

# 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