

1 WHAT TO WEAR?

CLOTHING GUIDE

Get Ready for Hokkaido!

Ski and snowboard clothing is all about layering. Adjust your layers depending on the weather and temperature.



Avoid Cotton

Cotton holds moisture and can make you feel cold.



Layering Is Important

Use layers to stay comfortable as conditions change.



Beginners Get Hot Easily

Beginners move a lot, so avoid wearing too many layers.

Base layer



Wicks sweat and dries quickly.



Second layer



Adds warmth and helps regulate temperature.



Outer



Waterproof, windproof and insulating.



2 LAYERING GUIDE

WHAT TO WEAR UNDER YOUR GEAR

Base Layer - TOP

Close to the skin, absorbs sweat and dries quickly.

- ⊙ Merino wool
- Polyester / Nylon / Polypropylene
- ✗ Cotton

⚠ Cover your back and waist, and avoid materials that stay wet.



Base Layer - Bottoms

Keeps you warm, wicks sweat, and dries quickly.

- ⊙ Merino wool
- Polyester / Nylon / Polypropylene
- ✗ Cotton

⚠ Check the length to keep your waist and hem from getting cold.



Second Layer

Warm, wind-resistant, and breathable.

Normal days: Lightweight hoodie

Cold days: Fleece

Very Cold: Add a light insulating layer

⚠ Add an extra layer in extreme cold or blizzards.



Socks

Socks that fit close to the skin, wick sweat, and dry quickly.

- ⊙ Merino wool
- Polyester / Nylon / Polypropylene
- ✗ Cotton

⚠ Avoid socks that are too short. Just below your knee is the perfect length.



3 HEAD, FACE & GEAR

ESSENTIAL GEAR FOR THE SLOPES



Balaclava

Protects your face, neck, and head from cold and wind. Choose a thin, breathable style.



Face Mask

Protects your neck and face from wind and snow. Avoid styles that are too thick or difficult to breathe through.



Beanie

Keeps your head warm on cold days. Be careful, as thicker styles can get too warm.



Required Gear



Helmet

Protects your head for safe skiing and snowboarding.



Gloves

Waterproof and windproof to keep your hands warm.



Recommended Gear

Goggles

Protects your eyes from snow and wind.



Hand Protector

Protects wrists; recommended for snowboard beginners.



Hip Protector

Protects hips during a fall when snowboarding.



4 RENTAL GUIDE

GEAR & BOOT TIPS



SKI & SNOWBOARD SCHOOL

RENTAL FROM 3F

Helmet



¥1,000

Hand Protector



¥500

Hip protector



¥500

Turtle / Bear Two designs available.

A cute companion that helps protect beginners when they fall.

BOOTS - 3 POINTS

1 Size



Use your actual foot length as a guide.
Try them on for the best fit.

2 Lacing



Fasten your boots firmly.
Not too loose, not too tight.

3 Fitting



Bend your knees and check your toes.
They should move freely without touching the front.



5 GET READY FOR THE SLOPES



PREPARE YOUR BODY FOR THE SNOW

SKI & SNOWBOARD SCHOOL

A little preparation makes your day more enjoyable.



1 Walk



Try walking for about 30 minutes.

2 Legs



Try doing about 10 squats.

3 Stamina



Try taking the stairs or doing some light jogging.

POINT



- ✓ Keep it simple and within your own limits.
- ✓ Stronger legs and better stamina can make skiing or snowboarding more enjoyable and help you feel less tired.
- ✓ You can start preparing little by little in your daily life before your trip.



A little preparation makes your day on the slopes even more enjoyable.

