

penny pitou travel

SKIING THE ALPS SUGGESTED PACKING LIST

SKI BOOTS (plus "CATTRACKS" if walking in ski boots concerns you)

SKIS (one pair) Or **RENT** in Europe. You'll be assured of the latest model.

SKI POLES

1 PARKA (you could wear it while traveling)

1 PAIR WARM UPS

2 T-NECKS (zip type work best for wear inside as well as outside)

1 POLARFLEECE or DOWN SWEATER (Patagonia)

COMFORTABLE PANTS to wear at breakfast

MEN: 1-2 CORDS or SLACKS-"DOCKERS" OK-with open shirt for dinner and après-ski

WOMEN: 2 PAIR SLACKS AND BLOUSES (and shoes)

AFTER-SKI BOOTS (or sturdy walking shoes with good tread)

1-2 PAIR LONGJOHNS

4 UNDERWEAR (don't overdo--you can always wash them in the bidet)

1 PAIR PJ's (if you're proud, bring another pair for the second week)

2-3 SOCKS (for skiing and après)

SKI HAT or SKI HELMET

NECK WARMER

1 PAIR SKI GLOVES & 1 PAIR MITTENS (either I'm getting older or it's getting colder)

GOGGLES

SUNGLASSES

HAND/FOOT WARMERS (better warm than sorry)

HAIRDRYER/CURLING IRON (remember: the voltage is 220 and the plugs are different, you need to purchase an adapter plug at a hardware store or better yet if you envision yourself making a habit of European travel, invest in a 220-volt model over there. Most hotels now have hairdryers in the bathrooms.)

Any **MEDICATION** (Nuprin or Ibuprofen) you may need while in Europe (the usual over-the-counter stuff is available everywhere; you need bring only prescription drugs)

OPTIONAL

TRAVEL NECK PILLOW/EYE SHADES (for plane/train/bus travel)

RAZOR

WASHCLOTH (many hotels now supply them)

TRAVEL ALARM CLOCK

CAMERA

TOILETRIES & SUN/LIP CREAM/BLOCK (SPF 15-30)

LIGHTWEIGHT SLIPPERS (only if cold bathroom tiles bother you)

LIGHTWEIGHT DAY PACK and/or FANNY PACK

LAUNDRY SOAP/WOOLITE

SWISS ARMY KNIFE--for anything from cleaning your fingernails to trimming your hair—***DON'T PACK IN CARRY-ON***

EAR PLUGS (depending on your roommate and/or your sensitivity to street noises)

BATHING SUIT (many hotels now provide bathrobes and slippers to wear to the sauna/swimming pool)

DUCT TAPE (for all repairs)

VOLTAGE CONVERTER

LANGUAGE DICTIONARY

EDGE SHARPENER/STONE

SOME THINGS TO KNOW BEFORE YOU GO: Europe is ***WARMER*** than the U.S. in the hotels, especially at the ***DINING TABLE***. Europeans “dress up” for dinner. It's rare you'll need a sweater at breakfast/dinner. A jacket for men is optional (and very warm) in 4-star hotels, but mandatory (with tie, no less) in 5-stars. **LAUNDRY SERVICE IN EUROPEAN HOTELS IS EXTREMELY EXPENSIVE.** Bring laundry soap and wash your own clothes. Many European hotels now have hair dryers and bathrobes in the rooms (or at the front desk). However, check before you leave home. Layering works best on the ski slopes (reason for the fanny pack or light daypack).

Whatever you forget, you can buy in Europe. There are grocery stores, liquor stores, pharmacies and lots of ski shops.

Modify according to length of stay in Europe

**SKIING THE USA
SUGGESTED PACKING LIST**

SKI BOOTS

SKIS (one pair--it's easier if traveling as a twosome to pack both pairs of skis in one bag, plus poles. Makes for fewer pieces to transport.)

SKI POLES

1 WARM PARKA (you could wear it while traveling)

1 LIGHTER WEIGHT PARKA

1-2 PAIRS SKI PANTS (1 pair warm-ups or wind pants) OR 1-2 ONE PIECE SUITS (eliminate the parkas and ski pants)

2-3 T-NECKS (zip type work best for wear inside as well as outside)

2-3 SWEATERS (lightweight for inside/heavier for outside)

CORDS or BLUEJEANS for apres ski

AFTER-SKI BOOTS

1-2 PAIRS LONGJOHNS (poly-pro or capilene are the warmest and easiest to wash and dry)

4 UNDERWEAR (don't overdo—you can always wash them in the bidet)

1 PAIR

SOCKS (for skiing and apres)

SKI HATS plus 1-2 HEADBANDS

2 PAIRS SKI GLOVES (you will rarely need mittens)

GOGGLES

SUNGLASSES

RAZOR

HAIRDRYER/CURLING IRON

MEDICAL PRESCRIPTIONS

OPTIONAL ITEMS

CAMERA/FILM

TOILETRIES/SUN CREAM

LIGHTWEIGHT SLIPPERS

LIGHTWEIGHT DAY PACK or FANNY PACK

SWISS JACKKNIFE

BATHING SUIT and COVER-UP (to wear to sauna/swimming pool)

Whatever you forget, you can buy at the grocery stores, liquor stores, pharmacies and ski shops.

ATTACH LUGGAGE TAGS TO YOUR BAGS

***Modify according to length of stay**