

Skiing-Snowboarding Checklist

By Campbell Rodriguez

- ☐ Ski/board equipment (if not renting)
 - ☐ Fat skis
 - ☐ Ski/board boots
 - ☐ Snowboard
 - ☐ Ski poles
- ☐ Skiing and board accessories
 - ☐ Powder ribbons or straps (if going to destinations with very deep powder)
 - ☐ Lift pass holder (if going to resorts that provide little cardboard tickets e g. various resorts in Hokkaido such as Furano)
 - ☐ Board leash
 - ☐ Wax and iron if you want to DIY, petex
 - ☐ Ski holder strap - to hold your skis together
 - ☐ Ski/board lock
 - ☐ Boot/hand warmers
- ☐ Safety gear
 - ☐ Avalanche transceiver (beacon)
 - ☐ Shovel
 - ☐ Probe
 - ☐ Backpack
- ☐ Skiing/boarding clothing
 - ☐ Face mask - if going to a particularly cold or windy destination such as Niseko or Lake Louise
 - ☐ Hood or hooded top if going somewhere particularly cold
 - ☐ Neck warmer
 - ☐ Silk or merino wool glove inners - particularly useful if taking photos or video footage
 - ☐ Thermal pants (not cotton as it captures the moisture)
 - ☐ Thermal top or other under-layer (not cotton as it captures the moisture)
 - ☐ Fleece/s - vest and long-sleeve
 - ☐ Helmet

- ☐ Goggles
- ☐ Headband (or ear muffs if you're game!)
- ☐ Beanie
- ☐ Ski jacket
- ☐ Ski pants
- ☐ Jacket hood
- ☐ Ski gloves
- ☐ Glove protectors (if going to a resort with nutcrackers e.g. New Zealand club fields)
- ☐ Ski socks (thin ones)
- ☐ Waterproof spray?
- ☐ Other clothing
 - ☐ "Going out" clothes
 - ☐ "Going out" gloves
 - ☐ Non slip shoes +/- shoe chains for extra grip
 - ☐ Slippers
 - ☐ Bathers
 - ☐ Sleeping clothes
 - ☐ Underwear
 - ☐ Socks
- ☐ Other things for the ski/board jacket
 - ☐ Sunscreen
 - ☐ Lip balm
 - ☐ Tissues
 - ☐ Goggle wiper
 - ☐ Wipe cloth
- ☐ "First aid"
 - ☐ Nurofen or other anti-inflammatory drugs, other painkillers
 - ☐ Band-aids, sports tape or water-proof dressings
 - ☐ Betadine or other antiseptic
 - ☐ Lomotil and Stemetil (if going to a place like India)
 - ☐ Medications (and prescriptions)
 - ☐ Knee braces

- ☐ Vitamins such as A,C,E, zinc, Echinacea (preferably combined in one tablet)
- ☐ Toiletries
 - ☐ Nail scissors
 - ☐ Face ;moisturizer
 - ☐ Plenty of hair conditioner if you have long hair
 - ☐ Shampoo
 - ☐ Deodorant
 - ☐ Massage oil
 - ☐ Toothpaste and toothbrush (if not in cabin luggage)
 - ☐ Comb or hair brush and hair accessories
 - ☐ Hair product
 - ☐ Shaving gear
 - ☐ Cosmetics
- ☐ Luggage
 - ☐ Boot bag (may need to take this on as cabin luggage)
 - ☐ Ski bag (preferably on wheels)
 - ☐ Suitcase or bag
 - ☐ Luggage locks
 - ☐ Luggage tags
- ☐ Electronics
 - ☐ Spare battery for camera/video
 - ☐ Mobile phone/PDA and charger
 - ☐ Camera and charger
 - ☐ Video camera and charger
 - ☐ Spare batteries and memory cards for cameras
 - ☐ Electrical adapters
 - ☐ GPS transponder
 - ☐ Walkie talkies
 - ☐ iPod and charger cord
 - ☐ Memory stick to download photos etc.
 - ☐ Power board for all these chargers
 - ☐ Travel alarm if not taking mobile phone

- ☐ Hairdryer (check if voltage appropriate for the country)
- ☐ Other
 - ☐ Portable clothes line
 - ☐ Washing detergent powder
 - ☐ Spare credit card
 - ☐ Phrase book
 - ☐ Notes off Powderhounds website
 - ☐ Sunglasses
 - ☐ Photocopy of passport, visa and airline ticket
 - ☐ Travel insurance information
 - ☐ Octopus straps if likely to travel in a taxi
 - ☐ Drivers license
 - ☐ Playing cards
 - ☐ Vegemite (especially if going to Japan)
 - ☐ Cotton and thread
 - ☐ Bag for wet ski gear and/or dirty clothing
- ☐ Cabin luggage
 - ☐ Small toiletries for cabin luggage in small sealed plastic bag including toothbrush and small toothpaste
 - ☐ Sleeping tablets/pain medication
 - ☐ Ear plugs
 - ☐ Blow up cushion
 - ☐ Eye shades
 - ☐ Book
 - ☐ Wallet and credit card
 - ☐ Cash
 - ☐ Itinerary and reservation confirmations
 - ☐ Maps and directions
 - ☐ Passport and visa if required
 - ☐ Airline tickets
 - ☐ Eye glasses or contact lenses (and accessories in main luggage)
 - ☐ Don't pack razors, scissors, matches etc - check for prohibited items
- ☐ Things to do before travel

- ☐ Make sure passport is valid for at least 6 months
- ☐ Organise any visas required
- ☐ Get any necessary vaccinations (e g. if travelling to India)
- ☐ Organise international drivers license if necessary (e g. Japan)
- ☐ Set up a "web mail" account so you can access your email from any internet kiosk
- ☐ Email your itinerary to yourself in case you lose it
- ☐ Mobile phone to international roam - check it works in country you are going to
- ☐ Organise wireless internet connection if you're taking your laptop
- ☐ Check electrical adapters required for the country
- ☐ Photocopy passport, visa and tickets
- ☐ Leave itinerary/contact information with family member and leave photocopy of passport
- ☐ Consider currency exchange for at least a small amount of cash
- ☐ Pay off credit card
- ☐ Pay bills
- ☐ Organise mail to be collected or "stopped"
- ☐ Travel insurance
- ☐ Set up pet care