

Checklist

Remember that conditions in the mountain can be very extreme and can change rapidly. You must be prepared for the worst. All our gear is of an appropriate quality for the recreational skier/boarder. To help you have a safe and enjoyable ski trip.

Essentials ✓

SOCKS

Need at least 3 pairs for the week.
Only wear one layer long sock with no ribbing.

LAYERS

The secret of staying comfortable is to wear several thin layers. Wear cotton or polyester, avoid wool and nylon. Under salopettes wear leggings NOT track suit bottoms.

Do not mix cotton and polyester.

POLYESTER 2 layers under jacket

Thermal BASE Layer
Microfleece TOP Layer

OR

COTTON 3 layers under jacket

THERMAL LINING GLOVES

For added warmth.

GLOVES OR MITTS

Windproof, breathable, snowproof, warm and with palm patch. Mitts are warmer. Boarders look for wrist protection. WEAR AT ALL TIMES.

NECK PROTECTION

To cover lower face and add extra layer around neck.

EYE PROTECTION

Must have UV400 lenses.

- Goggles for bad weather
 - Glasses for good weather
 - If only one? – GOGGLES
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HAT

You can be as silly as you want in style but it must cover your ears and be tight enough to stay on while skiing.

ALWAYS take it with you even if you ski with a helmet a hat is good for travelling or an evening out.

JACKET

Windproof, breathable, snowproof and warm.
Fits with room for layers underneath.

SALOPETTES

Windproof, breathable, snowproof warm and not too tight.

SUN CREAM AND LIP BALM

It is very drying in the mountains and the UV is strong. ALWAYS have IT with you and use frequently.

HELMETS

Added protection, now law in some countries or it is school policy. Include a Novelty Helmet Cover to stand out in the crowd.

Nice to have

APRES SKI BOOTS

Depends on resort and activities so check with staff. You will need footwear with good grip.

BUM BAG/SMALL RUCKSACK

Better than stuffing your pockets full.

FACE MASK

Especially in N.America, high resorts and early season.

WRIST WARMERS

To keep the gap between jacket and glove warm.

INFLATEABLE PILLOW

For the journey, pack away in a pocket or bag.

NECK RING, A NEDY OR A SKUFF

Neck Ring: to cover lower face and add extra layer around neck.

Nedy: can be worn as neck ring or extra layer between the helmet and your head, not a bad idea if hiring a helmet.

Skuff: combination of above neck and head in one!

GLOVE BUDDY

Elasticated wrist strap glove saver. Fits most gloves without sewing. *We have all dropped our gloves!!*

HANDWARMERS

For the odd times when you just can't warm up.

SKI TIES

Keeps skis together for easier carrying and for identifying skis.

BOOT CARRIER

Makes carrying boots easier. Also for identification.

WHEELED TRAVEL BAG

Perfect size for a weeks trip travelling by coach or plane.

NOTES

Don't forget an energy bar and bottle of water to prevent dehydration. You never know when you may need them.



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