

What to bring!

You will find below a summary of items that we would strongly recommend you take with you on your visit.

SKI JACKET - should be windproof, waterproof with elasticated cuffs and waist. A hood is useful.

SKI PANTS/SALOPETTES - should be warm, water-resistant with inner cuffs on leg bottoms. Jeans are not suitable!!

COTTON POLOS/FLEECEES/T-SHIRTS/ JUMPERS - preferably cotton, warm and light. Several thin layers are best.

THERMAL LAYERS - tops and leggings for skiing.

HELMET - These are included in the package and will be collected in resort.

HAT - large enough to cover your ears and not too tight. Wool/acrylic mix is suitable for being warm, lightweight and water-resistant. Should always be carried on the slopes. Please note that all students are required to wear a helmet.

NECK SCARF/SNOOD

SKI GLOVES - should be windproof and waterproof. **MUST** be worn at all times, even on warmer days. Mitts are preferable for beginners. Woollen gloves are **NOT** suitable.

SKI SOCKS - at least two pairs of loop stitch tube socks. Woollen walking socks are not suitable.

SKI GOGGLES AND/OR SUNGLASSES - Absolutely essential both on good and bad weather days. Should be worn at all times. Goggles are more suitable for children than glasses as they are less liable to breakage and loss and keep out the snow.

WALKING BOOTS OR STRONG TRAINERS/SHOES - You may need to walk to ski hire through snow or wet conditions so you will need footwear that will keep your feet dry.

SMALL RUCKSACK/BUM BAG - Useful for carrying your items around.

HIGH PROTECTION UV SUNSCREEN AND LIPSALVE - Should be worn every day and reapplied as necessary. You can burn on the mountain even on a cloudy day.

APRES-SKI WEAR should be warm and casual. Footwear should be sensible and comfortable - rubber soles are preferable. High heels are not recommended! You might also like to take a swimming costume. Towels are provided in all hotels, but rarely tend to be the fluffy ones we're used to back home, so you may wish to take one bath towel with you. Don't forget reading material, ipods, water etc for the journey and a few fun-sized chocolate bars are great for taking onto the slopes to give yourself an energy boost!

