

# Packing for our Snow Sport Holiday

Bringing the right clothing & equipment to the slopes is a fine balance between warmth, comfort, necessity and space. Firstly, could I ask that you don't over pack and the coach company have asked that you pack a holdall style bag rather than a rigid suitcase to make packing the space under the coach easier.

## Ski & Boarding Kit List

### Compulsory on the slopes

- Ski salopettes (trousers)
- Ski jacket (make this the only jacket you take for the week)
- Goggles (styles are available to fit around glasses)
- Ski gloves (waterproof is essential)
- Ski socks (2 or 3 pairs)
- SPF 30+ sun cream for face
- SPF lip balm
- Thermal base layers
- T-shirts
- Fleece / hoodies / jumpers
- Small back pack for lunch / clothing / cash

### Optional items for lunchtime on the mountain

- Sun glasses
- Woolly hat
- Hand warmers

### Hand Luggage Essentials

- Snacks
- Passport
- GHIC / EHIC
- Visa or Residency card (if required)
- Euros & currency card
- One pair of ski socks
- Hygiene items for the journey such as toothbrush, toothpaste, sanitary items etc
- Entertainment items, eg: books, games etc
- Head/neck support pillow

## Hotel Kit List

In the evenings after skiing / boarding, students can wear casual clothes and trainers about the hotel. Please keep clothing respectable and appropriate for the cold weather. Again, don't over-pack!

We will head out of the hotel in the evenings for "après ski activities". For this I suggest a good boot / shoe with a decent grip, and recommend students travel in this footwear on the coach journey, to save packing space.

Up in their rooms students will need nightwear / loungewear, toiletries and travel adaptors. Students with longer hair may wish to bring a small hair towel and hair dryer.

Please remember to pack personal medication including travel sickness pills, paracetamol & ibuprofen should you regularly self-medicate. Emergency first aid such as asthma pumps and epi pens / auto injectors are essential too.