

Clothing required for Lake Placid:

The main principles of ski wear are:

1. The outer clothing (outer shell) is windproof, snow proof, and sealed at the 'extremities' with collars, cuffs, etc. (look for draw string of elastic around waist)
2. The layer system. Layers of clothing are used under the 'outer shell' to give required warmth. Variations in temperature are compensated for by taking off or replacing these layers of clothing. The base layer draws moisture (sweat) away, keeping the skin warm and dry. The middle layer is the insulating layer. It allows moisture to escape, but keeps the heat in.

3. Coverage of the head, neck and hands are particularly important.

- Skis, poles, boots (unless you are renting) Rentals are available at Whiteface
- Helmets (can be rented, they are safer and warmer than hats).
- Sunscreen and lip balm
- Parka or ski jacket
- Thermal underwear (one pair per person per day of skiing; lightweight synthetic fabrics are best)
- Insulated ski pants, snow suits or nylon shell to wear over warm pants
- Gloves or mittens (Mittens are warmer in extremely cold conditions)
- Hats (must cover ears, not baseball caps, up to 70% of your body heat escapes through your head)
- Goggles (reflective U.V. ray protection)
- Neck gaiters (covers neck and mouth area)
- Ski socks (Smart Wool or similar, a pair for each day, **NO COTTON**)
- Snow boots (waterproof warm, mid calf length.)
- Fleece or wool shirts for layering
- Turtle necks
- Comfortable clothes for the house, pj's
- Sleeping bags, pads and pillow, we will be sleeping on the floor.
- Toiletries, towel
- Camp chair, (if you don't bring a chair you won't have one)

Optional:

- Foot and hand warmers
- Boot dryers/warmers
- Money for town and breaks
- Books, small games, cards, etc.
- Camera and film

NO COTTON!!!

Cotton absorbs moisture and holds it rather than wicking it away from the skin, this causes an extreme decrease in temperature.

P.S. IPOD's, CD & DVD players WILL BE ALLOWED IN THE CAR ONLY. Once inside the Belanich home, no electronic devices allowed to be on. Game room on premise, air hockey, ping pong, chess & a multitude of board games all available