

Packing Tips

Troop 11 Ski Trip

February 2008

Ski Clothing- Skiers should dress in layers to shed moisture and stay warm.

- *Base Layer*- Polypropylene, capilene or other *wicking* fabric. No cotton! Should include both shirt top and bottoms.
- *Warmth Layer*- Fleece or wool; Should be warm but breathable.
- *Shell*- Windproof outer layer; Goretex (expensive) or water resistant nylon are best. Nikwax (sold at REI) has a great waterproofing system for treating synthetic fabric in your washing machine.
- *Ski Pants*- Similar to jacket; wind resistant and preferably water resistant (especially for boarders).
- *Socks*- Wool or polypro. Modern boots work better with thin to medium socks. Don't get the big fat wooly ones.
- *Helmet*- Rent one. Everybody wears them now.
- *Wool or fleece Hat*- Heat loss from the head is high in cold weather; hat should cover the ears.
- *Gloves*- Water resistant gloves; Water resistance especially important for boarders.
- *Snow Boots*- For Apres ski and to-and-from the lifts.
- *Goggles or Sunglasses*-I vote for goggles; better for surviving face-plants. UV protection a must.

Equipment

- Rent skis, boots, poles and boards before leaving Piedmont
- Downhill skiers and boarders should rent a helmet
- Some ski clothes (pants, jackets) can be rented as well.
- Arrange rentals as early as possible

Personal Items

- Sunblock, sunblock, sunblock!
- Chapstick with sunblock
- Towel/Washcloth/Soap/Shampoo
- Sleeping bag and pillow
- Motorola Talkabout (totally optional but bring one if you have one)
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Address and Phone- Hoyfjellet Lodge, 10125 BunnyHill Rd, Soda Springs CA
530-426-9909