

Checklist of items worth taking on the trip

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

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| 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:

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|---|--|
| 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 | |