

Ski Trip Check List

Ski Items

- Salopettes
- Ski jacket / coat
- Fleeces / jumpers that can be worn as layers under the ski jacket
- Ski socks
- Ski gloves
- Ski goggles
- Thermals (long sleeve tops & bottoms)
- Warm hat (ideally one that can be worn under a helmet)
- Neck warmer/snood

Top tip: Layering items under ski outer wear is key to keeping warm on the mountain!

- Sun cream (minimum factor 30)
- SPF lip balm

Clothing

- Nightwear
- Underwear
- Sturdy outdoor snow or walking boots / footwear with a good grip (ideally waterproof)
- Comfortable lighter weight outdoor shoes E.g. trainers
- Sets of clothes for evenings

Other essentials

- Wash bag & toiletries (toothbrush, toothpaste, soap, shampoo, deodorant, brush/comb etc.)
- Sunglasses
- Labelled plastic bags for wet/dirty/spare clothes
- Small Torch
- Book