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**WHAT TO PACK – SKI TRIPS**

**SKI/BOARD EQUIPMENT – All Essential**

1. Ski jacket
2. Salopettes/trousers
3. Sunglasses
4. Goggles (anti fog)
5. Specialist gloves/mittens
6. Ski socks (2-3 pairs)
7. Woollen hat
8. Scarf/snood
9. Thin layers of t-shirts or thermals to keep out the cold
10. Sun cream (factor 15+)
11. Lip salve
12. Wrist Guards (snowboarders)

**NON-SKI WEAR**

Jumpers/fleeces

Shoes/trainers for wearing around the resort

T shirts

Sturdy (waterproof) shoes/moon boots

Underwear

Socks

Jeans/trousers

Sports gear

Swim suit

Nightwear

Hair dryer

Chargers and adapters

**HAND LUGGAGE FOR MOTORCOACH TRIPS**

Pack a wash bag in your hand luggage and wear warm, loose, comfortable clothing. If on a coach, it will be cold during the night and this is where your ski jacket will be useful.

Food and Drink

Small Head Pillow

Ski jacket / comfortable clothes for journey

MP3 / 4 / Ipod

Books and magazines

Water bottle

Euros / Dollars

Camera

We recommend that you wear your ski jacket for the journey but pack all other skiing items. (A pair of ski socks should be packed at the top of your bag so that they can be easily accessed, just in case Ski Fit occurs immediately on arrival).

**Please note that you are allowed one bag for the main compartment under the coach/plane and one item of hand luggage**. DO NOT over-pack. All main luggage must be able to fit.

**After lessons**

Aprés ski dress tends to be very informal and casual. For most occasions jeans and a top (or similar) are perfectly adequate and acceptable. One may prefer to dress up a bit for the Disco, but there will be no need to bring vast amounts of ‘smart’ clothing.