Ski Trip Packing List

What to pack for a week on the mountain, from the layering system to the papers the rental shop will ask for.

Base layer (next to skin)

- [ ] 3-4 merino or synthetic long-sleeve tops
- [ ] 3-4 pairs of thermal leggings
- [ ] 4-5 pairs of ski socks, tall enough to clear the boot cuff
  One pair per day. Two pairs at once makes boots tighter and feet colder, not warmer.
- [ ] No cotton anywhere in this layer

Mid layer

- [ ] 2 fleeces or light down jackets
- [ ] 1 heavier insulated layer for cold days
- [ ] Neck gaiter or buff

Outer layer

- [ ] Waterproof ski jacket
- [ ] Waterproof salopettes or ski trousers
- [ ] Ski gloves or mittens
- [ ] A spare pair of gloves
  One wet pair ends a day faster than almost anything else on this list.
- [ ] Waterproof over-trousers if your shell is light

Equipment

- [ ] Helmet
- [ ] Goggles, plus a low-light lens
- [ ] Sunglasses for the walk and the terrace
- [ ] Skis, boots and poles, or a rental booking confirmation
- [ ] Back protector if you ski off-piste
- [ ] Small backpack for water, snacks and a spare layer
- [ ] Boot bag
- [ ] Ski lock

Sun and skin

- [ ] High-factor sunscreen for face and neck
  Altitude and reflected snow burn skin far faster than the temperature suggests.
- [ ] SPF lip balm
- [ ] Heavy moisturiser
- [ ] Hand cream

Off the slopes

- [ ] Waterproof snow boots with grip
- [ ] Warm hat
- [ ] Casual clothes for evenings
- [ ] Swimwear for the hotel pool or spa
- [ ] Indoor shoes

Documents and admin

- [ ] Passport and travel insurance covering winter sports
  Standard travel policies routinely exclude skiing; check the wording rather than assuming.
- [ ] EHIC/GHIC or equivalent health cover for the country
- [ ] Lift pass booking or pass from a previous season
- [ ] Rental booking, with height, weight and boot size noted
- [ ] Lesson booking confirmation
- [ ] Resort and emergency numbers saved offline

Useful extras

- [ ] Hand and toe warmers
- [ ] Reusable water bottle
- [ ] Snacks for the lift queue
- [ ] Painkillers and blister plasters
- [ ] Power bank — cold flattens phone batteries fast
- [ ] Small cash for mountain huts