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|  |  |  |  | ***POLEY MOUNTAIN RESORTS LTD.*** |  |  |
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| **What to wear Skiing and Snowboarding:** |  |  |  |  |
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| Here are some general guidelines on how to dress appropriately for Skiing and Snowboarding.  |  |
| Remember to dress in layers in case of weather changes. Bring a backpack or gym bag to store shoes  |
| and extra clothing. |  |  |  |  |  |  |  |  |
| Warm is key to a fun experience for skiing and snowboarding. Dress in layers of clothing which can  |
| be removed if the conditions are warmer then expected.  |  |  |  |  |
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| **Feet:** |  | Socks should fit snuggly and reach at least half way up the student's calves.  |  |
|  |  | One good warm pair is needed, do not double up socks or wear thick socks.  |  |
|  |  | Cotton Clothing is not recommended. |  |  |  |  |  |
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| **Legs:** |  | Long underwear with a good quality pair of Ski pants, Snow pants or Shell pants. |  |
|  |  | NO JEANS! They get wet and cold very quickly.  |  |  |  |  |
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| **Body:** |  | A long sleeve sweater with a good quality Winter Jacket. |  |  |  |
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| **Head:** |  | A toque is a MUST. Baseball caps will not help with cold ears. |  |  |
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| **Hands:** |  | Ski Gloves and/or Ski Mitts are best. Knit Gloves and Knit Mittens are not water resistant |
|  |  | therefore will result in cold hands.  |  |  |  |  |  |
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| **Eyes:** |  | Goggles and/or Sunglasses are nice to have as an extra. They will help with seeing if the conditions are snowy or we are in the process of making snow |
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| **Food:** |  | Bring a bag of Lunch and/or Lunch Money, we have Food and Beverage Facilities.  |  |
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