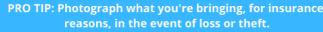


suggestions from trapperofcolorado.com





# **EQUIPMENT & GEAR**

#### **Essentials:**

- Boots, Goggles + anti-fog, Gloves or Mittens (+ glove liners)
- Warm neck funnel/scarf, balaclava, face mask
- Boot carrier (that holds your helmet, goggles, gloves & more!)
- Outer layers: Waterproof ski/snowboard jacket & pants (ski skirt
- Ski or Snowboard carrier, if you plan to bring your skis or board

#### Rentable:

Helmet, Skis, Poles, Snowboard, Boots (your personal, fitted boots are probably more important to bring than your skis or snowboard)

### **BASE LAYERS**



- Warm, high ski socks for each day you'll be on the mountain
  - Lightweight, breathable long underwear (not cotton!) tops &
- 2nd base layer (thin moring wool is great)
- Warm cki sweater or fleece that allows movement/flexibility
- Hand 8, the warmers to put inside of your gloves 8, hoots
- Helmet liner if you have very short hair or are bald, this can be

### **APRES SKI & STREETWEAR**



- Warm, stylish boots or shoes that won't slip on ice!
  - A cozy sweater that feels good in the mountains
  - A fashion vest in a faux fur, fleece or tech tech fiber
  - Jeans, corduroys, warm leggings & leg warmers
- Long-sleeved tees, thermals and/or shirts (knit, flannel or wool
- Skirt of wool, corduroy, flannel or themal, if you are inclined
- Warm tights for underlayers, or wearing with a skirt
- Small handbag or backpack for in town

#### **ACCESSORIES**



- A great wool scarf that compliments your ski jacket or coat
- A hat that keeps your ears warm, and adds style to your outfit
- Warm gloves for going out not for skiing/riding
- Warm, fun socks that look good by a fire
- Sunglasses for off the slopes the winter sun can be blinding
- A few pieces of jewelry to go out in (not for on the slopes!)









suggestions from trapperofcolorado.com



### **INTIMATES**



- Cozy pajamas or nightgown flannel isn't especially necessary i you are staying at the resort, which should be well heated.
- Bras for the slopes and in town. You don't need sports bras for skiing or riding, unless that's what you feel comfortable wearing.
- Slippers or thick socks for the hotel room or airbnb floor
- Bathing suit, flip flops & cover-up for hot springs, hot tub, or poo

### **PERSONAL CARE ITEMS 1**

- Sunscreen! This is essential at altitude & on snow!
- Travel-sized toiletries (include body lotion it's dry at altitude!
  - Toothbrush, toothpaste & floss
- Razor, shaving necessities
- Hairbrush & comb
- Lip balm w/ SPF (to keep in your ski jacket pocket) & w/o SPF
- Contact lenses & solution and/or Rx glasses (spare pair) & a wipe
- Nail clippers & file
- Sleep mask & earplugs

## **PERSONAL CARE ITEMS 2**

- Personal water bottle keep drinking water while at altitude
  - Altitude remedies easily found at grocery stores and pharmacies in mountain towns
  - Upset stomach/travel tummy remedies
- Vitamins & supplements
  - Any medications you regularly take; asthma inhaler
- Arnica and other muscle soothing homeopathy or creams/gels
- Pocket-sized packet of tissues
- Individual hand sanitizer
- Bandaids/bandages

### **ELECTRONICS/MISCELLANEOUS**



- Phone charger
- Laptop & charger, if you must stay connected
- Headphones or earbuds & your iPoo
- Travel alarm clock, if you want a back-up to your phone
- Cash, credit/debit cards; drivers' license; insurance card emergency contact numbers
- Ski Pass! If you're heading to a resort that's on your pass



