



SKI SAFETY CHECKLIST:

DESTINATION:

SAFETY FIRST:

- ✓ Prepare your vehicle before driving to the resort
- ✓ Make sure your clothing and equipment are suitable
- ✓ Check the weather conditions before skiing
- ✓ Choose the right piste for your level
- ✓ Stay hydrated
- ✓ Be aware of avalanches

HEALTH:

- Sun cream (high SPF)
- Protective lip balm
- After sun
- Toiletries
- Pain reliever
- First Aid Kit
- Deep heat
- High energy snacks

SKI CLOTHING/EQUIPMENT:

- Ski boots
- Helmet
- Poles
- Whistle
- Waterproof jacket
- Waterproof trousers
- Waterproof gloves
- Hat/beanie
- Sunglasses
- Goggles
- Thermal layers
- Ski socks
- Day backpack
- Quick-dry towel
- Water bottle

USEFUL:

Emergency contact number

Resort contact number
