

CRYSTAL

— SKI HOLIDAYS —

PACKING CHECKLIST

Packing for a ski trip takes a lot more planning than your average summer holiday, so we've put together a list of all the essentials.

Check off each of these to make sure you get the most out of your winter.

- WARM, WATERPROOF OUTERWEAR**
You'll need either an all-in-one snowsuit or a jacket and salopettes to keep you warm and dry on the slopes.
- THERMAL LAYERS**
Also called base layers, these long-sleeved tops and leggings made of thermal material are essential for maintaining body heat.
- SKI GLOVES**
Thick, waterproof gloves will keep your fingers warm.
Mittens might be easier for young children to put on by themselves.
- SKI SOCKS**
Long, thin, seamless socks will keep your feet toasty in your ski boots and help prevent blisters.
- GOGGLES OR SUNGLASSES**
The sun's glare on snow can be blinding, especially to kids, so make sure you protect your eyes.
- WARM, OUTDOOR SHOES OR BOOTS**
No one likes cold, damp feet, so a good pair of shoes is vital when you're walking the snow-covered streets of the resort.
- HAT, SCARF AND GLOVES**
Just like in winter at home, you'll want to cover up as much as possible whenever you're out and about.
- SUNCREAM**
Just because it's cold doesn't mean you won't get sunburnt – the reflective snow and high altitude mean your skin needs UV protection.
- LIPBALM**
The mountain air can really dry out your lips, so a tube of lipbalm is always handy.

