

Skiing what to bring (no cotton):

Day trip in or around resort (eg lessons)

Ski gear

- Skis, boots & poles

Clothing

- Outerlayer
 - Waterproof jacket with a hood (eg goretex)
 - Waterproof overpants (eg goretex)



- Midlayer
 - Polarfleece, synthetic or woolen jumper or hoodie (two to layer)

Baselayer

- Thermal underwear top (polypropylene or fine merino wool)
- Thermal underwear bottom (polypropylene or fine merino wool)

Gloves:

- Waterproof gloves or mittens, two pairs in case one gets wet (goretex or ski gloves)



- Inner gloves (wool or polypropylene)

AWARD
WINNER



- Beanie/balaclava
- Socks (wool socks are best, consider wearing two pairs)
- Sun hat
- Sunglasses and goggles (very important! it is easy to burn your eyes at the snow, ideally you will have both, sunglasses if you are sweating, goggles fog up walking up hill, goggles for downhill and in storms)



Food

- Water
- Lunch: Sandwiches or similar
- Snacks: Fruit, energy bars, chocolate, trail mix, lollies, tea, coffee and hot chocolate (you'll use plenty of energy with the colder temps and being active)
- Hot thermos of tea, coffee or hot chocolate (Optional but very nice if conditions aren't great)

Other

- Backpack (big enough to fit some extra layers in and some snack and water, you will probably be able to leave a few things in your car)
- Sunscreen and sun protectant lip balm (again the sun is strong higher up and UV rays get reflected off the snow, under nose sunburn is not usual for rookies)
- Group first aid kit
- Money
- Waterproof stuff sack or plastic bag (for waterproofing if weather is looking dubious)
- Toilet paper (On trip near resort you should be able to make it back to the resort)



Day trip into backcountry

All of the above plus

- Backpack (that can fit all you need)
- GPS, compass and map
- Whistle
- Personal first aid kit
- Space blanket
- Ski skins (if heading into steeper terrain)
- Avalanche equipment: beacon, shovel, probe (trips heading into flatter terrain don't require this but this should be carried by trip heading onto the main range)
- Extra layers + down jacket
- Extra food for emergency
- EPIRB for group
- Crampons, ice axe (if heading onto steep terrain)
- Repair kit
- Torch or headlamp (key safety equipment)



Overnight trip

The above plus:

Sleeping

- 4-season tent
- Winter sleeping bag
- Sleeping mat (well-insulated)

Cooking

- Liquid fuel or gas stove (good luck with a methylated spirits stove)
- Lighter and spare lighter
- Fork, spoon and pocketknife.
- Large bowl/cup/plate.
- Breakfast: Porridge is a good warm meal. Tastes good when made with powdered milk, milo and dried fruit.
- Lunch: Pita bread keeps for days; salami and spreads are good toppings.
- Dinner: You need something hot. Instant mashed potatoes, couscous and instant rice are light and easy to rehydrate carbs. Dehydrated peas and carrots are light and add a healthy touch. Powdered soups add flavour. Tuna, salami and cheese are good for protein and fat and keep.

