

Checklist of items worth taking on the trip

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

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

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	
Spare gloves	
Chocolate/biscuits	
Alarm clock	
Smallish day sack/bum bag	
Travel wash	
Paracetamol or similar	
Throat lozenges	