



Packing list: 1-Day Ski MW

What you should pack:

****We recommend these items are packed in one duffle bag****

If you do not have any of these items on this list, please contact us and we may be able to lend or rent the items.

Ski & Winter Equipment ****Absolutely no cotton****

Item	Quantity	Helpful information
Backpack or medium duffle bag	1	For carrying all your gear on the bus.
Lunch and snacks	1	No peanuts or nuts. Lunch may not be required if Mt. Washington staff are providing it.
Snow boots	1 pair	Need to be quality. Rated to at least -20 C. A pair of hiking boots could work in a pinch, contact us.
Water bottle	1	A 1L hard water bottle such as a Nalgene is recommended.
Watch (optional)	1	Waterproof recommended
Sunglasses	1	Properly fitting sunglasses that fully cover your eyes.
Goggles	1	A multi-light lens is best
Whistle	1	Fox 40 for tree skiing safety
Helmet (Optional)	1	If you have your own gear, please contact Mt. Washington us to ensure it is the appropriate equipment for the program. Mt. Washington also offers gear rentals.
Skis/Board (Optional)	1 pair	
Ski/Board Boots (Optional)	1 pair	
Poles (Optional)	1 pair	

****Please contact us if you have any questions! ****

****We highly recommend that all gear is tested before the program begins. ****

Ski Clothing ****Absolutely no cotton****

Item	Quantity	Helpful information
Ski Jacket	1	Insulated, preferably waterproof winter jacket for skiing. Ideally purchased from an outdoor store.
Rain jacket	1	We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please.

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If you do not have any or all the items on this list, Western Educational Adventures can provide some equipment either for rent or for purchase at a competitive price.



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Ski Pants	1 pair	Insulated, preferably waterproof winter pants for skiing. Ideally purchased from an outdoor store. You can also use shell pants with a layering system. Please ask us for more information.
Rain pants	1 pair	We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work. Ideally purchased from an outdoor store.
Base Layer (Top)	2	Long sleeved wool or fleece t-shirt recommended, short sleeved may work depending on time of year and weather.
Base Layer (Bottom)	2	Fleece or wool long underwear.
Mid Layer (Top)	2	Wool or fleece
Mid Layer (Bottom)	1	Fleece pants recommended. May not need if insulated ski pants.
Insulating Layer (Top)	1	Down jacket or other puffy
Facemask or buff	1-2	Protects face when super windy and cold.
Ski Socks	2 pairs	We highly recommend thin wool ski socks such as the SmartWool PhD Ultralight ski sock. At the very least, quality wool socks from an outdoor store. Foot comfort will make or break a skiing experience.
Ski gloves	2-3 pairs	Gore-Tex recommended, fully insulated gloves. Black diamond and Outdoor Research make good ones. Please make sure they are fully waterproof and well insulated. Cold hands will break an experience. If you are unsure, ask us!
Fleece or wool gloves	1 pair	Polar fleece gloves, wool ones work too
Hand and toe warmers (Optional)	3-6 each	Many stores such as Costco, Canadian Tire, etc. carry hand and toe warmers. They are especially good if you have poor circulation. Heated mitts, gloves, socks and boot insoles also exist.



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Additional Clothing ****Cotton is ok! ****

Item	Quantity	Helpful information
Long pants	1 pair	Sweatpants or jeans. 1 to wear, 1 as a spare
Underwear	2 pair	Synthetic or wool ideally. 1 to wear, 1 as a spare
Socks	2 pairs	Wool ideally. 1 to wear, 1 as a spare
T-shirt long	1	
T-shirt short	1	

Toiletries and medications

Hand Sanitizer	2	100ml bottles
Sunscreen	1	
Feminine products	n/a	
Personal medications	2X	If there are certain medications the participant is required to take, please pack enough for twice the length of the program.

*****Please contact us if you have any questions!*****

Please do not bring:

- Money in excess of \$50
- Tobacco, alcohol, drugs etc.
- Expensive/luxury clothing
- Jewelry and other valuables

A note on cotton

Cotton is not ideal for any outdoor environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it draws heat away from the body. Other fibers such as wool and synthetics don't get as heavy and still have some insulating ability when wet.

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