

KIT LIST

All of the following items must be packed in a lightweight bag.

Bags must be clearly **NAMED**

All items must be **CLEARLY NAMED** with both first name and last name.

We will encourage the boys to be independent - they must be able to carry their own kit. It is also important the boys know what is contained in their bags in order to pack for the return journey so they should be helping pack their belongings in the first instance. Bags with WHEELS are much easier for the boys to transport.

Ski/Snowboard equipment

PLEASE DO NOT bring your own equipment as everything will be pre-booked and waiting for us to collect at the resort on your first day. If you have said that your son is bringing their helmet and/or boots (on the information request form) then that is fine.

Clothing to wear for travelling:

Ski Trip hoodie – (this must be worn for easy identification whilst travelling)

Polo neck sweater

Jeans or warm trousers

Ski Jacket

Snow boots or trainers (*see après ski equipment for packing)

Clothing to wear for skiing?

It is very important that your son keeps warm and dry on the slopes – no one will enjoy an experience that is wet and cold! Skiing equipment should be waterproof, windproof and breathable.

Ski Jacket and Salopettes (ski trousers)

This jacket is for on and off the slopes. There is no need to bring two.

Please make sure you bring a good warm jacket that allows freedom to move. The jacket should be long enough to fully cover the kidney area and overlap properly at the waist. It should have cuffed sleeves that are long enough. Metal zips can freeze to the skin, so try to get plastic.

1 x pair of ski trousers/salopettes (All-in-one ski suits are an alternative, but jackets and trousers are more versatile)

Trousers should also be windproof and waterproof, with plastic zips if possible. Trousers must be wide enough to come well over the top of ski boots or have the facility to unzip at the bottom in order to cover the ski boot. Boys whose trousers do not fit properly get snow down their boots and their feet get wet and cold as a result.

Hats

1 x warm hat that fits properly and **does not affect visibility.**

We can lose up to 40% of our body's heat through our heads, so wearing a hat will make a big difference. Make sure it is a hat suitable for skiing.

All boys will be wearing a helmet whilst skiing so a hat that will fit under a helmet is a great way to combine safety and warmth.

Socks

2 x long john or woolly tights (optional – but advisable!)

3 x pairs of thermal ski socks

We recommend insulating, moisture wicking socks made of wool or acrylic. We do not recommend using two pairs of normal socks, as it will cause you painful blisters.

Gloves/mittens

1 x pair of good quality ski gloves with thermal linings (however, in our experience these are the first things to go missing, we do try and take as many spares as possible but a second pair would be advisable)

Gloves which have moisture wicking inner and outer part which is waterproof and made from insulating fabric - It is worth getting a pair of good gloves, if hands are cold the boys will not be happy skiers.

Goggles

1 x pair goggles

Goggles will help to avoid snow blindness, and are ideal for use in all types of weather.

Sun cream/lip balm

High protection factor children's ski cream for face and similar for lips.

The reflective effect of the snow makes it easy to get burnt on the slopes, so do bring a high factor sun lotion and lip balm.

Under the jacket

3 x warm vests (preferably thermal)

3 x polo neck cotton jumpers

2 x sweatshirts, jerseys or fleeces

Try to wear fleece jacket or polyamide fibres which are fully hydrophilic and which absorb the moisture, easily transferring it towards the outside. It is better to wear a couple of thin layers rather than one thick, so you can take a layer off if you get too hot during the day.

Clothes to wear when not skiing

Your ski jacket, scarf & gloves

Snow boots/timberlands – boots for walking around in the snow (*see what to wear for travelling – the boys only need two pairs of shoes in total – snow boots and trainers/casual shoes)

Jeans/trousers x 2/3 pairs

Sweaters x 3

T-shirts/tops/shirts to wear under jumpers x 4

Socks x 7

Underwear x 10

Pyjamas x 1

Inside shoes or slippers x 1

Wash bag containing:

Brush or comb

Toothbrush and toothpaste

Flannel/sponge

Soap or Shower gel

Shampoo/Conditioner

Large Towel x 1 – **(The hotel does not provide a towel!)**

Medicines

The staff will carry a medical kit, but if the boys are taking specific medication, it must be **handed to the ski trip leaders on arrival at school**. It must be **named with an accompanying written explanation of dosage and timings**.

We will not administer medicine of any kind without signed consent.

Optional Extras

1 wallet (for safekeeping of pocket money - We advise around €30 as the boys should not need to buy anything.) We cannot exchange £ sterling. All pocket money must be sealed in an envelope with your son's name and the amount of money provided on the front.

A book

Drawing books and crayons, pencils and pens

Card games, etc.

Favourite teddy bear / stuffed toy (small) – for sweet dreams

The boys may bring **ONE** electronic handheld device (and its charger) to use for the duration of the journey as long as they are named! These must be handed in to staff when we arrive at the hotel and will be given out by staff when appropriate.

ALL ELECTRONIC EQUIPMENT MUST BE CLEARLY LABELLED!

PLEASE DO NOT BRING MOBILE PHONES or LAPTOPS

Please no sweets or food in hand luggage (we will ensure the boys are all happily fed at all times)

NO liquids due to airport regulations – we will supply the boys with drinks.