

CLOTHING CHECKLIST

In addition to any specialised clothing and equipment related to recreational activities, the following list includes basic clothing and equipment you will need when visiting the snowfields. Suggested quantities are provided for each item listed

EQUIPMENT SECURITY

Common sense and care will reduce the risk of loss or theft:

- Know where to locate your skis/board at all times.
- Use a combination lock.
- Never leave your skis or board on a roof rack without locking them to the rack.
- Mark all clothing.
- Leave skis/board in a 'ski minder' if one is available.
- Separate your skis or split them with someone else.

If loss or theft occurs contact the police or resort staff immediately, giving them a full description of all items. ie: make, model and any distinguishing marks.

	DAY TRIP	2-3 DAYS	3-7
<input type="checkbox"/> Waterproof jacket	1	1	1-2
<input type="checkbox"/> Waterproof pants	1	1	1-2
<input type="checkbox"/> Under layers (thermal underwear) tops	1	1-3	3-4
<input type="checkbox"/> Under layers (thermal underwear) pants	1	1-2	3-4
<input type="checkbox"/> Jumper (wool or polar fleece)	1	1-2	2
<input type="checkbox"/> Gloves (wool or polar fleece)	1	1-2	2
<input type="checkbox"/> Glove liners	1	1-2	2-3
<input type="checkbox"/> Waterproof gloves	1	1-2	2
<input type="checkbox"/> Hat, balaclava and/or ski mask	1	1	2
<input type="checkbox"/> Socks	2	2-3	3-5
<input type="checkbox"/> Goggles	1	1	1
<input type="checkbox"/> Snow boots (waterproof shoes)	1	1	1
<input type="checkbox"/> Sunscreen	1	1	1
<input type="checkbox"/> Mobile phone	1	1	1
<input type="checkbox"/> Medication	all	all	all
<input type="checkbox"/> Whistle	1	1	1
<input type="checkbox"/> Sunglasses	1	1	1
<input type="checkbox"/> Change of pants (for inside and driving)	1	1	1
<input type="checkbox"/> Jeans	-	1	1
<input type="checkbox"/> Warm pants	1	1	1
<input type="checkbox"/> Underwear	2	2-3	3-8
<input type="checkbox"/> Long sleeved tops	1	2-3	3-7
<input type="checkbox"/> Change of shoes (for inside and driving)	1	1	1
<input type="checkbox"/> Scarf	1	1	1
<input type="checkbox"/> Warm sleep clothes	-	1	1
<input type="checkbox"/> Toiletries	-	1	1
<input type="checkbox"/> Money/credit cards/wallet	1	1	1