



Suggested Heli-Skiing Packing List

- 1 pair of well fitting ski boots (*not* brand new). Bring them on the plane with you.
- Ski goggles (high quality with an anti-fog lens)
- Water proof or water resistant outdoor wear (something that you can put layers underneath)
- 2 pairs of ski gloves or mitts
- 1 pair of glove/mitten liners; these are ideal for extra warmth and suitable during rescue briefing and lunchtime
- 2 hats; 1 for colder days and 1 for warmer days
- Synthetic long underwear (tops and bottoms); no cotton!
- Ski socks (2-3 pairs)
- Wind-stopper vest or jacket (ideal for lunchtime)
- Light fleece jacket (ideal for layering)
- Sunscreen and Lip cream (small tube)
- Sun glasses
- Camera and film
- Compact down jacket (optional)
- Swim Suit and Robe
- Casual clothes to wear around the Lodge