




# SKI TRIP PACKING CHECKLIST

suggestions from [trapperofcolorado.com](http://trapperofcolorado.com)

**PRO TIP:** Photograph what you're bringing, for insurance reasons, in the event of loss or theft.

## 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 & bottoms - for several days of activity.
  - 2nd base layer (thin merino wool is great!)
  - Warm ski sweater or fleece that allows movement/flexibility.
  - Hand & toe warmers to put inside of your gloves & boots
  - Helmet liner - if you have very short hair or are bald, this can be like a skull cap. It's purpose is a base layer for your head.

## 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 thermal, 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!)



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## INTIMATES

- 
- Cozy pajamas or nightgown - flannel isn't especially necessary if you are staying at the resort, which should be well heated.
  - Underwear with good elastic for movement, but also stays put
  - 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 pool


## 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
  - Band-aids/bandages

## ELECTRONICS/MISCELLANEOUS

- 
- Phone charger
  - Laptop & charger, if you must stay connected
  - Headphones or earbuds & your iPod
  - 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