

# The Brave Ski Mom Family Skiing Packing List



## Clothing:

- One pair of wool or synthetic ski socks (No cotton and don't layer. One pair is all you need to wear.)
- Wool or synthetic long underwear or base layers (top and bottom, again, no cotton)
- A fleece, wool or down sweater/pull over
- Waterproof, insulated ski pants
- Waterproof, insulated ski coat, ideally with a hood that fits over a helmet
- Waterproof mittens (mittens are generally warmer and easier for kids to wear)
- Helmet
- Goggles or sunglasses
- Snow boots

## Optional Clothing Items:

- Wool or synthetic mitten liners
- Balaclava, neck gaiter or face mask
- Extra socks (bring them along to change into if the other socks get wet)
- Extra long underwear or base layers (on extra cold days, we often wear two sets of base layers)
- Extra layer, like a wool or down vest for the coldest days

## Equipment:

- Skis with bindings/Snowboard with bindings
- Ski Boots/Snowboard Boots
- Poles (only for experienced skiers, not for beginners)

## Other Necessities:

- Sunscreen
- Lip balm
- Disposable hand warmers
- Water (extra if you're driving home)
- Snacks (extra if you're driving home)
- Ski Boot backpacks or bags to keep all of the gear organized and in one place
- Boot dryers to dry out boots after each day of skiing
- Folding camp chair (if you have to boot up in a parking lot)