

# WINTER SKI WARDROBE

Own the snow with ski and snowboarding essentials that deliver warmth, durability and performance



## Clear vision

These women-specific Roxy Storm Snowboard/Ski Goggles, £75, have a slim, lightweight frame for a better fit, while anti-fog lenses provide 100 per cent UV protection; [roxy-uk.co.uk](http://roxy-uk.co.uk)



Make the slopes your catwalk wearing the Columbia Bird Mountain II Insulated Down Ski Jacket, £215, and Cirque Bowl Waterproof Ski Trousers, £135; [columbiasportswear.co.uk](http://columbiasportswear.co.uk)



## Bold lines

Warm, protective and comfortable, the Descente Iris FF Jacket, £739, has added high-loft insulation panels and a plush faux fur-trimmed hood. Complete the look with the windproof Descente Bonded Stretch Pants, £359; [ellis-brigham.com](http://ellis-brigham.com)



## Top notch

No skier's uniform is complete without a beanie to keep their head warm. This Barts Nicole Beanie, £32.99, comes in three colours and hides a non-itch fleece lining for greater comfort; [ellis-brigham.com](http://ellis-brigham.com)



## No sweat

Enjoy award-winning warmth and breathability wearing the Artilect Flatiron 185 Crew, £110, and Flatiron 185 Leggings, £110. Made from Nuyarn merino wool, both feature flatlock seams for zero chafing; [artilect.studio](http://artilect.studio)



### Sock it to 'em

Blending breathable mesh, compression support around the ankle and an invisible toe seam, these BAM Technical Bamboo Ski Socks, £22, have a terry lining for total comfort; [bambooclothing.co.uk](http://bambooclothing.co.uk)



### Toasty tootsies

A favourite with A-listers, these fashion-forward Sorel Torino V Resort Waterproof Snow Boots, £190, have a super-soft fleece lining and rugged, moulded rubber outsoles for stability and traction; [sorelfootwear.co.uk](http://sorelfootwear.co.uk)



### Mountain high

Crafted from high-quality stretch polyester, this moisture-wicking Spyder Vivid Zip Neck Top, £100, offers versatility and flexibility, while ensuring you stay warm and dry in the cold; [snowandrock.com](http://snowandrock.com)



### Get a grip

Waterproof and breathable with a microfleece liner for extra comfort, these hardwearing Hestra Voss CZone Ski Gloves, £110, have a paracord and a wrist strap to keep your gloves safe when you take them off; [ellis-brigham.com](http://ellis-brigham.com)



### Cool combo

Bring the retro vibes wearing this Goldbergh La Face Jacket, £519, worn with the matching Goldbergh High End Pants, £439, made from a three-layer, four-way stretch fabric for breathable, snow-proof protection; [ellis-brigham.com](http://ellis-brigham.com)



### Sports luxe style

This oh-so-stylish My Sunday Ski Chevron Ski Suit, £475, offers all-weather protection from the elements and enhances your performance by supporting unrestricted movement; [mysundayski.co.uk](http://mysundayski.co.uk)

## GET FIT FOR THE SLOPES

Snazzy kit and these smart workout tips will get you winter-holiday ready in no time

### DO CORE EXERCISE

'Core moves will condition the body for skiing and help reduce injury risk,' says personal trainer Josh Ivory. Try isometric (holding) moves such as planks.



### WORK YOUR LEGS

'Add isometric moves like wall sits to your lower-body workouts,' adds Ivory. These help build the endurance needed for a day on the slopes.



### GO, GO CARDIO

Do more cardio prior to your holiday. 'Exercising at altitude isn't easy,' says Ivory. 'Ensure your cardio levels are high enough for those full days of activity.'

