

Family Ski Trip Packing List (for Overnight & Multi-Day Trips)

Essentials

(for each family member)

- Waterproof / insulated ski jacket (ensure proper fit, breathability)
- Waterproof ski trousers (For kids, choose **salopettes**-ski trousers with suspenders, or a full ski suit, they stay in place and keep snow out)
- Thermal base layers (merino wool or synthetic; **no cotton!**) - read our detailed article about base layers.
- Mid-layer fleece or lightweight down (insulating but not bulky)
- Ski socks (not cotton)
- Neck warmer / buff / balaclava (soft fleece or merino)
- Waterproof gloves/mittens (2 pairs per child, they *will* get wet or lost)
- Goggles (anti-fog, UV-protected)
- Helmet (fit-checked for each child)
- Hand & toe warmers
- Small backpack (for snacks, water, tissues, mini sunscreen)
- Sunscreen & SPF lip balm (kids' sensitive skin burns quickly)
- Reusable water bottles (insulated bottles prevent freezing)
- Pocket tissues or wet wipes

Overnight & Après-Ski Essentials

(For family stays, hotels, chalets, or apartments)

Clothing

- Casual warm outfits for evenings (sweater, jeans, leggings)
- Indoor shoes or slippers (most lodges forbid ski boots inside)
- Pajamas for everyone
- Swimsuit (many family hotels have pools or spas)
- Floaties (if needed)
- Extra underwear & socks
- Warm hat & gloves for walking around the village
- Light jacket or down coat for evenings

Toiletries & Health

- Toothbrushes, toothpaste, and kids' toiletries
- Hairbrush/comb, hair ties
- Moisturizer & lip balm (mountain air is *dry!*)
- Family first aid kit (pain relief, plasters, thermometer)
- Medications + motion sickness remedies (for transfers)
- Tissues and hand sanitizer
- After-sun or aloe gel

Comfort & Entertainment

- Snacks for travel and slopes (nuts, granola bars, fruit pouches)
- Travel games, coloring books, cards, or audiobooks
- Tablets/headphones (download movies offline)
- Stuffed toy or comfort item (for younger kids)
- Nightlight or portable reading lamp (familiar bedtime setup)
- Compact laundry detergent for washing small items
- Wet/dry bags for damp base layers
- Power banks & chargers for all devices
- Travel adapter (if abroad)
- Foldable tote for groceries or dirty clothes

Documents & Travel Must-Haves

- Passports / IDs
- Lift passes / booking confirmations
- Travel insurance documents
- Hotel or apartment details
- Health cards / emergency contacts
- Credit/debit cards + cash
- Copies of key documents (saved in phone & printed)

Optional But Handy

- Sled or snow slider (cheap fun for non-ski time) - you can also rent them!
- Small foldable stroller or baby carrier (for toddlers)
- Reusable hand warmers
- Portable boot dryer (absolute game-changer!)



- Compact humidifier or essential oil diffuser (for the dry air)
- Sunglasses for everyone (snow glare hurts even off the slopes)
- Hand sanitizer
- AirTags or GPS trackers for kids' jackets (peace of mind if they wander off)