of your back and kidneys. A dungaree design is preferable as it prevents body warmth escaping and snow getting inside during a tumble. A snow cuff in the leg is important to prevent snow working up into the boot



APRÈS-SKI BOOTS

For casual wear after skiing and for general wear in European cities during winter, it is advisable to have footwear that ensures warmth, comfort and style whilst incorporating high waterproof uppers and thick non-slip soles. Moon boots with foam insulation are cheapest, however not as practical as the more stylish après-ski boots which can be worn anywhere. Hiking boots and shoes are also suitable



SKI HATS

Did you know...40% of your body heat is lost through the head alone? A ski hat is essential for comfort and health. Fleece hats are very good – ensure they cover the

ears, if choosing a woolen hat ensure it is a tight knit – Hats are a great way to express yourself when skiing – the wackier the better!!



SKI SUITS

The one-piece ski suit, an insulated overall, is by far the most comfortable item of clothing to ski in. However, a two-piece matching ski suit is more versatile, allowing you to wear the ski jacket in the evenings and when travelling. Ideally, a ski suit should have a high collar and fit with extreme comfort, allowing complete freedom of movement.

Ensure that the fill is Thermulate B or Thermasoft insulation to ensure warmth, with a coated polyester microfibre, Trimicro or Entrant, outer shell for wind- and water-proofing. The antistatic polyamide lining should be designed to wick perspiration away from the body to outer fabric.



THERMAL UNDERWEAR

Thermal long-sleeved vests and long-johns are necessary to be worn under ski clothing, or under jeans or corduroys at night. Be sure to buy pure cotton underwear to avoid skin irritation and prevent stickiness caused by artificial fabrics.



SKI GLOVES & MITTENS

Cold hands can ruin a ski holiday and not enough emphasis can be placed on the importance of good quality gloves. Designed to protect hands from cold as well as abrasions from falls, a strong outer shell of coated polyester microfibre, Trimicro, or leather is advisable. For warmth, the fill is important: Thermulate insulation with an inner lining of brushed cotton or silk is recommended. Gloves offer greater versatility than mittens, but mittens are warmer in general. Pure silk liners are available for additional protection.



SKI JACKETS

A multipurpose garment, light warm and smart, that can be used for skiing, travelling and in all other circumstances - even in South Africa. Look for a jacket that has a high collar, wind hood and non-freeze zippers with elasticised stitching at stress points. The outer shell should be coated polyester, Trimicro, or Entrant making it water-, snow-, and wind proof as well as breathable. The insulation should be Thermulate B or Thermasoft - high density polyester with low loft, excellent durability and thermal properties to contain body heat and withstand subzero temperatures. Ensure that the jacket covers below the waist and that the zipper also has a windproof flap covering it.