

Ski Trip – KIT LIST

All students must have appropriate clothing for skiing.

The following list is **ESSENTIAL**.

Please remember that lots of thin layers are a more efficient way of keeping warm.

Ski Jacket and Ski Salopettes

Ski Goggles

Ski Gloves

Warm Hat

Thermal Layers Polo/roll necks/t-shirts

Sweatshirt / Fleece

Sunglasses (optional but suitable for ski conditions)

Trainers and other footwear for après ski activities

Proper Ski Socks

Sun Protection Cream

Lip Salve

Water Bottle – for use while you are skiing

Small rucksack – to carry packed lunch and water bottle

AND:

Normal clothing and underwear for evening and daily use.

Towel

Wash kit

Swimming Costume (NO bikinis please)

Swimming Hat

Swimming towel

Please note that a **SWISS type plug adapter** will be needed, each room group might want to bring one small 3 or 4 way extension lead (UK 3 pin) as well so this can be plugged into the SWISS type adapter.

Hand Luggage – suggestions

Money (English /Swiss Francs)

Food and drink for the journey

Medication for journey

Water bottle

Optional BUT recommended:

Neck pillow or pillow

Small blanket

Ear plugs / Eye Mask

Small wash kit and toothbrush/paste

to freshen up during the journey

Students are responsible for the security of all of their belongings and money.

MEDICATION for the week should be packed in the students hold luggage in a clear named plastic bag with full instructions. Mrs Taylor-Lane will collect this from the student at the start of the week. **All medication MUST be in its original packaging.** Where the medication is prescribed, the dispensing label must also be present on the package or a copy of the prescription provided.

