

Checklist of items worth taking on the trip

**Items shown in bold below will need to be packed for the trip.**

<b>Ski gloves</b>	
<b>Ski trousers</b>	
<b>Ski jacket</b>	
<b>Ski hat</b>	
<b>T-shirts x 5 (including some long sleeved)</b>	
<b>Ski goggles</b>	
<b>Ski sun glasses (including neck strap)</b>	
<b>Ski socks x 4 or more</b>	
<b>Thermal t-shirt or vest</b>	
<b>Thermal long johns</b>	
<b>Sweatshirts or jumpers</b>	
<b>Scarf</b>	
<b>Towel</b>	
<b>Toiletries</b>	
<b>Socks</b>	
<b>Training shoes</b>	
<b>Pocket money in euros and sterling</b>	
<b>Night clothes</b>	
<b>Sun cream / block</b>	
<b>Lip salve</b>	
<b>Travel sickness medication if needed (+ polythene bag!)</b>	

**The following items are optional but worth considering:**

Food and drink (preferably water) for the journey	
Pens	
Jeans	
Tracksuit bottoms	
Snow shoes/boots	
MP3 player/ Music player + spare batteries	
Portable computer games	
Book and/or games	
Camera and spare batteries	
Swim wear	
Inner gloves	
Bottle for water	
Chocolate/biscuits	
Alarm clock	
Smallish day sack/bum bag	
Travel wash	
Paracetamol or similar	
Throat lozenges	