Female Packing List for a Ski Trip

Packing for your first ski trip requires careful planning in order to avoid serious injury and serious spending! This packing guide breaks down all the necessary gear into manageable categories so you won't over pack. {Hot tip: Copy/save this list and customize by adding new items and replacing others!}



Building a Ski Outfit

- [ ] Thermal layers - one lightweight top and bottom, one midweight top and bottom, and one heavyweight top and bottom
- [ ] Midlayers: a fleece vest
- [ ] Shell layer: Trilayer ski jacket
- [ ] Ski pants
- [ ] One sports bra
- [ ] Two pairs of ski socks
- [ ] Mittens
- [ ] Helmet
- [ ] Goggles
- [ ] Neck gaiter
- [ ] Balaclava
- [ ] Ski boots, skis, poles (or rental receipts)
- [ ] Buttpads for snowboarders

On-the-Slopes Accessories

- [ ] Fanny pack
- [ ] Hand warmers
- [ ] Sunscreen
- [ ] Handkerchief
- [ ] Lip balm
- [ ] Thick hand and face lotion
- [ ] Cash and card
- [ ] Tampons https://herpackinglist.com/traveling-on-your-period/
- [ ] Extra contact lens
- [ ] Small reusable water bottle
- [ ] Emergency contact card and insurance card

Aprés Ski Stuff

- [ ] One pair of heavy black jeans (+ belt)
- [ ] One pair fleece lined leggings https://herpackinglist.com/leggings-female-traveler-necessity/
- [ ] One long sleeved tee
- [ ] Two pairs of thick socks
- [ ] One heavy sweater
- [ ] One heavy vest
- [ ] Three pairs of underwear
- [ ] One t-shirt bra
- [ ] Pajamas
- [ ] Waterproof/snowproof shoes
- [ ] Bathing suit

Cosmetics

- [ ] Hairbrush and ties
- [ ] Toothbrush
- [ ] Lotion
- [ ] Non-liquid shampoo bar

- [ ] Non-liquid conditioner bar
- [ ] Soap bar https://herpackinglist.com/best-toiletries-for-hand-luggage/
- [ ] Makeup
- [ ] Menstrual cup or tampons https://herpackinglist.com/the-divacup-review/

Liquids

- [ ] Face wash
- [ ] Toothpaste
- [ ] Liquid makeup
- [ ] Menstrual cup cleaner (accordingly)

Extras

- [ ] Tiger balm for aching muscles
- [ ] Zote non-liquid laundry detergent bar or powder laundry detergent
- [ ] Advil (helps with altitude sickness)
- [ ] Ginger chews (also helps with altitude sickness)
- [ ] Kinesthetic tape or knee braces (for joint support)
- [ ] Phone charger
- [ ] Books and coloring books

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