

South Charnwood High School Ski Trip Kit List

All ski, pole, boot and helmet hire is included in the initial price of the ski trip.

The items below are recommended that all pupils pack as the conditions on the mountain can be very cold.

- Personal medication (To be labelled and given to staff on the morning of departure – except Epi-pens which children will keep on their person)
- Travel sickness pills (If required)
- Sun cream (Essential as the snow also reflects the sun's rays)
- Sun glasses
- Ski goggles
- Lip salve
- Woolly hat (Most body heat is lost through the head so this is an essential item to keep warm)
- Gloves (Padded preferably for skiing and non-skiing thin gloves for other outside activities)
- Ski suit / salopettes (Available to hire)
- Ski jacket (Available to hire)
- Layers to wear under ski gear
- Ski socks
- Snow boots or shoes with grip for Après ski activities
- Towel
- Toiletries
- Night wear
- Suitable warm and comfy leisure wear
- Camera (optional)

NB: All electrical equipment brought by the pupils will be their responsibility for the entirety of the visit.