

X-C SKI CLOTHING LIST

Cornell Outdoor Education

- 1 hat, wool (or synthetic)
- 1 scarf, wool (or synthetic)
- Sunglasses

Head & Neck

- 1 long underwear shirt (NOT COTTON), wool or synthetic
- 1 wool shirt or light sweater
- 1 medium-heavy wool sweater
- 1 windbreaker, nylon
- 1 vest, down or synthetic filled
- 2 pair wool socks (1 liner, 1 thick)

Upper Body

- 1 long underwear pants, wool or synthetic NOT COTTON
- 1 pair pants, loose fitting & tight weave (NOT JEANS)
- 1 pair windproof pants (if possible)

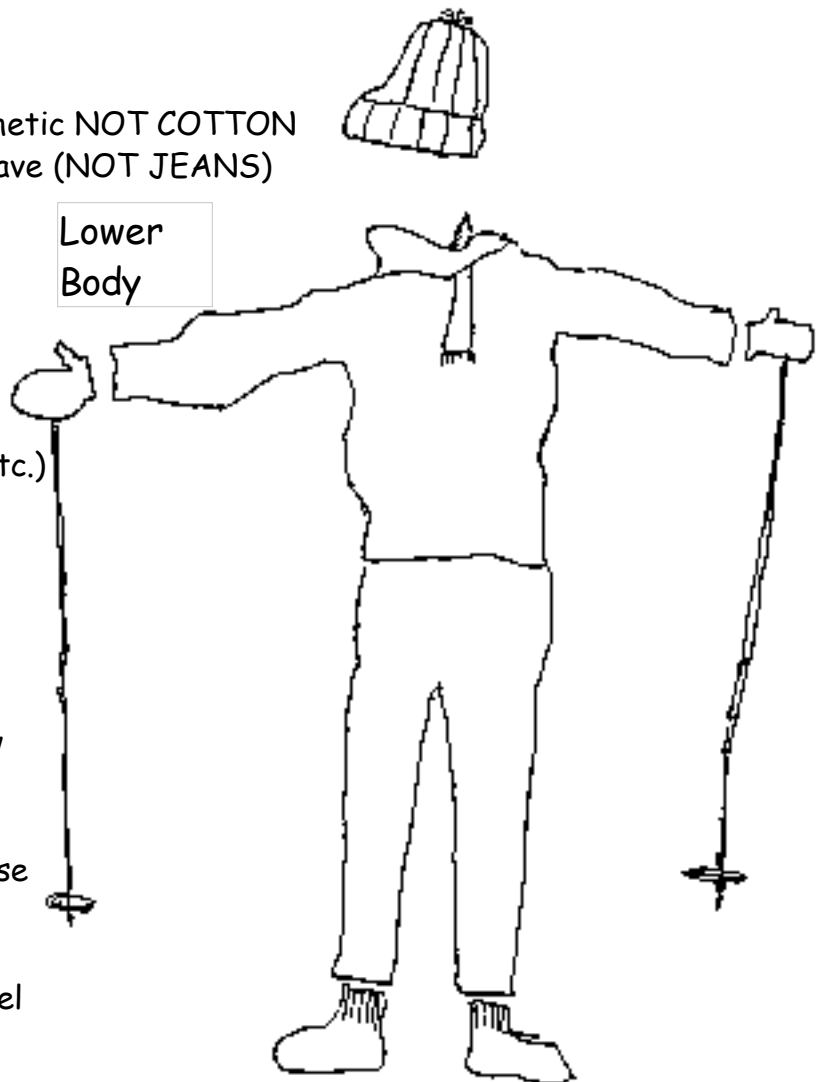
Lower Body

- Mittens (best) or gloves (less warm),
liners if possible

- Water Bottle, 1L
- Munchies (some snacks- nuts, candy etc.)

Day Pack to put it all in.

So this may seem like a long and specific list. Well, there are good, logical reasons for this. We will be outside every class, usually for a few hours. Plan on it. The strong preference for wool or polypropylene clothes is based on the fact that these materials retain their insulating qualities when wet, whereas cotton does not. (Think of how wet jeans feel in icy wind).



Also, our skiing areas have different weather than Cornell does. It often snows in the surrounding hills when it's raining on us flatlanders. The take home message is: Come to class regardless of the weather, or you may miss out on some prime conditions. COME PREPARED and THINK SNOW.