

SKI DAY CHECKLIST

Clothing

- Base Layers:** "Moisture-wicking thermal tops and bottoms. Avoid cotton."
- Mid-Layers:** "Fleece or down jackets for warmth. Consider layering options depending on the temperature."
- Outer Layers:** "Waterproof and windproof jacket and pants. Look for breathable fabrics to stay comfortable."
- Ski Socks:** "Wool or synthetic, one pair only to prevent blisters and retain warmth."
- Gloves/Mittens:** "Waterproof and insulated for warmth. Mittens are great for extra warmth, while gloves offer better dexterity."
- Neck Gaiter/Scarf:** "For wind protection. Balaclavas are ideal for extreme cold."
- Hat or Helmet Liner:** "Thin, moisture-wicking hat or liner under your helmet for extra warmth."
- Extra Layer:** "Bring an additional fleece or vest in case temperatures drop."

Accessories

- Goggles:** "UV-protection goggles with anti-fog lenses. Consider interchangeable lenses for varying light conditions."
- Helmet:** "A properly fitted helmet for safety. Always check for a snug fit with no movement."
- Hand and Toe Warmers:** "Disposable warmers for extra cold days. Great to keep in your boots and gloves."
- Sunscreen:** "Apply SPF before heading out. Snow reflects UV rays, even on cloudy days."
- Lip Balm with SPF:** "Protect your lips from windburn and sunburn."
- Ski Mask/Balaclava:** "Ideal for extremely cold or windy conditions to cover your face."

Gear & Equipment

- Skis/Snowboard:** "Ensure they are properly tuned and waxed. Rental options available at Greek Peak."
- Poles (for Skiers):** "Correct pole length ensures proper balance. The top of the pole should reach your armpits."
- Boots:** "Properly fitted boots are essential for control. Make sure they're snug but not too tight."

- Ski Lock:** "A small, portable lock to secure your equipment when you're taking a break."
- Helmet with Audio:** "If you enjoy listening to music while skiing, some helmets come with built-in audio systems."
- Back Protector (for Snowboarders):** "Great for beginners who might fall backward more frequently."

Snacks & Hydration

- Water Bottle or Hydration Pack:** "Staying hydrated is important. Consider a small hydration backpack with insulated tubing to prevent freezing."
- Energy Bars/Snacks:** "Bring portable snacks like protein bars, trail mix, or dried fruit to keep your energy levels up."
- Personal Items**
- Trail Map:** "Grab a trail map or download a digital version to your phone to help you navigate the slopes."
- ID, Lift Pass & Cash/Card:** "For renting gear, purchasing food, or any on-mountain purchases."
- Cell Phone:** "Keep your phone in an inner pocket to keep the battery warm. Use it for emergency contacts or tracking your day."
- Locker Rental:** "Store extra layers or personal items in a locker at the lodge."
- Ski App:** "Download a ski tracking app to track your runs, elevation, and overall progress."

Extras for Comfort

- Tissues or Wipes:** "Keep a small pack in your pocket for runny noses or cleaning goggles."
- Sunglasses:** "For sunny days when you're taking a break or riding the lift."
- Camera or GoPro:** "Capture your experience on the slopes, but ensure it's securely attached."
- Chapstick:** "Essential for protecting your lips from cold, wind, and sun."
- Portable Charger:** "A small charger can keep your phone powered up, especially in cold weather."