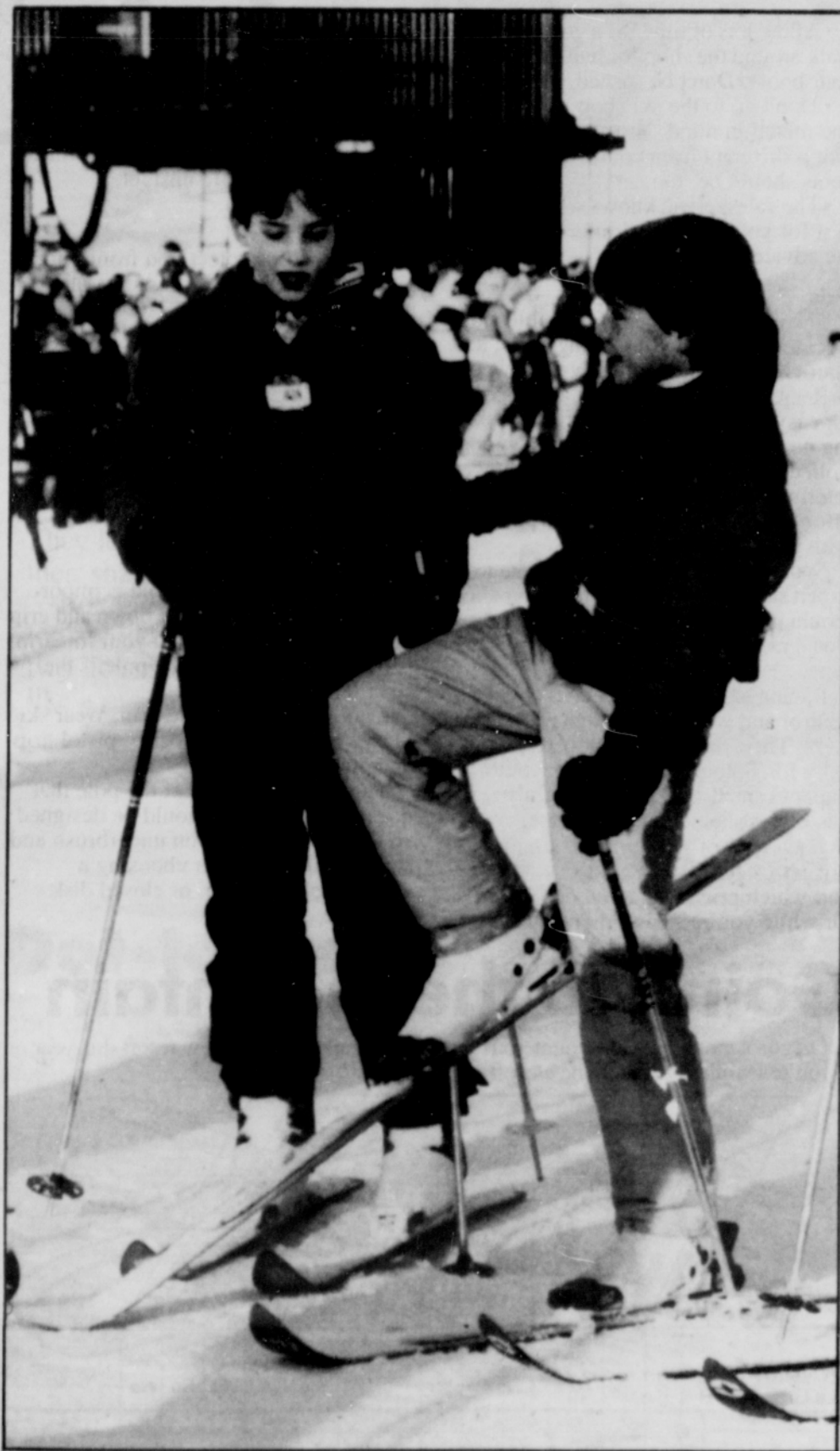


Ski Fun



Staying warm on the slopes

There are styles of all kinds on the slopes. Some skiers coordinate designer bibs and ski boots while others throw on a pair of jeans and a parka.

No matter what your style, you need to keep warm, dry and comfortable. Dress in layers to trap warm air between each layer. This way it is easy to take off or add on clothes depending on the temperature. Tight fitting or bulky garments don't trap warm air.

Mix and match the following list of clothes to suit your needs. You may not need to run out and buy items. Chances are you already have a ski outfit in your closet.

Tops

Underwear top — wool, cotton or polypropylene
Turtleneck
Flannel shirt
Light, medium or heavy sweater
Vest
Jacket/parka
Windbreaker
Rain jacket or trash bag (cut hole in bottom for head) in case it rains or wet snow is falling.

Bottoms

Long underwear — wool, cotton, or polypropylene. Even pajamas work.
Jeans or cords — waterproofed and layered

Warmup pants
Ski bibs or stretch pants
Hunting or snowmobiling pants
Woolen running pants with windbreaker pants.

Head

Knit hat, preferably wool
Cap with liner and earflaps
Scarf
Neck gaiter
Face mask

Feet

Light or medium weight wool socks
Warm, snowproof boots for before and after skiing

Hands

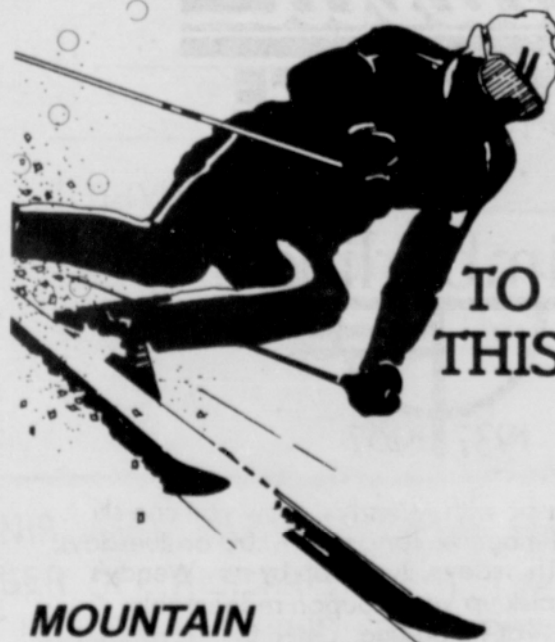
Gloves or mittens with warm liners and long cuffs
Heavy wool mittens or gloves with outer shell and long cuffs

Extras

Sunglasses with strap
Goggles
Suntan lotion
Lip balm
Skin moisturizer — oil-based not water-based
Day pack or sack for ski clothing and miscellaneous items
Credit card, driver's license or money for rental equipment deposit.
Picnic lunch



Figuring out what to wear on the mountain is hard. The weather can change quickly or you may not know what the conditions are until you get there. Remember the basics: a parka and ski pants that have been waterproofed, gloves or mittens and goggles or sunglasses, depending on if it's cloudy or sunny. Try to dress in layers and be prepared for sunshine or snowfall.



WE
DON'T
WANT
TO SEE YOU
THIS WINTER

But if we do,
you can bet
we'll treat
you right.

MOUNTAIN MEDICAL CLINIC

Mount Hood Medical Center
at Mount Hood Meadows

We've teamed up with Mt. Hood Meadows to enhance their first-aid services with a top-notch medical team and the most modern diagnostic equipment available on the mountain. Our priority is for all you schussboomers and sitzmarkers to ski safely, obey the rules of the slopes and have fun. So we hope you don't come see us this winter... unless you just stop by to say hello.

We are located directly under the Daisy Chair Lift.

healthlink
MOUNT HOOD MEDICAL CENTER
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