

Trip Length in Days	3-4	5-7	Family Members				
	#Items	#Items	✓	✓	#Items ✓	#Items ✓	✓
CLOTHING:							
Ski / Snowboard Jacket	1	1-2					
Ski / Snowboard Bib or Pant	1	1-2					
Ski Sweater / Fleece	1-2	2-3					
Ski Hat / Headband	1-2	1-2					
Fleece Top / Bottom	1	1-2					
Swimsuit (for the hot tubs!)	1	1					
ACCESSORIES:	# Items	# Items	✓	✓	✓	✓	✓
Thermal/Wool Underwear (sets)	2-3	3-4					
Glove Liners (pairs)	1-2	3-4					
Gloves / Mittens (pairs)	1-2	1-2					
Hand / Toe Warmers (pairs)	3-4	5-7					
Ski Socks (pairs)	2-3	3-5					
After Ski Boots (pairs)	1	1					
Hydration System	1	1					
Goggles & Anti-Fog Wax or Cloth	1	1					
Sunglasses & Retainers	1	1					
Neck Gaiter / Face Mask	1-2	1-2					
Sunscreen & Lip Balm	1	1					
Travel Wallet	1	1					
Ski Tote / Ski Lock	1	1					
Fanny Pack / Backpack	1	1					
Equipment:	# Items	# Items	✓	✓	✓	✓	✓
Comfortable Ski or Snowboard Boots	1	1					
Custom Foot Beds	1	1					
Sharpened/Waxed Skis or Snowboard	1	1					
Properly Adjusted Ski or Snowboard Bindings	1	1					
Correct Length Poles (ski only)	1	1					
Ski / Snowboard Helmet	1	1					
Ski / Snowboard & Boot Bags	1	1					
Boot Warmer (rechargeable)	1	1					
Snowboard Wrist Guards	1	1					

The Three Rules of Staying Warm:	Additional Ways you can stay warm this winter:
STAY DRY: The more water in your clothing, the faster your body heat will be transferred away.	Eat regularly and keep well-hydrated
	Wear mittens whenever possible.
BLOCK THE WIND: Wear tightly woven garments that block wind but allow moisture to escape.	Wear a wool or fleece hat and cover your neck. Up to 50% of your total heat loss comes from your head and neck.
LAYER TO TRAP HEAT: Layering your clothing is the single best way to manage heat loss in the outdoors.	Make sure your boots, gloves, and socks aren't too tight. Good blood circulation is the key to keeping hands and feet warm.
	Avoid cotton whenever possible (including jeans). Cotton absorbs moisture readily, breaking the most important rule of staying dry!