



**CARTER ACTIVE TOURS:** [www.CarterActiveTours.com](http://www.CarterActiveTours.com)

**What to bring on the Seefeld Nordic Skiing Trip:**

*This is just some general ideas to help you get packed. You may want to bring more or less depending on your individual situation.*

**Luggage:**

- 1-ski gear bag with some ski clothes wrapped around skis
- 1-medium clothing bag
- 1-carry-on bag

**Equipment:** Both Classic and Skating skis, poles and boots, wax kit, or you can rent equipment. There will be benches to use for waxing. There are lessons available at Nordic centers for: classic, skating, Nordic walking, snowshoeing (*paid individually when you are in Austria*).

**Ski wear:**

- Backpack, water bottle
- 2 Hats, 1-light & 1-heavier
- 2 pair Gloves: 1-light, 1-heavier
- Wind-blocking jacket
- Warmer ski jacket
- Ski vest
- 2-lightweight polypro long sleeve shirts
- 2-midweight polypro long sleeve shirts
- 1-pair polypro long underwear / thermals (not cotton)
- 2-ski pants/tights
- Warm-up pants or warmer than tights
- 2-3 pair ski socks
- Classic/Skating boots
- Classic/Skating poles
- Classic/Skating skis
- Wax kit

**Regular clothes:**

*It is easy to bring too many clothes – (as I have found out) most days you will come to breakfast in your casual clothes; then change into ski clothes for activity; then return to hotel for dinner and change into your dinner clothes. You won't need to have a different outfit for each day!*

- Sweater
- Fleece top
- Turtleneck

Dress shirt  
Jeans  
Dressier pants  
Fleece pants/sweat pants  
Warm coat for walking around town  
Hat/gloves/scarf  
Boots/casual shoes  
Slippers  
Sleeping attire  
Bathing suit  
Underwear  
Toiletries (travel size toothbrush and paste, soap, shampoo, tissues, etc)  
Medicine/First Aid

*Tip: Be prepared for a variety of weather situations. Bring items that you can layer to add for more warmth or remove to cool down. Bring active clothing for cross-country skiing, like those made of breathable, quick-drying synthetic fabric or merino wool. Cotton is not a good fabric for physical activities like skiing because it doesn't wick moisture away (easily gets sweaty, wet and heavy), and it does not insulate. Keep comfort level in mind with clothes and footwear, as well as the size of your luggage!*

**For Travel:**

Tickets  
Passport  
Cash, credit card, travelers cheques, Euros  
Copies of your passport, driver's license, credit card, travelers cheques, tickets  
Backpack (carry-on bag – include one outfit in case issues with checked luggage)  
Water bottle  
Snacks  
Sweater or jacket  
Books, iPad, Kindle, etc.

**Accessories:**

Sunglasses and sunscreen  
Headlamp or flashlight  
Camera, extra memory cards/film, battery charger  
Books, iPad, Kindle, etc.  
Battery charger for iPad, Kindle, etc  
Universal Converter / Schuko / Europlug attachments for outlets for charger wall plugs