

Kids Ski Gear Checklist & Buying Guide

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BABIES/TODDLERS 0 to 2 years

-  All in one suit / 'papoose'
-  Waterproof mittens
-  Waterproof booties (snow boots if walking)
-  Thermal socks
-  Thermal underwear
-  UV eye protection (eg Baby Banz)
-  Warm hat or beanie
-  SPF30+ sunscreen

Outdoor clothes should be easy to get on and off; otherwise you'll spend a lot of time getting them dressed instead of having fun. Look for full length zips that go all the way from neck to nappy and mittens that open from fingertips to wrist. Warm clothes are important because your baby doesn't move around much and can quickly get chilled. Wind chill can rapidly lower their body temperature, especially if you take your baby for a ride on a chair lift - it can be very windy at the top of the mountain. Layers are brilliant for babies. You can put a snuggly fleece over normal day clothes to maintain an even body temperature and just add a waterproof All-In-One when you go outdoors. Tiny hands and feet are very vulnerable to cold, so take a hat, waterproof booties and mittens. Babies' eyes are particularly sensitive to sunlight, especially near the snow where the whiteness intensifies harmful UV rays. Make sure you've got good quality sun shades that are especially made to fit a baby's small head and won't fall off. One final tip – **always** measure your child and check size guides before purchasing. Take it from us, there is no such thing as 'standard sizing' when it comes to ski wear (babies in particular!) We take time to measure garments accurately to ensure our customers are armed with a reliable fitting guide to assist in size selection. Plan on using ski crèche? See notes below.

PRE SCHOOLER 3 to 5 years

-  All in one suit OR two piece ski jacket & pants
-  Waterproof mittens or gloves
-  Waterproof insulated snow boots
-  Thermal socks
-  Base layer thermal underwear
-  UV ski goggles
-  Warm hat or beanie
-  Neck warmer / balaclava optional
-  SPF30+ sunscreen & lip balm

Kids of this age spend a lot of time playing in the snow & tumbling. They just love to make 'snow angels' and snowmen (not to mention throw the odd snow ball!). Because they're in contact with the snow most of the time, it's vital that their outer clothes & mitts are waterproof, otherwise the snow quickly melts & cold water seeps inside. Separate ski jacket & pants are sometimes easier than a one-piece suit for trips to the toilet, but it comes down to personal choice. For extra warmth consider a balaclava or pull-on neck warmer which is safer than a scarf (entanglement) & takes up less room. Hats/beanies are important because little ones lose heat quickly from the head. Feet can also get cold quickly so they need good socks & warm, waterproof snow boots. Sunlight is stronger near snow, so it's vital to protect young eyes with good quality lenses that are specially designed for small faces to block all harmful UV rays & also shade the sides of eyes. If enrolling your child in a ski crèche for any period of time, pre-book well in advance to avoid disappointment & re-check with staff as to what you will be required to bring along to ensure your child remains comfy. **Always** measure your child & check size guides before purchasing apparel. Take it from us – there is no such thing as 'standard sizing' when it comes to ski wear! We take time to measure garments accurately to ensure our customers are armed with a reliable fitting guide to assist in size selection.

LITTLE LEARNERS 5 - 8 years+

-  Waterproof ski jacket & pants
-  Waterproof insulated snow boots
-  Thermal ski / boarding socks
-  Base layer thermal underwear
-  Mid layer fleece top
-  Waterproof ski gloves
-  UV ski goggles
-  Warm hat or beanie
-  Neck warmer / balaclava optional
-  SPF30+ sunscreen and lip balm
-  Helmet (available to hire)

When children start ski lessons they fall over a lot, so they need quality waterproof ski clothing to stop snow & draughts getting in. Make sure jacket has plenty of pockets for storing gloves, ski pass, small snacks, tissues, sunscreen etc. At the beginning, there's a lot of waiting about in the cold, so young kids can get chilly very quickly. Wearing layers lets them peel off or add more as they need. Base layers (thermal underwear) made from polypropylene are warm, thin & provide excellent insulation to maintain an even temperature. Our high-tech thermal base layers & fleecy mid-layers offer exceptional warmth & comfort. Kids also spend a lot of time at the resort not skiing, so a good pair of waterproof snow boots will help them enjoy every moment. When your child has had a few lessons & mastered the basics, they soon progress to the bigger slopes. Here they'll use up a lot of energy & often get too hot, but remember, they can cool down again just as fast & when the wind gets up on a chair lift they feel frozen in minutes. Give them gloves instead of mitts as it's easier for them to unzip their jacket & get hands into the loops of their ski poles. Thick socks are useful, as rented ski boots are rarely a perfect fit. Good quality goggles are vital to protect their developing eyes, as they'll be higher up the mountain where the sun is more brilliant reflecting off the snow. It is not safe to wear normal sunglasses whilst skiing or boarding, neither is wearing a scarf due to risk of entanglement (wear a neck warmer). It's also handy to have a small, waterproof backpack for a packed lunch, bottle of water and spare layers – storage lockers can be hired at most resorts & are a good idea for storing the family's gear for close, easy access throughout the day.