

# Aussie Disposals

THE OUTDOOR ADVENTURE STORES PROUDLY AUSTRALIAN

Est 1962

## SKI CHECKLIST

### CLOTHING

|                    |                          |
|--------------------|--------------------------|
| Thermal Top        | <input type="checkbox"/> |
| Thermal Long Johns | <input type="checkbox"/> |
| Fleece Skivvy      | <input type="checkbox"/> |
| Fleece Jacket      | <input type="checkbox"/> |
| Shell Jacket       | <input type="checkbox"/> |
| Bib N Brace PANTS  | <input type="checkbox"/> |
| Shell Pant         | <input type="checkbox"/> |

### ACCESSORIES

|                           |                          |
|---------------------------|--------------------------|
| Neck Warmer               | <input type="checkbox"/> |
| Beanie                    | <input type="checkbox"/> |
| Goggles                   | <input type="checkbox"/> |
| Sunglasses                | <input type="checkbox"/> |
| Gloves                    | <input type="checkbox"/> |
| Glove Liners              | <input type="checkbox"/> |
| Socks/ Spare Socks (Wool) | <input type="checkbox"/> |

### EQUIPMENT

|                          |                          |
|--------------------------|--------------------------|
| Snow Boots/ Joggers      | <input type="checkbox"/> |
| Ski Boots                | <input type="checkbox"/> |
| Skis With Bindings       | <input type="checkbox"/> |
| Ski Poles                | <input type="checkbox"/> |
| Snow Board With Bindings | <input type="checkbox"/> |
| Snow Board Boots         | <input type="checkbox"/> |
| Toboggan                 | <input type="checkbox"/> |

### ADDITIONAL EXTRAS

|                   |                          |
|-------------------|--------------------------|
| Energy Food       | <input type="checkbox"/> |
| Lip Balm          | <input type="checkbox"/> |
| Sunscreen         | <input type="checkbox"/> |
| Water             | <input type="checkbox"/> |
| Lift Ticket       | <input type="checkbox"/> |
| Change Of Clothes | <input type="checkbox"/> |
| Snow Chains       | <input type="checkbox"/> |

### SKI HIRE AVAILABLE

# HOTHAM



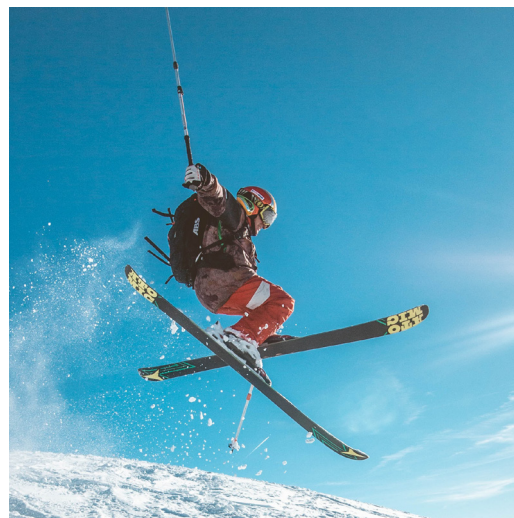
## Mt Buller



## Falls Creek



[www.aussiedisposals.com.au](http://www.aussiedisposals.com.au)





## Handy Hints

When going skiing or snowboarding for the day make sure you inform family or friends of your location, where you intend to spend the day and when you plan to return. Although it may be cold, sun reflects off the snow making sunburn a real danger. Always remember to take sunscreen, sunglasses and a hat.

Keep informed as to the weather conditions and make sure you listen to the snow report before you go out. Taking your mobile phone is also a good idea. To avoid injury, know your ability and make sure you are always in control and able to stop and avoid other people and objects. It is a good idea to take lessons to improve, a lesson every 5th day will help you progress. Most importantly., never ski alone!



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