



**What to Pack for a Family Ski Trip**  
*Brought to you by the Ski Vermont All Mountain Mamas*

**Items to Pack in Everyone's Ski Bag**

- Ski/Snowboard boots
- Helmet
- Balaclava and/or neck gaiter
- Goggles & protective bag or case
- 2-3 pairs of wool ski socks
- 2 pairs of mittens or gloves
- Hand and Toe warmers—2 sets go in everyone's bag, but bring extras!
- Snow Pants
- Lip balm
- Sunglasses
- Sunscreen—one per family will suffice
- Winter hat
- Ski jacket—everyone wears or carries their own into the car
- Snow boots—everyone wears or carries their own into the car

**Items to Pack in Everyone's Suitcase or Duffle Bag**

- Base layers, pants and shirt—2 sets
- Mid-layers—fleece pullover, wool sweater, down shell or jacket
- Pajamas
- Bathing suit & flip flops
- Comfortable clothes and shoes for après-ski
- Sneakers & workout gear if you'd like
- Toiletries

**Food and Miscellaneous Items**

- Breakfast supplies—don't forget the coffee!
- On mountain snacks
- Après nosh provisions
- Muscle balm
- Ice scraper & brush to keep in the car

**Last but definitely not least!**

- Skis and poles
- Snowboards