**WHAT TO BRING TO SKI FOR LIGHT**

The following is a brief explanation of how to dress for cross-country skiing, a packing list and a list of retailers where you can purchase some of the items recommended. If you follow the packing checklist provided below, you should have what you need to be prepared for Ski for Light. Please direct any questions about this information to your application coordinator. Most of the below material was originally compiled by SFL veteran Lynda Boose.

**Dressing for Skiing**

Dressing for cross-country skiing is best accomplished using the "layer" system. You will want to dress in thin layers that you can add to or remove, depending on temperatures and levels of activity. One good combination is sweat wicking underwear (tops and bottoms) such as "POLARMAX." You will need a layer over the underwear such as fleece pants or running tights or lined wind pants. Snow pants will be too heavy and warm. A light fleece pant and a wind pant may work or tights and a wind pant. You will want a top over your underware top. A turtleneck works well, preferably one that you can unzip. Over this, you will want a light wool sweater, or a light fleece top. Finally, you will want a wind jacket or shell for wind protection. And, of course, you will need socks, a ski hat and mittens or gloves. The secret is layers and layers that are synthetic and also flexible so you can move easily.

You will want to have a knapsack along to have a ready supply of dry replacement clothes and a water bottle. A fanny pack could also come in handy to carry a few things with you on the trail. Bring several pairs of gloves or mittens and a few pairs of ski socks.

**For Indoors**

Most Ski for Light activities not involving skiing are casual dress. There will be a closing banquet at the end of the week for which most people get a bit more dressed up. The hotel usually offers a swimming pool, hot tub or sauna so you may want to bring a swimsuit. While meals during the week are included in your event fee, you may want to bring some money for incidental expenses.

**Ski for Light Packing Checklist**

* Wind breaker jacket
* Fleece top, or sweatshirt
* Turtle neck shirts, two suggested
* Long underwear (tops and bottoms), two suggested
* One pair wind pants, or fleece pants, or running tights or pair of cross-country ski pants
* Ski hat (light wool, or fleece, or water-proof insulated baseball cap)
* Several sets of gloves or mittens
* Several pairs of socks (such as smart wool or Thorlo)
* Water bottle or hydration back pack
* Sunglasses
* Lip balm
* Sunscreen (both standard and water-free such as Dermatone)
* Day pack to keep things in at the ski site
* Casual clothes
* Swimsuit
* Set of dress clothes (for banquet)
* Pair of shoes or boots for walking outdoors through light to moderate snow
* White cane (guide dog users may want to use a cane while traveling to/from the ski area)
* Phone number of SFL Transportation Coordinator (see online SFL Arrival and Departure form)

**Product Retailers**

Below is a list of vendors for ski clothes and some of the more skiing specific products mentioned above. This information is listed solely as a resource and does not imply any endorsement by Ski for Light. Many of the products listed above are available at sporting goods retailers or more general retailers such as Target or Wal-Mart. Before you shop, please check the Ski for Light bulletin for a current list of Ski for Light sponsors and kindly keep those companies in mind as you purchase clothing or other items in preparation to attend Ski for Light. The current issue of the SFL Bulletin is available online at www.sfl.org/bulletins/

If you have questions, please ask your Ski for Light application coordinator.

**Dermatone** (lip balm and sunscreen) Beaumont Products

www.dermatone.com

**JanSport** (backpacks and accessories)

Phone: (855) 818-5966

www.jansport.com

**L.L. Bean** (clothing and accessories)

Phone: (800) 441-5713

www.llbean.com

**Patagonia** (clothing and accessories)

Phone: 800-638-6464

www.patagonia.com

**Polarmax** (base layers/long underwear)

Phone: (800) 554-8585

www.polarmax.com

**REI** (clothing and accessories)

Phone: (888) 873-1938

www.rei.com

**Thorlo** (ski socks)

Phone: (888) 846-7567

www.thorlo.com