

Checklist

What you need for stress free skiing & snowboarding . . .

This is only a guide, and hopefully gives you plenty of ideas and answers. The list can be endless but should at least cover all the basics and the essentials- which are marked with an asterisk *



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OUTER LAYER

- Jacket*
- Salopettes* or ski pants*
- Good quality fleece/Gilet for spring skiing or as midlayer

MID LAYER

- Micro fleece
- Polo neck
- Sweatshirt
- T-shirt

BASE LAYER

- Thermal long johns
- Thermal vest
- glove liners
- sock liners
- balaclava helmet/hat liner

GLOVES

- Ski gloves/mittens* - if suffering from cold hands – mittens are best
- Snowboard gloves/mittens*
- Fleece gloves

HEAD WEAR

- Helmet*
- Hat*
- Balaclava
- Neck tube
- Ear warmer

FOOT WEAR

- Moon boots* /Snow boots
- Sturdy walking boots
- Ski socks

EYE WEAR

- Goggles*
- Sun glasses*

ACCESSORIES

- Sun block*
- Lip salve*
- Ski pass holder
- Ski tie/clip
- First aid kit
- Blister kit*
- Money belt
- Bum bag
- Backpack
- Hand warmers
- Wrist protectors (for boarding)
- Back protector (boarding)
- Ski/Board carriers