



General

- Clothing must be appropriate to the weather conditions for all competitors.
- Jeans and other cotton materials (khakis, etc.) are not only uncomfortable, but also not allowed.
- Incorporate the three-layer system (inside base layer, insulating middle layer, and outer weatherproof layer) of clothing.
- For optimal competition, strive to dress your athlete in clothing that is lightweight, breathable, layered, slick on the outer surface, and that allows unrestricted movement.
- If logos are added (as in, not the manufacturer labels), they must be SONC approved logos: The only logos that are approved to be on any part of the uniform (other than the apparel trademark) are the local program stacked logo or the local program shield (see examples) and be on the left chest of the jacket.



Equipment – On Snow

Participating in Alpine skiing and snowboarding in training and competition is unique in that many participants rent equipment from the facility. Athletes may rent just boots, or just skies/snowboard, or both. These items are maintained by the facility and returned at the end of the training or competition. Additionally, some snow sport stores rent equipment for transport, and may do so for longer periods of time. This might be the most economical for your program, which also means storing the equipment is not necessary.

- Properly sized skis and ski boots.
- Properly sized snowboard and snowboard boots.
- [FIS Approved helmet](#) (SONC has a small amount of these helmets available. Please contact sports@sonc.net if your program is new and needs helmets). This is one item that **cannot** be rented. These are specifically racing helmets and must be purchased. We have a preferred vendor located at the link above.
 - An FIS helmet is semi-custom fit. Each athlete should have their own helmet and it not be shared among athletes. If an athlete no longer needs their helmet, the helmet may switch owners after it has been properly sanitized.
 - If your athlete requires an XL or XXL helmet, please contact sports@sonc.net.

Equipment – Dry Land

Training on grass, sand, or really anywhere is a great way to condition and practice moving in skis and boots. Old skis and boots that are no longer appropriate for on-snow use are perfect. “Skis” can also be made from:

- Cutout cardboard
- ¼” plywood cut to shape
- Any other creative ideas!

Clothing - Base Layer

- **Socks** are a personal preference, but it is suggested that a wool or blended-material ski or snowboarding socks. These socks are thinner and more insulated than regular cotton socks and are made to be worn inside ski/snowboard boots. At least one pair of socks per day.
- Long underwear;
- Non-cotton (sport tek-type) t-shirt or long sleeve

Clothing - Middle Layer

- Lightweight fleece or mid-weight insulation
- If using an insulated outer layer, then a mid-weight insulating layer may not be necessary.



Clothing - Outer Layer

- Waterproof and windproof jacket
 - Program may opt for 3-in-1 jackets that have a insulating layer and a waterproof outer shell.
 - Local program accredited shield or stacked logo can be on the left or right chest if desired.
- Water resistant or water proof bibs or pants.
 - Local program accredited shield or stacked logo can be on the left or right hip if desired.

Price range for full uniform

- High Price-Point: \$700
 - Includes insulated bib snow pants, snowboarding boots, goggles, gloves, beanie, wool socks, and insulated snowboarding jacket with embroidered logo.
- Mid-Range Price Point: \$400
 - Includes bib snow pants, snowboarding boots, goggles, gloves, beanie, wool socks, and snowboarding jacket with screen-printed logo.
- Budget-Minded Price Point: \$200
 - Includes basic snowboarding pants, snowboarding boots, goggles, gloves, and snowboarding jacket with screen-printed logo.

Recommended Vendors

- A full outfit of ski bibs, jackets, gloves, socks, base layers, goggles, etc. may be rented at Appalachian Ski Mountain for maximum of \$34 per day. Individual items (like bibs/pants or jackets) may also be rented a la carte.
- Will Enterprise (jackets); GIE Corporation (jackets)
- Amazon, REI Co-op (all gear)

Uniform Examples

