

GET READY!

Here are the essentials
for a day at Mont Rigaud

- Winter coat
and snow pants**
- Multiple layers
of clothing**
(underwear + sweater)
- Two pairs of socks**
(preferably wool)
- Mittens or gloves**
- Neck warmer**
- Balaclava or hat**
(without pompom)
- Ski goggles**
- Helmet**
- Ski or snowboard boots**
- Skis or snowboard**
- Ski poles** (if necessary)
- Hand and
foot warmers**

WHEN IT IS VERY COLD, OR WHEN THE WIND CHILL IS SIGNIFICANT:

Cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest.

Keep active and take more frequent breaks to warm up!



HOW TO DRESS?

Choose warm and comfortable clothing while opting for synthetic fibers, like polyester.

--- PLAN YOUR CLOTHING ---

To take advantage of outdoor winter activities, we suggest you wear several layers. You can remove a layer if you are hot, and you can add one if you are cold. Generally, we suggest you wear three layers:

First Layer: As it is in contact with the skin, it should keep you dry by quickly eliminating humidity produced by perspiration.

Second Layer: It should serve as insulation from the cold.

Third Layer: It should serve as a windbreaker and be waterproof. Therefore, it should protect you from the wind and from water while letting out the humidity produced by perspiration.

--- REMEMBER ---

- 1.** Humidity is enemy number 1 in cold weather. The more your clothing is dry, the more comfortable you will be. Therefore, avoid clothing that gets wet easily, such as jeans and cotton.
- 2.** Remember to bring a warm pair of gloves or mittens, a tuque, a neck-warmer, and two pairs of wool socks (an extra pair to stay dry).
- 3.** It is important to wear ski goggles, as they protect your eyes and enable you to see clearly, even when it is snowing.
- 4. WEAR A HELMET.** You will feel more confident and warmer.
- 5.** Remember to apply sunscreen, even in the winter! The snow reflects the sun's rays on cloudy days as well as on sunny days.
- 6.** Wind chill forecasts available through radio and TV broadcasts are not actually a real temperature but rather **represent the feeling of cold on the exposed skin**. The best way to avoid the hazards of wind chill is to be prepared by dressing warmly!

By following these few tips, you will be warm and ready to enjoy the pleasures of winter!