



Travel essentials

When you visit cold/skiing countries

Do not forget to visit <http://www.planet-drifter.com> for travel tips, reviews and information.

Travel Essentials

- **Passport** (with any necessary visas)
- **Travel Insurance**
- **Flight Tickets / E-tickets**
- **Accommodation Details**
- **Emergency Contacts**
- **Travel Itinerary**
- **Ski Passes or Lift Tickets** (printed or digital copies)

Clothing

1. **Base Layers (Thermal Underwear)**
 - Long-sleeve tops and bottoms (moisture-wicking)
 - Ski-specific socks (several pairs)
2. **Mid Layers**
 - Fleece jacket or sweater
 - Insulated jacket (down or synthetic)
3. **Outer Layers**

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- Ski jacket (waterproof and breathable)
 - Ski pants (waterproof, insulated, or shell)

4. Accessories

- Ski gloves or mittens (waterproof and insulated)
- Warm hat (beanie or helmet liner)
- Neck gaiter, balaclava, or scarf
- Ski mask or goggles (with interchangeable lenses for different light conditions)
- Ski boots (well-fitted, warm, and comfortable)
- Ski socks (extra pairs)

5. Footwear

- Snow boots (for après-ski and walking around town)
- Casual shoes (for indoors or non-ski activities)

6. Underwear and Pajamas

- Comfortable underwear (moisture-wicking for skiing)
- Warm pajamas or sleepwear

7. Other Essentials

- Ski helmet (for safety)
- Skiing-specific buff or headband
- Hand warmers and toe warmers

Ski Gear

1. Ski Equipment (If You Own)

- Skis, ski poles, ski boots
- Ski bag (for transport)
- Ski bindings (check before you leave)

2. Rental Gear (If You're Renting)

- Skis/poles/boots (rental shop usually provides all)

3. Avalanche Safety Gear (if skiing in backcountry)

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- Avalanche transceiver
 - Avalanche probe
 - Shovel
 - Backpack with avalanche safety compartments
4. **Ski Lock** (for securing your equipment when not in use)

Toiletries & Personal Items

1. **Sunscreen**
 - SPF 30-50 for face and lips (UV exposure is high in the mountains)
2. **Lip Balm**
 - High SPF for protection against wind and sun
3. **Moisturizer**
 - Skin can get very dry in cold weather
4. **Shampoo/Conditioner/Body Wash**
 - Travel-sized bottles if you're flying
5. **Toothbrush and Toothpaste**
 - Don't forget your dental essentials!
6. **Hairbrush/Comb**
7. **Contact Lenses/Solution or Glasses**
8. **Pain Relievers**
 - Ibuprofen, aspirin, or any pain management needed
9. **Chafing Cream or Powder** (helpful in case of skin irritation)
10. **Tissues/Hand Sanitizer**

Tech & Gadgets

1. **Smartphone**
 - For navigation, photos, and emergencies
2. **Camera** (if you like taking photos of your trip)
3. **Portable Charger** (especially if you're on the mountain all day)

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4. **GoPro or Action Camera** (for skiing video footage)
 5. **Chargers for all electronics**
 6. **Headphones or Earbuds** (for après-ski or during downtime)

Miscellaneous Items

1. **Snacks/Protein Bars** (on the mountain for energy)
2. **Water Bottle or Hydration Pack**
 - Staying hydrated is important, especially at high altitudes
3. **First Aid Kit**
 - Band-aids, antiseptic wipes, painkillers, etc.
4. **Ski Wax or Tuning Kit** (for personal equipment maintenance)

Après-Ski & Social Gear

1. **Casual, Comfortable Clothes**
 - For lounging or going out after skiing
2. **Swimwear**
 - If your resort has a hot tub or pool
3. **Book, Magazines, or Entertainment**
 - For relaxing after a day of skiing
4. **Travel Games or Playing Cards**
 - If you're with a group and want to unwind

Health & Safety

1. **COVID-19 Essentials** (if relevant)
 - Masks, hand sanitizer, and proof of vaccination if required
2. **Medication (if needed)**
 - Asthma inhaler, EpiPen, etc.
3. **Health Insurance Information**

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- Especially if traveling abroad or engaging in high-risk sports

Optional Items

1. Ski Boot Bag

- For keeping your boots separate and dry

2. Compression Socks

- For circulation on long flights or long days on the slopes

3. Ski Guidebook or Resort Map

- Useful if you're exploring new terrain