

EQUIPMENT LIST

1. Towels
2. Wash kit: Soap, Shower gel, toothbrush, toothpaste, shampoo, deodorant!!
3. Euro mains socket adaptor
4. Sun Cream - Snow reflects the sun, your exposed skin will burn.
5. Sun glasses or Ski goggles – They don't steam up or fall off like sunglasses do in the cold
6. Warm hat
7. Lip salve
8. Spending money –if you want snacks during the day and in the evening
9. Waterproof Jacket
10. Waterproof Trousers
11. Synthetic fabric T-shirts (for when skiing)
12. Ski Socks. Enough for 6 days skiing
13. Small rucksack (For packed lunch, spare clothes, etc.)
14. Underwear
15. Warm socks
16. Nightwear
17. T-shirts
18. Swimwear (Pool)
19. Trousers
20. Jumper (ideally synthetic fabric or wool. Fleece is good)
21. 2 x Warm, waterproof Gloves (Consider ones with built in wrist protection)
22. Practical footwear (CCF boots are better than trainers. Flimsy trainers/shoes are not practical).

Notes:

Although clothes should be warm, excessive quantities of clothes are not required. You will usually be active when outside and the hotel and other indoor venues are well heated.

Optional considerations:

- a. Wrist protectors or gloves with built in protection. Note separate wrist protectors require larger gloves because of their bulk.
- b. Try to avoid cotton for outdoor wear. It loses all insulation when wet. Synthetic fabrics (Polyester, Nylon, and Viscose) and wool are much better.
- c. Long Johns. If you feel the cold, these can be worn underneath your wet proof Trousers.

You have 20kg for your main hold luggage you don't need to take your whole wardrobe or make up case!!

It is at your own risk if you take your mobiles, go-pros and ipads/tablets, all personal items such as these are not covered by the school insurance.