



Alpine Adventure Ski Kit List

General clothing

- Waterproof Jacket
- Rugby / T-Shirts
- Underwear (including Thermals / Long Johns)
- Off Duty Casual clothes
- Trainers
- Tracksuit or similar
- Socks (including Ski Socks - 2 pairs minimum!!!)
- Trousers
- Boots (walking/snow)

Ski items

- Insulated Ski / Snowboard Jacket
- Insulated Waterproof Trousers (preferable) / Ski trousers / Salopets
- Ski Goggles (Preferably double Lens)
- Pullovers / Fleece
- Waterproof Gloves / Mittens
- Woollen Hat / Balaclava
- Scarf
- Sunglasses (no Glass lenses)
- Sun Barrier Cream (High Factor!!!!!!!!!!!!!!)
- Lip Salve

Miscellaneous

- Washing / hygiene requisites
- Towel (May go swimming!! So larger not hand towel)
- Swimming costume
- Spending money (Euros and Sterling for snacks on journey & general spending)
- Pencil and Paper + Pen
- Whistle
- Torch (With spare batteries)
- Small Rucksack / Day Sack
- Plastic Lunch Box
- Thermos Flask (non-breakable preferably)
- Emergency Food (Mars Bars, Kendal mint cake etc.)
- Luggage labels
- Plastic bags for lining day sack
- Passport & EHIC

Optional items

- Camera
- Mobile phone. Remember international charges will apply to call UK!
- Skis & Ski Boots if you wish to use your own.
- Books / Personal Walkman / iPod / Snacks for coach journey etc.
- Food snacks
- DVD for coach journey (appropriate content / certificate)



Medication - If you are on medication, ensure you have an adequate supply and that it is in date. Also ensure staff are made aware of what it is that you have, and label it. If you will need it during the coach journey, ensure that it is in your hand luggage and **NOT** in your case or bag with the main coach luggage.