

JAPAN/INTERNATIONAL CHECKLIST



449 CANTERBURY RD SURREY HILLS VIC 3127 PH. 9830 1044
 WWW.SKIANDBOARD.COM.AU
 INFO@SKIANDBOARD.COM.AU

ITEM NAME		1.	2.	3.
Jackets	X2 - One for skiing/riding and one for at night for dinner and casual wear			
Pants				
Gloves / Mitts	*Highly recommend mitts			
Casual gloves	* Keep your hands warm at night without taking your ski gloves out			
Goggles & spare/clear lens	* You will need low light lenses			
Beanie (casual)				
Helmet & audio cables	* Highly recommended for Japan with its epic tree skiing			
Neck warmer & Scarf (casual)				
Thermal Pants Thermal Tops	* The cleaner the better 2-3 sets			
Skins	* Awesome but even more so if you are unfit!!			
Mid layers / Skivvy				
Bonded Fleece / 3rd layer / Vest				
Hand warmers / Toe warmers	* Hand warmers are a must if you're not wearing mittens			
Après	* Something warm for your feet. You may want to buy spikes when you're over there though			
Socks (Specialised & casual)	* You don't wear shoes inside so you'll need lots of clean pairs			
Footbeds	* For your ski boots, especially if you'll be hiring over there			
Backpack				
Backpack / Ski & Board & Boot & Travel Bags				
Fog cloth / Goggle wipe / * Whistle				