

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