

Ski Packing List

HELPFUL TIPS:

- Nothing ruins a day on the slopes quite like ill-fitting or inappropriate ski wear, especially if it leaves gaps where snow can get in.
- A Ski jacket is necessary to keep out the cold and the snow.
- Salopettes or Ski suits are necessary to keep legs warm and dry. They must have seal extremities, be snow proof, windproof and should have zip pockets.
- Do not wear bulky heavy knitwear as it will restrict your movements.
- Cotton style polo-neck/sweatshirts with long sleeves are much better under your jacket.
- Two or three thin layers of clothing are much better for skiing than one heavy layer.
- Waterproof thermal gloves are a must.
- A wool hat is essential to keep the head and ears warm as you lose more heat from your head than from any other part of your body.
- Ski Goggles are not essential but a pair of decent sunglasses (with plastic frames for safety) is highly recommended as the reflection of midday sun on snow can be very strong.
- Sun cream and Lip balm are essential to protect the exposed areas of the face.
- A pair of comfortable shoes or boots with a good grip is essential for wearing in the snow whilst not skiing.

PACKING LIST

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| <input type="checkbox"/> Ski jacket | <input type="checkbox"/> Ski goggles / sunglasses |
| <input type="checkbox"/> Salopettes / trousers / ski suit | <input type="checkbox"/> Sun cream & lip balm |
| <input type="checkbox"/> Warm hat & neck warmer | <input type="checkbox"/> Bum bag / rucksack |
| <input type="checkbox"/> Waterproof ski gloves | <input type="checkbox"/> Casual warm evening wear |
| <input type="checkbox"/> Ski socks | <input type="checkbox"/> Gloves / mitts |
| <input type="checkbox"/> Thermal underwear | <input type="checkbox"/> Apres ski shoes / boots |
| <input type="checkbox"/> Thermal cotton polo necks | <input type="checkbox"/> Swimsuit, swim cap, flip flops & towel (for swimming pool if available in resort) |
| <input type="checkbox"/> Fleece jacket | |