



**THEME FOR THE MONTH OF JUNE**  
***Summer Skiing Skin Care***

***"A Must Read Before Hitting the Summer Slopes"***  
***from***  
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***Thanks to this month's sponsor, World Cup Supply.***

**SUMMER SKIING SKIN CARE**



Mt. Hood

## **Skiing Skincare: A Must Read Before Hitting the Summer Slopes!**

*(Sunscreen, Chap-stick, Sunglasses and WATER)*

Many athletes from ages 5 and up will head out for summer skiing or riding in the next few months. Some will travel out west to Mt. Hood, others to Europe or the Southern Hemisphere. No matter where you are or what age you are, no one is immune to sunburn, windburn, dryness and it is extremely important you are prepared for the sun and altitude. There's nothing like fresh mountain air, just make sure your skin is well-prepped. The first step is to start hydrating before you even get on the plane. It will be essential to have your water bottle with you at all times so that you can start hydrating from the inside out.

The sun is powerful, even on a cloudy day. At higher elevations the UV radiation is significantly higher, in fact for every 1,000 feet above sea level you travel, UV exposure rises by about 4%-10%. For those headed to Mt. Hood, the Palmer Glacier is above 7,000 ft.

First a quick lesson in the sun's rays. UV irradiation in the form of UVA is associated with skin ageing. UVB is the form of UV irradiation most responsible for sunburn. A sunscreen with a high SPF (sun protection factor) will help block UVB rays and prevent the skin from burning.



SPFs are rated on a scale of 6 to 50+ based on the level of protection they offer, with ratings between 6 to 14 forming the least protected end of the spectrum and ratings of 50+ offering the strongest forms of UVB protection. Experts recommend an SPF with UVA and UVB protection for summer skiing/riding. In addition to sunscreen it is also suggested you cover exposed skin with a buff or face mask.

Your everyday moisturizers that may contain a SPF of 15 or 30 may not be sufficient against the powerful sun's rays magnified by the white snow for several reasons. One, it may not contain protection against UVA and UVB rays and was not intended for an intense outdoor environment and two, it may not be heavy duty enough to withstand sweating and the layers of clothing rubbing against your face, essentially wiping it off. Apply your sunscreen at least 15 minutes before you go outside and reapply every two hours. Do not forget places like your hairline, neck and ears. Just like your face, your ears are susceptible to sun burns. An even more sensitive area of your face for sun burn are your lips. They can become dry, cracked and burnt making your ski trip, no fun. Make sure to choose a chap stick with an SPF, carry it with you and apply frequently.

Your eyes are extremely sensitive and can become sun burned. If you wear goggles make sure they have dark lenses rather than the yellow or orange tinted ones you may wear during the season. If wearing sunglasses, always make sure you wear good quality ones with UV protection. If you don't, you'll block out the bright light but **not** the sun's radiation.

### **Top Tips**

1. Drink lots of water. Carry your water bottle with you at all times.
2. Protect your face as much as possible with a hat, helmet, goggles, buff, sunglasses.
3. Carry a small travel size sunscreen cream, stick or combo-stick (cream and chap stick in one) to keep with you at all times.
4. Use a high protection sunscreen of at least SPF 30 (SPF 50 is recommended) and make sure you apply it generously and often.
5. Apply sunscreen to your entire face, ears, neck and lips. Reapply every two hours, or immediately after excessive sweating.

***Your summer skiing/riding experience will be much more enjoyable if you are SUN BURN FREE! Follow these tips and HAVE FUN!!!***

***You don't want to look like a...***



***These are much better for eating!***

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