



# ELEMENTARY SKI & SNOWBOARD

## CLOTHING AND EQUIPMENT:

### Clothing and Equipment:

Clothing: The Ski & Snowboard program takes place at high elevations. The temperature and wind can vary dramatically. We recommend a layering system of at least three layers. **NO COTTON!** Cotton fabric retains moisture for longer and cools off the body, which is dangerous in cold weather. Fabrics such as wool/polypropylene help extract moisture away from the body and keeps you warmer.

**\*If your participant is not dressed appropriately they cannot participate**

### Recommended Layering:

**Top:** Warm body layer (long sleeve shirt or turtleneck), insulating mid layer (sweater, vest, or sweatshirt). wind/water-resistant layer (lined jacket/parka).

**Bottom:** Base layer (leggings or sweats) and wind/water resistant pants. **NO JEANS.**

**Head:** Beanie/Hat to help prevent heat loss.

**Hands:** wind/water resistant gloves or mittens required.

**Feet:** Wool/Acrylic/Polypropylene socks for warmth.

**Neck:** Scarf or Neck Gaiter

**HELMETS ARE REQUIRED TO BE WORN AT THE RESORTS. IF YOUR CHILD DOES NOT HAVE A HELMET THEY CANNOT PARTICIPATE.**

### Equipment Checklist:

- Ski or Snowboard Helmet (required)
- Warm base layer on top and bottom
- Fleece and/or other warm insulating mid-layer
- Ski/Snowboard pants
- Parka or Ski/Snowboard Jacket
- Beanie/Hat
- Scarf or Neck Gaiter
- Water-resistant Gloves/Mittens
- Goggles
- Ski/Snowboard Boots & Poles
- Skis or Snowboard
- Extra mid-layer just in case (not required)

Please put your name on all personal belongings - INCLUDING skis, poles, and snowboard. (duct tape or masking tape works well).  
Avoid bringing valuables

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## **RENTAL INFORMATION**

**Salt Lake County is not affiliated with any equipment rental companies. Here are a few local rental shops that you can reach out to for skis/snowboards. This is not a comprehensive list of rental shops.**

### **Canyon Sports**

Canyon Sports have both daily and seasonal rentals available, as supplies last. Ski & Snowboard Rentals start at around \$80.00 for the season. Rentals include boots, bindings, skis/snowboards, and poles. Daily rates start at: \$22.00 per day. Ski and Snowboard rates vary.

### **Ski N See**

Ski N See have both daily and seasonal rentals available. Ski & Snowboard Rentals start at around \$100.00 for the season (includes season tune-ups). Rentals include boots, bindings, skis/snowboards, and poles. Daily rates start at: \$20.00 per day, reserve online and get 20% off daily rental rates. Ski and Snowboard rates vary.

### **AJ Motion Sports**

AJ Motion Sports provides a variety of Ski & Snowboard packages starting at around \$80.00 for the season. Rentals include boots, bindings, skis/snowboards, and poles. Daily rentals start at \$20.00 per day, reserve online and get 20% off a daily rental. Ski and Snowboard rates vary.