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Ski Trip Checklist

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Ski Gear (rent or bring)

- Skis or snowboard
- Boots
- Poles
- Helmet (mandatory)
- Goggles

Base & Mid Layers

- Moisture-wicking base layer top
- Moisture-wicking base layer bottom
- Mid-layer fleece or down
- Ski socks (wool -- NOT cotton)

Outer Layers

- Ski jacket (waterproof/breathable)
- Ski pants (waterproof)
- Waterproof gloves or mittens
- Neck gaiter or balaclava

Accessories

- Hand warmers
- Toe warmers
- Sunscreen SPF 50+
- Lip balm with SPF
- Sunglasses (for non-skiing time)

Apres-Ski & Evening

- Casual warm clothes
- Comfortable shoes/boots
- Swimsuit (hot tub!)
- Pajamas

Documents & Tech

- Lift pass/season pass
- Resort trail map

- Phone + charger
- Camera
- Cash for tips

Health

- Ibuprofen (altitude + sore muscles)
- Muscle cream
- Blister care kit
- Water bottle
- Healthy snacks for the mountain