



IFNet

Indian Family Network

RECOMMENDED PACKING LIST

Suggestions for new or beginner skiers based on tips from experienced skiers.

Use this as a guide, but please adjust as necessary.

- Ski jacket (if you are getting a new one, 10k+ breathability and 10k+ waterproofing ratings are good)
- Waterproof (or water resistant) ski pants
- Warm waterproof mittens (or gloves)
- Glove liners (optional, but the extra layer is useful if it's really cold). Some people also buy disposable hand warmer heat packs.
- Hat (you don't need a hat underneath a helmet, but a balaclava under the helmet increases comfort)
- Ski goggles
- Helmet
- Neck gaiter (better than a scarf because you don't have to keep wrapping it around your head)
- Polyester or synthetic undershirt and leggings
- Fleece top (basically you want layers of synthetic and wool, no cotton)
- Wool or synthetic socks
- Skis and boots can be rented
- Sunscreen
- Hand and toe warmers (these are chemically activated pouches that can be placed in your gloves or adhere to the bottom of your socks). I rarely use these, but if it's really cold these can make you much more comfortable.

Tips on how to find stuff:

- Can go to a ski store or sporting goods store
- Before you buy, compare what you can get online, as it's often cheaper.
- The ski jacket, mittens/gloves and pants are the big ticket items. It's important to have something that is warm and will keep you dry.

