



ScoutLists.com
Downhill Ski Trip
Packing List

Climate: Mountains
Season: Winter
Duration: Day Trip

Equipment needed for a day of downhill skiing.

Paperwork

_____ **Lift Ticket** - Attach to the lower zipper (so it does not flap in your face) on the outer layer you will use all day. We will get this for you on the mountain.

Clothing

_____ **Change of Clothing** - Leave in car so you can go home clean and dry. *

_____ **Gloves (Liner)** *

_____ **Gloves/Mittens (Warm)** - A spare set is a good idea.

_____ **Hat (Knit)** - Should cover entire head & neck apart from face.

_____ **Jacket/Fleece** - Warm jacket, or fleece layers with waterproof outer shell will work.

_____ **Long Underwear (Mid Weight)** - tops & bottoms, Wicking type.

_____ **Pants (Long)** - Nylon zipper pants work well. Stay away from jeans, no cotton.

_____ **Scarf or Neck Warmer** - Needed if knit hat does not cover neck. *

_____ **Shirt (Long Sleeve)** - Warm shirt that can be worn or not depending on changing temps.

_____ **Ski Pants or Bibs** - A layered approach with waterproof shell also works.

_____ **Socks (Heavy)** - Liner & Wool, or something like Smartwool work best. No Cotton! Bring an extra pair to give your feet a treat at lunch.

Gear

_____ **Camera** *

_____ **Day Pack** - A great way to keep up with your gloves and stuff. *

_____ **First Aid Kit (Small)** - With pain medicine.

_____ **Copy of your insurance card and emergency contact numbers**

_____ **Goggles** - Tight fitting sun glasses with UV protection & safety strap will also work. Some goggles are sized so prescription glasses can be worn under them. Make sure you get the right size.

_____ **Hand warmer (chemical)** - 2-4 packets, can also be used on cold feet. *

_____ **Helmet** - Can likely be rented with Skis. *

_____ **Lip Balm** - SPF 15 or higher

_____ **Skis and Poles** - Can likely be rented at resort.

_____ **Sunscreen** - SPF 30 or higher.

_____ **Watch** - Waterproof. Know when the lifts close, and when to meet up!

_____ **Ski Helmet** - Can be rented at the mountain for \$8.00 (Need to do this)

Personal Items

_____ **Lunch** *

_____ **Money** - Good for a hot lunch and fixing or replacing gear. *

_____ **Prescription Medications** *

_____ **Snacks** - Peanuts, raisins, energy bars, candy, cheese, jerky, etc. Put in pockets if not using a day pack.

_____ **Water Bottle** - Drink lots of water, and avoid caffeine, especially at higher altitudes.

_____ **Sleep clothes**

_____ **Toiletries**

_____ **Plastic trash bag** - To bring wet swim suit back home in

* Optional Item