



White Pine Ski & Summer Resort
PO Box 190 Pinedale WY 82941
Tel 307 367 6606
www.whitepinewyoming.com

What to Wear

This is extremely important to ensure that your child is comfortable and dressed appropriately for all conditions mother nature throws at us during the winter. Sometimes kids don't realize they are cold until they are VERY cold. This can cause an abrupt end to a lesson or ski school. Please make sure your child is dressed appropriately.

To help keep you and your kids comfortable and Ski School fun please follow the guidelines below:

Dress in Layers.

Mother Nature has a mind of her own. Kids should wear hats or headbands, but the percentage of heat you lose through your head depends on how well you bundle up the rest of your body. Layering allows you to accommodate the body's constantly changing temperature. Dress your kids in polypropylene underwear (top and bottom) that feels good next to the skin, dries quickly, absorbs sweat and keeps them warm. Start with a thin layer next to the skin - long johns or thermals. Layer according to the weather with polar fleece tops and pants as insulation on colder days. **Use only one pair of socks, preferably ski socks as they keep kids' feet drier and warmer.** When buying ski wear, look for fabric that is water and wind resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and deep pockets. Kids grow fast. It is better to have clothes that are a little too big than too small. This helps keep them insulated against the cold and much more comfortable. **Blue Jeans or sweatpants are not appropriate ski attire.**

Gloves or Mittens.

Make sure they fit properly. Because instructors hold hands and pick kids by their hands, often gloves or mittens that are very big can slip off easily. When kids fall down snow can get inside their gloves or mittens and cause extremely wet and cold hands very quickly.

Sunglasses or Goggles Are Required.

All students in ski lessons must wear sunglasses or goggles. Skiing is a lot more fun when you can see. Always wear eye protection.



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Helmets Are Required.

All children who are participating in ski school lessons are required to wear a helmet. White Pine will provide all helmets at no additional cost for ski school lessons. While helmets may reduce or mitigate the severity of some head injuries, their use does not guarantee safety and will not prevent certain injuries.

Sun Protection.

Even on cloudy days, the sun reflects off the snow and is stronger than you think. Re-apply sunscreen on exposed areas throughout the day. A ski vacation with a sunburn is no fun!

**** Please Label All Belongings ****

Although we will do the best we can to help, it is not the responsibility of White Pine or your Instructor to keep up with your children's belongings. We do have a lost and found area on the premises.