

SUGGESTED GEAR LIST FOR OUR SKI TRIPS



ITEMS	DETAILS
Long unders	layers layers layers
Wool/ ski socks	you don't want cotton athletic socks your feet will freeze
sweatpants or easy to move in pants	something warm and comfortable that is easy to move around in jeans are particularly uncomfortable
ski pants/snow pants	definitely necessary
base layer top	don't skip this step
turtleneck	or comparable mid layer shirt
fleece or wool sweater	you don't want to short change yourself here
warm winter jacket	some things don't need explaining...
hat or helmet (all kids need a helmet)	HELMETS ARE A MUST! hats don't usually fit under helmets, but helmets usually serve the purpose for both warmth and protection
warm gloves or mittens	the warmer the better - your hands are usually the first thing to get cold. mittens tend to be warmer than gloves
neck gator/face protector	this will help keep your face warm while your speeding down the mountain
goggles	not a necessity unless it's snowing, but they help keep your face warm
toe and hand warmers	I never ski without them! it will make a world of a difference if you tend to get cold hands and feet
chapstick	you might want to rub some on exposed cheeks too
skis/ boards boots etc...	If your renting remember to ask for a helmet!
snacks /lunch or \$\$	you may want to pack your own lunch or buy at the mountain, but it's a good idea to stash some snacks in your pockets for quick refueling
money for food	we will be stopping for dinner (fast food) on the way home
stuff to do on the bus	I wouldn't bring anything valuable, but that's up to you. I don't know if the bus gets locked or how secure the lockers at the mountain are
locker money	I assume there are coin operated lockers, but I don't know for sure
cell phone	it's a good idea to have a cell phone with you for emergencies and to communicate with the chaperones/group leaders if you get separated