

Ski Trip Kit List

The Ski Suit

Materials used for ski suits vary and the quality is reflected in the price. Generally is made up of two separate garments. (One piece suits are also available). The two garments are an Anorak/Ski Jacket and a pair of Salopettes.

Ski Jacket

This should be shower proof/windproof and most importantly warm. Most modern ski jackets and anoraks have thermal insulation between inner and outer layers and the cost of the jacket is often an indication of the thermal quality present. The jacket should be large enough to allow a warm layer including a sweater to be worn underneath. It should have a strong zip at the front with an extra wind flap on the zip if possible. It should fit closely around the neck. The hood should be stored inside the anorak for general ski-ing otherwise with beginners it soon fills up with snow. The cuffs should be elasticated to prevent wind and snow from getting up the sleeves.

Base Layer

Sports shirts, Thermals, Skins and T shirts are popular ski-wear base layers. The base layer should be of a fabric to wick away sweat.

Mid Layer

Sweaters and ski jumpers, fleece jumpers should be used to keep warm, and preferably be windproof. Work on the principle that several small layers are better for heat regulation as you can take them off and put them on as necessary.

Salopettes

Salopettes are made from the same material as anoraks and are designed along the same principle as dungarees. They have a high front and back with elasticated sides to provide protection right up to the chest. This adds to the insulation around the central core of the body - which is important for maintaining efficient temperature. The salopettes should also have elasticated inner duggs which again will prevent snow and wind from getting to the body. Incidentally, it is often not necessary for extra protection beneath salopettes but in cold conditions it may be necessary with thermals. no jeans should be worn on the slopes!

Headgear

Helmets will be provided and must be worn at all times when skiing. For Lunch-break it is advisable that a fine-knit wool hat be worn to maintain core body temperature. It should be large enough to pull over the ears to afford maximum warmth. In severe weather conditions the hood which should be attached to the anorak can be worn over the ski hat for added protection.

Gloves

It is absolutely necessary to have protection for the hands. Cold hands can cause children to give up more quickly and like other extremities, the fingers can be susceptible to exposure. Generally speaking mitts are better for children in that the keeping together of the fingers sustain better warmth. Special ski gloves are also acceptable. The materials for these articles should be waterproof and have some form of padding to protect the hands in a fall. A variety of types of materials are available ranging from leather to vinyl. Obviously the cost varies accordingly. Spend as much, as you can afford on a good quality pair of gloves - they make a world of difference and can be used throughout the winter. For those who intend to ski more often, it is wise to invest in a pair of leather mitts or gloves.

Ski Socks

Usually 'tube socks' of universal size with a thick inside pile. Oiled wool socks sold in camping/hiking shops are also good. Please do not use Sport Socks

Ski Goggles or Sun Glasses

These are a must. Goggles are possibly more practical for the beginner but can rarely be used at other times. They are specifically designed to protect the eyes from the elements of wind and snow and have the necessary built in safety features:- Flexible lenses, padding around the face and good attachment through the head band. Sun glasses, if preferred, should be of the Polarised anti- glare type. Naturally

they can be used at other times but are prone to get lost or broken in tumbles and therefore lenses should be plastic not glass.

Ski Cream and Lip Salve

Protection for the face should also be provided by the use of an appropriate barrier cream. This is not just to protect against sunburn but also against the other elements of wind and snow. Barrier creams are easily available and can be graded dependent on the skin type of the wearer (i.e. stronger for fairer skins). In addition to face cream, it is also a good idea to use a lip salve. The constant wetting of the lips in these conditions can cause them to dry up quickly.

Footwear

When not ski-ing, walking around in a ski village is entirely different to being at home. Consequently our normal footwear will not be adequate as it will not give good grip or warmth. Special après-ski boots may be bought or hired but failing this a good strong pair of walking boots will suffice. At worst it should be leather trainers and not canvas shoes or plimsolls for outdoor use. An indoor shoe should also be worn which should have protection over the toes. Footwear will need to be worn at all times in the hotel to protect the feet from injury resulting in lost ski time.

Après Ski

A very enjoyable time when you can take those boots off, have a lovely hotel shower, change clothes and relax! There's always plenty to do - if you have the energy! Clothes are casual so take comfortable jeans, casual trousers, shirts and jumpers. Don't forget some lighter tops too, as central heating can sometimes be very warm indoors.

Clothes Checklist

- Jacket
- Salopettes (or ski pants)
- Hat
- Goggles / Glasses or both
- Sun Cream
- Lip Salve
- Mittens or Gloves
- Socks (both for skiing and normal wear)
- Après Ski Footwear
- Footwear for use in the hotel
- Cotton T shirts/Polo Necks/Base Layers
- Woollen Sweaters/Fleece/Sweatshirts
- 6 plasters with name on to label equipment

Other Clothes:

- Enough clothes to last the visit (most evenings casual clothes are needed)
- Other Items (Essential)
- Towel
- Wash bag
- Day Sack (a rucsac style with a strap for each shoulder)
- Other Items (Non Essential)
- Ski-Ties (useful when carrying skis)
- DVD's for the Journey. (Age appropriate)
- Water bottle
- Swimming costume