

What to Take

You need

- * Individual Passports with at least 6mth remaining.
- * E111 Card (medical cover form from the post office, free)
- * Walkman, gameboy etc. to keep you entertained on the trip.
One year we lost/had stolen a number of these & mobile phones, so be warned.
- * Why not take a book instead, no batteries to worry about & really cheap.
- * Packed lunch or similar, drinks, sweets etc. for journey to Resort
- * Spending money. (Euros or Pounds Sterling)
As a guide 10€(about £7) a day pocket money seems reasonable
All meal are included + water with the meals,
but not soft drinks or drink bottles for the mountain.
Ski badges & tests are extra. (about 10€)
Ski resorts are not cheap, it's a major effort to get goods that high up, combine this with
a captive audience & expect to pay £1.50 to £2.00 for a coffee or a can of Coke on the
mountains.
Optional evening entertainments: swimming, ice skating, Ten pin Bowling, there will
something on offer every night. The cost of these activities is included in the trip.
- * Any medication you normally take: asthma inhaler etc.
with written instructions for me please.

Clothing Recommendations

This is only provided for your guidance, not as a 'must have' list or a definitive one.

However, I do have a lot of experience in outdoor pursuits & hold national instructor qualifications in: Scuba Diving, Kayaking & Hill walking, as well as organising ski trips for over a decade & holding the new industry standard 'Off Site Safety Management Award'.

- **The layer system is a must.**

This is the modern approach to clothing for all outdoor sports: hill walking, rock climbing, mountaineering, skiing etc & also 'just surviving the wet British climate'.

This uses a thin outer waterproof (preferably breathable) coat, & then a mid & base layer which are made of materials designed to give; warmth, wick away moisture from the skin & not absorb it like cotton.

The many layers allow adaptation to the changing conditions during the day.

- **How do you make use of the layering system?**

1. Jacket, could be high quality rain jacket, non insulated, this can become very adaptable for uses in many climates & conditions, including Exeter high street!
These highly breathable, & totally waterproof jackets, allow most of our perspiration to exit, but remaining 100% waterproof to external moisture.
You will get good value from these if your child wants to do some hill walking.
 2. Newer ski jacket, very limited insulation & similar to above, but not waterproof, as the cold = snow & hail which makes this less important. You will frequently see the term 'Snow proof' which translates to shower proof, fine for skiing & cheaper than 1.
Not so useful back in England, unless it's cold & dry.
 3. Traditional insulated ski jacket. Large bulky, cheaper, more difficult to adjust to prevailing conditions, will be 'Snow proof' like 2 but not water proof like 1 & so like 2 has a more limited use, outside of skiing or very cold, dry English weather.
- Trousers, you can't really beat Salopettes (purposely designed trousers for skiing). They come in the 3 versions like the jacket above. But our climate does not dictate their use outside of extreme hill walking in the winter & so I would suggest aiming for one with qualities similar to 2 above.
 - Think layers with all your clothes.
 - All in one's (boiler suit type arrangement) or separate salopettes & jacket, as you can see I prefer the latter. It give you the flexibility to wear your ski jacket in the evening, when you are unlikely to want to wear your salopettes.
But both will do the job.

- **Avoid cotton under garments**, unless they are specially coated to wick away moisture. Cotton absorbs water (perspiration) & then provides no insulation to the wearer.

To Take List (guide)

Casual wear, for evening, travelling etc:

- Normal socks x3.
- Swimming trunks x1 (swimming shorts are not accepted in many French pools).
- Towel x1
- Thermal snow shoes/boots are not essential, trainers & warm socks can be OK.
Although the tread on snow boots, are better for walking on ice.
I use my walking boots, they are not ideal, but better than shoes/trainers.
- Trousers x1.
- T-shirt or similar x2.

Ski Wear

➤ Base layer:

- Long socks (preferably ski socks) x6 pairs (tube socks are good)
Avoid socks with hems or overlaps as these cause sores.
Ensure pupil's toenails are well cut back, ski boots put great demands on your feet.
- Underwear for 7 days
Close fitting, supportive & able to wick away moisture is ideal.
- Thin jumper x2 (Synthetic materials are better) or Polo necked, long sleeved shirts are good as are thermal long sleeved shirts
- Thermal long legged pants or thick tights are good.
Note: clothing rarely gets wet, but skiing is a very active sport & so pupils will perspire!

➤ Mid layer:

- Thin-ish Fleece (Synthetic materials are better).
- Tracksuit bottoms (if it gets really cold) & again synthetic materials are better.

➤ Outer layer:

- Warm, wind proof, ski hat, which can cover your ears.
- Wind proof Snoods are also recommended.
(neck tube that can be pulled up over your nose)
- Salopettes (ski trousers)
- Jacket
- Ski gloves x1 (**get some good ones!**)
(If you suffer from cold hands, get some thin under gloves to)
- Ski goggles (not essential)
- Skiing sun glasses (**Must have**)
(much darker than usual, with plastic frames & higher UV protection)
- Lip salve, formulated for mountain use.
- Sun block is essential, formulated for mountain use, the air filters out far less UV rays at altitude.

Misc:

- Rucksack (small) or similar to carry snacks, drinks & clothing etc. as hand luggage on the plane.
- Toothbrush etc.