

Skiing kit list Essentials for the piste

- **Ski Jacket**
- **Ski Pants/ or salopettes**
- **Base Layers sets 2-3**
- **Mid-layers (fleece or soft shell) 1-2**
- **Goggles or sports sun glasses**
- **Neck warmer/balaclava**
- **Warm Hat, ideally covering the ears**
- **Ski gloves or Mittens 1- 2 pairs**
- **3-4 pairs of ski socks**
- **Sun protection cream & lip salve with sunscreen**
- **Rucksack to carry spare clothing, food, water bottle etc**
- **Water bottle or hydration pack**

Optional extras

- **Snow boots for après ski**
 - **Helmet**
 - **Ski clips**
 - **Maps**
 - **Camera**
 - **Inner gloves**

