



Ski Kit List

Ski Adaptable will usually provide the following within your ski trip package (please check the inclusions on your quotation):

- Skis
- Ski Boots
- Ski Poles
- Helmet

Please ensure you are adequately equipped for the slopes. Mountains weather can be changeable and unpredictable. We recommend as a minimum taking the following items:

- Personal medication
- Travel sickness pills
- Sun cream
- Sunglasses
- Ski goggles
- Lip salve
- Ski hat (a warm layer that will fit underneath a ski helmet)
- Ski gloves
- Ski salopettes
- Ski jacket
- Layers to wear under ski gear – vests, t-shirts, sweatshirts. A good wicking layer is crucial.
- Ski socks (enough for the whole week)
- Snow boots or shoes (suitable for walking about in resort on snow)
- Towel
- Swimming costume
- Toiletries
- Night clothes
- Suitable leisurewear -warm



Ski Adaptable

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