



## Checklist for your holidays in the snow

Are you about to head for the mountains? Here is a list of essentials to pack. Print it out so you can set off with peace of mind.

### The essentials ski wear:

- trousers
- slightweight polo-neck sweaters
- t-shirts
- fleeces
- woolly hat
- ear warmers
- gloves
- socks
- thermals
- Ski suit

### On the slopes

- skis or snowboard
- boots
- poles
- helmet
- sunglasses or mask
- backpack
- flask/water bottle
- snack

### Useful

- train tickets
- basic documents (identity card/passport)
- reservation confirmation
- ski pass
- phone charger
- camera

### For the pros

- pieps kit
- ABS airbag backpack
- head torch
- ARVA kit
- climbing skins

### Toiletries

- sun cream
- tissues
- basic first-aid kit
- toiletries bag

### Après-ski

- hiking boots
- moisturiser
- comfortable clothing
- swimming costume + towel
- sledge
- rackets

### For little ones

- cuddly toy ;-)
- children's first-aid kit
- books, magazines
- board games

