

# WPSMF Online – Recreation – Clothing

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## 4.22 Clothing and Accessories

The festival staff wants all festival attendees to understand that purchasing expensive ski clothes is not necessary to be warm and ski comfortably. However, appropriate clothing is essential for protection from the cold and moisture of skiing. Spring skiing weather is very unpredictable in which the temperature can either be warm or cold on various weather days, and even both within the same day. Here are some helpful clothing tips on being prepared for both! Please share with all group members!

## 4.23 Winter Park Temperature and Weather.

- While the months of March and April are during the spring- it can still get really cold when compared to other area climates. The average maximum temperature during the month of April is 38°f while the average minimum temperature is 20°f. These are only averages- so the temperature can certainly be colder or warmer. We believe that a person should prepare for temperatures no colder than 10° below 0, or no warmer than 50°f while skiing based on our experience. Usually a colder clear morning is the result of high barometric pressure which immediately leads to a warmer sunny day. Winter snow storms can also bring in cold temperatures that usually remain the same temperature throughout the day. Another aspect of weather is wind-chill and snow. While a winter storm may not bring in the coldest temperatures- the wind and snow's moisture can obviously amplify the feeling of being cold. Another factor to consider is the temperature at the ski base, versus the temperature at the mountain top. A person dressed for a comfortable temperature at the ski base, might actually be under-dressed for higher mountain trails.

## 4.24 What to Wear.

- We recommend dressing in “layers” of clothing. While early mornings and late afternoons are typically colder than during the day- removing or adding various layers of clothing as necessary throughout the day will allow a skier to adjust their temperature comfort. Clothing removed can be stored in a rented locker at the ski base, in a group's bus if parked at the ski area, kept in a light weight back pack being worn while skiing, or securely tied around the body if preferred. Please consider to bring from home the amount of clothing needed for the coldest scenario of skiing. If your arrival in Winter Park reveals that your skiing time is forecasted for warmer temperatures- just leave those unnecessary layers at your place of overnight lodging. One more note about dressing in layers: please remember to keep your ski lift card with you when you are removing clothing, or leaving clothing elsewhere. Please read more about lift cards in the “Lift Cards and Vouchers” in the “Recreation Information for Participant” in WPSMF Online table of contents.
- **Long or “body” underwear** (top and bottom) is highly recommended to be worn as your base layer of clothing. Do your own research about traditional and the new blends of long underwear fabric. Since the goal of body underwear is to keep you dry and warm (wicking away moisture and insulating body heat)- we subscribe to not wearing cotton or cotton blends next to your body. While inexpensive cotton absorbs moisture- it also retains it- causing some skiers to have a cold and wet feeling against their skin. On the other hand- wearing wool is better for keeping in warmth and breathing the moisture out. But wool products are more expensive and not desired by some individuals because it gets too warm for an under layer of clothing. Wool can actually cause perspiration for some. Some good “middle of the road” body underwear fabrics to consider for price and performance are polypropylene or polyester/wool blends.

- **Socks** of medium weight wool blend (not necessarily “all wool”) are great because they can keep your feet and toes warm while breathing any moisture created. Wearing more than one pair of socks is also fine. But be consistent with the number of pairs worn and even the fabric weight of your socks for each day of skiing due to the effects of your ski boot fit. When receiving your ski boots and skis from the ski rental provider- it is important that you wear the same number and weight of socks that you plan to wear when skiing to ensure proper boot fit.
- **Upper clothing layers.** Heavy cotton shirts (such as sweat shirts), turtle necks, warm fleece sweaters, or wool or wool blend sweaters worn over the upper body underwear are great as an upper body inner clothing layer for colder temperatures, or as an outer layer for warmer temperatures. The only suggestion for these types of upper wear, is that they be as water or moisture proof as possible if being worn as an outer layer. “Moisture or water proof” will be repeated throughout the remainder of this topic since snow can be gathered on clothing when snow is falling and when falling in the snow. Besides snow being cold itself- when melting from your own body temperature or by the sun in your clothes, it can be uncomfortable cold when reaching your skin. We believe that fleece and wool blends are superior to cotton in repelling moisture. But cotton garments can be easily “scotch guarded” if needed to repel moisture.
- Wearing a warm moisture proof jacket for an **upper body outer layer** during warmer days is great. Even school letter jackets work great. Any type of outer jacket with zipper or buttoned pockets is better so that items such as trail maps, lip balm, sun screen, phone, ID, money and gloves can be easily stored and accessible.
- A well insulated, moisture repellent **coat** is nearly essential on colder days. These do not have to be expensive ski coats. Just bring a warm coat that will keep your upper body warm in the coldest of temperatures. Since this coat would be an outer garment- make sure it is water repellent or has been “scotch guarded”. Long coats (knee length) are not recommended for skiing as they may interfere with your ability to fully maneuver your skis and ski poles.
- **Lower body clothing** (worn over long underwear). This clothing should be moisture repellent; such as water repellent windbreaker type pants, scotch guarded sweat pants, or scotch guarded denim jeans. But any of these will require proper amounts of long underwear under them on cold days. Borrow or bring bigger sizes to accommodate the amount of under garments being worn under them. On a warm day, or during mid day, a person could remove some of the long underwear to adjust their temperature if needed. Also, the bells of pants or jeans must be large enough to fit outside of the ski boot being worn! Only two things go in a ski boot- feet and socks! Tucking pants inside your already tight fitting boot may create additional “tightness” discomfort- and will allow snow to get inside your ski boot which may cause cold and wet discomfort to your lower legs and feet.
- **Insulated and moisture repellent ski bibs** (with warm coat) or one-piece ski suits probably offer the very best of comfort to a skier. Colder temperatures may still require body underwear to be worn under these. Often times these items can be found in clearance sales at major sporting goods retailers during the months of January through March. But these items are certainly not necessary to purchase! Do an internet search for places that will rent these from your area. Or look at second hand clothing stores with available inventory for a fraction of the cost. Or go online for discounted prices.
- It is absolutely essential that everyone bring a pair of **insulated and waterproof gloves or mittens** for colder temperatures. These do not have to be expensive ski gloves. If your hands and fingers are prone to being cold- wearing insulated mittens can keep your fingers warmers by being next to one another. Or- wearing a lightweight pair of wool blend gloves under another pair of outer waterproof gloves may provide more comfort for you.

