

How to Wear a Pair of Skiing Goggles

By Allen Smith, eHow User



If you're planning a ski trip out west where the snow falls by the feet instead of the inch, you'll need one piece of indispensable equipment: ski goggles. When worn properly, goggles are meant to provide the skier or snowboarder with the best vision and least obstruction. But worn incorrectly, they can be more of a hassle than they're worth. Here are a few tips on how to get the most out of wearing goggles.

Difficulty: Easy

Instructions

things you'll need:

- A pair of goggles
- Hat or helmet
- Defogging cloth for goggles

- 1 While there are literally hundreds of different types of goggles, you should ultimately choose a pair that fits the best and is the most comfortable. Goggles come in a wide variety of sizes, shapes, lense colors and configurations.
- 2 Before you buy a pair of goggles, determine whether or not you'll be using them with a helmet. Goggles used with a helmet have significantly longer straps. If you already own a pair of goggles and have just bought a helmet, you can buy strap extensions.
- 3 The size of the goggles is based on personal preference. However, make sure that you can see clearly and have good peripheral vision--meaning that you can see well to each side in addition to straight ahead.
- 4 Goggles should form a tight seal on your face and around the bridge of your nose with no substantial gaps between the goggles and your face that let in cold air.
- 5 Position the goggles down on the bridge of your nose. The top edge of the goggles should fit comfortably against your forehead or your ski hat. If you're wearing a helmet, it should fit below the leading edge of the helmet.
- 6 If you wear prescription glasses, buy a pair of goggles that cover your glasses. Make sure to bring your glasses with you when trying on goggles. You can even order goggles with prescription lenses. See your eye care specialist for help with ordering goggles with prescription lenses.

Tips & Warnings

- Be sure to purchase an "anti-fogging" cloth when you buy your goggles. The anti-fogging cloth will do just that--prevent your goggles from fogging.
- Goggles come with many different lense colors. Either buy a pair of goggles that will allow you to swap out the different colors of lenses or buy a neutral color such as vermillion.
- Never park your goggles on top of your head. The heat from your forehead will fog your goggles and they will become nearly impossible to clean.

- Yellow lenses are only effective in heavy snow storms or fog. They can actually interfere with your vision on bright sunny days.

Resources

- [Smith Goggles](#)
- [Oakley Goggles](#)