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Top Winter Tips from AROSKI

1. **Start from the inside out – thermals are essential, but ensure they are synthetic or silk!! Never ever wear cotton – you will regret it!!**
Need to be breathable and wick moisture – football/running/netball/sports shirts are good alternatives
2. **Layers, Layers, Layers – a number of thin layers are always better than one thick one – if really cold finish off with a fleece – really cold is -10c ish!!!! If hot (-5c ish), remove a layer or two!!!!**
3. **Stay Dry – Always, always, ensure your Jacket and pants are waterproof and wind proof – beware cheap imitations. Choose your jacket and pants for time of year most likely to be skiing/boarding**
4. **Cold fingers aren't cool – windproof, waterproof gloves are essential NOT WOOLEN!!! – If really cold use a thin pair of inner gloves.**
5. **Helmets are COOL –Most Ski schools will insist - & an increasing number of resorts now demand them. If boarding or off piste; protect your bonce, keep warm and look cool – Wear a Helmet!!**
6. **Socks – burn all old cheap tube socks!! And keep football socks for the pitch! Cold uncomfortable feet are the worst. Invest in ski socks; – if hiring boots, thick ski socks are better. Only ever wear 1 pair of socks & regularly change them (= daily)!! – 2 to 3 pairs alternated will last a week**
7. **Love your eyes – The combination of sun and snow is literally blinding – sunglasses are a must – Goggles are 'de rigour' with a helmet and a must for wintry snowy days. DO NOT BUY CHEAP SUNGLASSES – your sight deserves your investment**
8. **Dress your skin – You can suffer sunburn in the winter!! Wear a good sunscreen and sun protection lip balm – burnt lips are not good**
9. **GET FIT – invest in yourself – at the least learn some basic stretches, and increase your exercise before you go. Warm the muscles up gently. At the best – enrol in a gym, go running or hire a personal trainer!!!! Your skiing will improve.**
10. **These boots are made for Skiing!!!! – Investing in boots (after you know you want to continue with your new sport!!) will ensure maximum comfort and maximise your ability. Custom footbeds are a must!!**