

## ESSENTIAL SKI CLOTHING FOR ALL PARTICIPANTS:

All these items can be ordered from Ski Equip.

Contact e-mail: [www.ski-equip-school-clothing.squarespace.com](http://www.ski-equip-school-clothing.squarespace.com)

Base layer (Man made fibre not cotton)



Fleecy Mid-layer



Salopettes



Outer-layer (Ski jacket with hood)



**Goggles** (Should be UV 400 and be double glazed ie comprise of two lenses).



**Sun-glasses**. Buy a string to attach to your goggles so you can keep them around your neck when they are not in use. They should be wrap around in design and be UV 400.



**Gloves :** Mittens as shown here on the right are particularly recommended. Whatever the style of glove the best ones for the trip are brightly coloured have wrist loops.



**Inner Gloves (Cold weather).** Should be tight fitting



## Ski socks



You will need three pairs of ski socks.  
One pair is packed in your hand luggage.  
You must be able to pull the socks right up to just below your knee.

Neck warmer (Essential to protect the neck and avoid sore throats)

**You MUST bring a neck warmer and wear it during every ski lesson.**



Balaclava (cold weather)



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Sun-cream (this version is the best as it has both suncream and lip sun cream. It also has a cord to go around your neck. The sun cream should be at least Factor 30. Try the cream before you go to ensure it is safe for you.)





## SUITCASES:

For children should not exceed 55cm in height

Holdalls not recommended

Suitcase weight allowance:

Ryanair: 20kg

Easyjet: 23kg

Small rucksack to carry on plane