

## What to Wear (For Pre-CanSkate and CanSkate)

Clothing should be warm, comfortable, and allow for easy movement. Dressing in layers is recommended.

Suggested options include:

- Slush pants or windbreaker pants over comfortable bottoms like track pants or yoga pants
- Snow pants (as long as they are not too bulky)
- A warm jacket (not long or bulky), sweater, or fleece

Warm mittens or gloves are **essential**.

**DO NOT** wear jeans and scarves, as they restrict movement and are unsafe.