- A warm wool **hat or a head band** to cover a skier's head and ears is absolutely essential during all temperatures, and strongly recommended. Head and ear cover may not seem important- but skiing down the mountain can create your own personal wind-chill which can cause extreme discomfort to a skier. 80% of body heat loss is reported to exit the body from a person's head. Or, if you rent a helmet (included with your rental), they not only protect, but cover your head and ears both!
- Furthermore- additional cold discomfort to the face can be avoided if using a **scarf or ski mask** that protects the nose, cheeks, mouth, chin and neck while skiing during colder temperatures.
- **Boots/Shoes.** Your rental ski boots will be used for skiing only. These are very rigid boots, lacking a flexible sole, and not exactly comfortable to walk far with. When not skiing during your stay- any form of warm and somewhat moisture proof boots, galoshes, leather shoes, or even sneakers with rubber soles are great. Most typical kinds of smooth soled shoes lack traction on ice. Higher top shoes or boots may allow less snow in the shoe when walking through freshly fallen snow. High heel shoes or boots are not as effective as flat soles in regards to stability. Canvas, low-cut, open toed, sandal-like or slip-on shoes are not advisable for use in the snow due to their lack of protection against moisture and coldness.
- **Sunglasses or tinted ski goggles** for eye protection are essential! Having these with UV protection is even better since there is 50% more UV at 10,000 feet elevations than at sea level. The sun's glare off the snow can burn eyes. Sunglasses or goggles also protect eyes from snow, wind and even frostbite.

## 4.25 Clothing recap:

- While spring months are warmer when compared to January and February, it can still be really cold in Winter Park, even in March and April. So plan for the worst, and bring enough, or the proper type of clothing that will keep you warm and comfortable.
- Don't worry about making a fashion statement! Bring and wear any type of clothing we are suggesting here, regardless of style. As a matter of fact, local skiers dress in whatever makes them comfortable. Expensive ski suits and costly name brand apparel are not the norm.
- It is advisable to dress in layers, wearing as many undergarments or outer garments as you need (that can be removed as needed), as long as you have a moisture repellent outer shell at all times to keep you and your under garments from getting wet.
- Absolutely bring warm gloves, head/ear protection, face protection, and eye protection. As a matter of fact, you will not be allowed to enter ski lessons without these. Most likely, your group's planned schedule will not allow time for you to purchase anything prior to the scheduled rentals and beginner lessons! It is highly advised to gather these at home and bring with you, rather than trying to purchase these after you arrive. Plus, it will be so much more economical to purchase these at your local, less expensive discount retailers, or even online.
- Lower body outer wear will not fit in your boots. And you don't want them in there for comfort! Bring lower body outer garments that will fit outside of the boots (about the size of a gallon of milk container).
- Please don't be the person that arrives to ski without adequate clothing (thin, or non-moisture protected pants/jeans, usually with no insulating under garments), gloves, and/or eye protection. You will be so uncomfortable, you will not want to be outside. If you are beginner skier, you will not be allowed into the required lessons. Due to the time it takes to go and purchase these items (at 2-3 x times the normal price)- you will probably be forced to take lessons with another group afterwards, or even on another day. This is a hassle you will definitely not want to experience on your 1st day of skiing.

**STUDENTS ARE ADVISED TO START GATHERING ANY NEEDED CLOTHING ITEMS EARLY SINCE MANY STORES HAVE WINTER CLEARANCES SALES AND MAY NOT STOCK COLD WEATHER CLOTHING AFTER FEBRUARY OR MARCH. SKI SHOPS AND RETAILERS IN WINTER PARK WILL HAVE SKI CLOTHING AND**

**ACCESSORIES IF NEEDED, BUT AT RESORT PRICES.**

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