

## ***Recreational Life Ski Trip Packing List***

Please take the time to read this Equipment and Clothing List carefully before making decisions about what equipment you will use. Careful consideration should be given to any purchases. Buy only after reading this equipment list carefully. I encourage you to borrow items if you don't have them. Please contact us with any questions.

The items listed in this packing list are a guide for you to know what to bring. They will aid in your comfort and safety, but the final decision on what to take is up to you. Please ask us if you have any questions.

If you are purchasing new items, we suggest that you begin by consulting staff and looking through some of the outdoor equipment websites (rei.com, campmor.com, backcountry.com, etc.) for an approximate price range and an idea of the varieties of equipment available. You can find used gear from rei.com/used, Poshmark, Worn Wear, etc. Locally you can go to Gene Lockwoods in Hot Springs or Ozark Outdoor Supply or Gene Lockwoods in Little Rock. You might also check your local thrift store and your good friend's closet – **BORROW WHEN POSSIBLE!** Ask around at your church to see if someone has something you can borrow. Buy as inexpensively as possible. However, this does not mean cheap, try to buy decent quality. Snow gear is important to have quality equipment. Again, ask us if you have any questions.

### **CLOTHING**

Winter clothing is divided into categories: base, insulating and shell, for both the upper and lower body. We use a layering system where different clothing items are worn together or separately to achieve optimum body temperature control depending on the temperature. Often for winter clothes the insulation and shell layer is all the same and this is acceptable. Clothing consideration: Cotton or cotton blend garments are not considered insulating because they are not warm when they are wet from sweat or snow. Therefore, wool and synthetic materials, such as Patagonia Capilene, UnderArmour, nylon, and polyester, are a better choice for winter play. It is most important that the layer next to your skin is not cotton.

The temperatures can vary from 0-30 degrees so be prepared for cold temperatures. However, all people are different and require different levels of warmth. This list is merely a guide. Ask us if you have any questions concerning what clothes to bring. This is just a list of the items. You must decide how many of each item to bring for your comfort level. It is often nice to have at least a couple pairs of stuff in case one gets wet, but you can usually dry it out overnight.

#### **Ski/Board Gear:**

- Synthetic/wool long underwear/tights - tops and bottoms
- Fleece jacket/sweater
- Snow pants/bibs
  - These are insulated pants with a water-resistant shell on the outside. Bibs are like overalls and they keep the snow out better. For an affordable option we recommend the Arc'tic Essential Insulated Bib which can be found on Amazon.
- Jacket
  - This is usually insulated with a water-resistant shell on the outside. If you can't find that you can also wear thick fleece jacket with a water-resistant shell layer over that.
- Footwear
  - You will be provided with ski/board boots, but you will need something to wear around town in snowy/slushy weather. Ideally, you want a thick, waterproof boot

like a rain boot or a hiking boot. Tennis shoes can work, just know they might get wet or your feet might get cold.

- We will also need some warm boots for our day when we play in the snow.
- Socks
  - For ski/board days you will want to wear wool or synthetic socks. They will keep your feet much warmer than cotton.
- Gloves – insulated and water resistant
- Beanie/Toboggan/Stocking Cap
- Neck gaiter/Buff/Balaclava/Scarf
- Goggles/Sunglasses
- Backpack to carry your lunch and extra gear in. You can wear it skiing or leave it in a locker (that you pay for) at the base.
- Hand/Toe Warmers
- Helmet (Required: check the box during registration if you don't have your own)

#### Clothing:

- T-Shirts
- Long Sleeve Shirts
- Fleece/Sweatshirts
- Pants
- Belt if needed
- Socks
- Underwear
- Footwear for travel in vans and something to wear walking around town
- Swimsuit (pool possibly available)

#### Personal Items:

- Sunglasses
- Toiletries: Toothbrush, toothpaste, brush, shower kit, tampons, etc.
- Towel
- Medicine, bandaids, etc. **Make sure to bring all prescription meds.**
- Sunblock – We are closer to the sun and it reflects off the snow
- Lip Balm – The air is much drier there
- PBJ (Pen, Bible, Journal)
- Reusable Water Bottle
- Travel mug for hot drinks so you can save the planet and not use disposable cups
- Snacks
- Pillow, book, ipad for the road trip
- Phone charger
- Sleeping bag for travel nights at churches (can be rented from RecLife, just let us know)
  - Note: Our lodging in CO will include towels and bedding
- Money for fast-food travel meals, one meal out in Colorado, souvenirs, lockers, etc.