



Ski Visit - Equipment needed



Essential Equipment

Ski jacket and salopettes

Long ski socks (not football socks)

Ski gloves

Goggles

Neck gaiter/buff

Base layers - thermal tops and leggings

Thin tops: t-shirt, sweatshirt and/or micro-fleece

High factor (50+) sun cream and UV lip salve

Casual Wear

Sweatshirts/hoodies

Hat (helmets will be provided for use when skiing)

Casual trousers/jeans/leggings

Tracksuit bottoms

T-shirts and tops

Towel

Sturdy trainers/walking boots for outdoor wear (smooth soled shoes are not suitable but it is not necessary to buy walking boots or snow boots if not already owned)

Shoes/trainers for indoor wear m9

Other items

Nightwear

Slippers/flipflops

Sunglasses

Personal first aid kit - plasters, blister plasters, travel sickness medication, calpol, paracetamol, ibuprofen etc.

Any other medication such as inhalers

Toiletries/Personal hygiene kit – soap/shower gel, shampoo, deodorant, toothbrush, toothpaste, anti-bacterial handwash etc

Small rucksack for the journey

Small supply of snacks for the journey

Spending money in Euros

Spending money for breakfast/snacks at Newcastle Airport

Packed lunch to eat on arrival in France