

# Skiing & Snowboarding Checklist

## Alpine Ski & Snowboard Equipment

- Alpine skis
- Alpine ski boots
- Alpine ski poles
- Snowboard
- Boots & Bindings
- Helmet

## Alpine Ski Clothing and Accessories

### Headgear

- Hat
- Headbands (light & heavy)
- Ear Muffs
- Balaclava or Face Mask
- Neck Gaiter
- Scarf
- Bandana (or other lightweight scarf)

### Outerwear

- Jacket
- Lightweight Wind Shell
- Ski Tights / Pants
- Ski Bibs
- Outer Socks (wool)
- Sock Liners (several pair)
- After Ski Boots

### Middle Layers

- Turtleneck (avoid all-cotton)
- Fleece

### Long Underwear

*Probably the single most important factor in your comfort on the slopes. It's a good idea to take several sets, especially midweight.*

- Light/Mid/Heavyweight Tops
- Light/Mid/Heavyweight Bottoms

## Alpine Ski Accessories

- Boot Bag
- Boot Carrier
- Fanny Pack
- Water Bottle

## Hand Protection

*Take an extra pair of gloves or mittens, especially if you expect to be on the snow a lot. Mittens and/or glove liners will be useful for those who get cold easily, or in extremely cold conditions.*

- Leather or GoreTex Gloves or Mittens
- Glove Liners
- Lightweight Training Gloves

## Eye Protection

- Sunglasses
- Eye Glass Retainer (i.e., Croakies or Chums)
- Goggles
- Extra Lenses (different colors)
- Anti-fog Cream or Cloth (for glasses & goggles)

## Skin Protection

*You should protect your eyes and skin from harmful ultraviolet rays on both sunny and cloudy days.*

- Sunscreen
- Chapstick
- Moisturizer

## Other Things You Might Like to Take

- Tissues
- Snacks (powerbar, trail mix, etc.)
- Water or Gatorade (in your bottle or canteen)
- Chemical Hand & Foot Warmers
- iPod/ Portable CD Player

## Things to bring on the bus for comfort:

- Snacks
- iPod/MP3 Player
- Toothbrush
- Book/Magazine
- Headlamp
- Camera
- Small Pillow
- Small Blanket
- DVDs
- Spending Cash/Debit Card
- Mini Cooler 6" x 10" **(no big coolers will be permitted on the bus)**

***Videos will be shown, so bring some to share!***