



CamVC Snowsport Trip

KIT LIST – Winter edition!

Storage/Transportation –

Large Bag – ideally a large holdall which can be squashed flat.

Day Bag – a small backpack to go on the coach with all your essentials in. Draw string bags are not appropriate, nor is anything too big.

Snowsport Wear –

Base layers: If you have specialist thermal base layers such as long johns and crew neck type tops, bring them as they are ideal. We would recommend at least two sets that can be rotated and aired between uses.

Mid-layers: A roll neck long sleeved garment for the next layer up works well. Specialist breathable clothing is available, but fairly expensive. For beginner and intermediate skiers / boarders, thin cotton is fine for this purpose. We would again recommend two sets to facilitate daily rotation and airing.

For the second mid-layer (third layer up), a good quality micro-fleece is ideal. One will be sufficient for the week. We recommend micro-fleece type fabric, rather than a cotton sweatshirt for this garment. Micro-fleece has good thermal properties and will allow freer movement than a cotton sweatshirt.

A hoody is not appropriate as a mid-layer.

Outer-layers: All participants will need a good quality set of ski jacket and salopettes / board pants. If the weather deteriorates whilst out on the slopes, these items of clothing are essential.

***** Ski exchange at Dry Drayton will be offering a hire service for this kit *****

Socks: The recommendation is to have long socks or ski tubes to offer some cushioning and protection to your shins from the boots. Again, we would recommend at least two pairs for the week. However, for this item of clothing, three may be considered preferable.

Gloves/Mittens: As an essential part of the outer layer, good quality ski gloves / mittens will be needed. The extent to which you feel the cold will guide your choice, if you get chilly fairly easily, go for mittens.

Thin liner gloves, worn underneath, will considerably enhance the thermal properties. These also have the advantage of offering some protection when heavy over gloves are removed to facilitate intricate or fiddly tasks such as doing up buckles or zips.

Goggles: For winter skiing, goggles are more suitable than glasses as they are less liable to breakage and loss, plus keep out the snow. Beware the super cheap ones as these fall apart easily; an entry level set of Scott or similar will do the job.

Sun Block/Lip Salve: Included in with the Snowsport wear considerations as both items need to be with you all the time in your pocket; being regularly reapplied.

Both sun block and lip salve need to be very high UV protection factor. The small squeeze tube sunblock type dispensers are ideal as they will easily fit in your pocket.

Casual Wear –

For the coach journey, **loose fit comfortable clothes** such as joggers, sweat shirts, hoodies are ideal. It will be sensible to have your ski jacket with you in the coach for night stops, which can be cold.

For general wear, a couple of changes of your favourite casual kit will be sufficient. The hotel will be very warm and cosy, so no need to overload with jumpers etc.

We will have an evening out at a Pizzeria in Pila, you might want slightly **smarter casual** for that occasion.

After a day in heavy duty ski / board boots, it's nice to be able to put on some comfortable casual footwear during the evening in the hotel. Something that will let your feet 'breath' might be a good idea e.g. **flip flops**. We also recommend a decent pair of **walking shoes** for excursions out of the hotel in the evenings.

While pupils are moving around the hotel, they must always have something on their feet. A pair of flip flops or **slippers** are great for this.

Bring a **watch**. You may not have your phone on you at all times and you will need to be able to tell the time.

Bring a small **purse** or **wallet** to put your euros in. One that can easily fit in a pocket is ideal.

Towel & Wash Kit –

You will need to bring a towel as these will not be supplied by the hotel. Each room has ensuite facilities to share with your roommates; to help keep organised it is useful to have your wash things in a bag.

Coach Journey –

The coach journey is long and we encourage pupils to think carefully about what they bring on the coach. They want to have enough stuff to be comfortable but not too much that they have reduced space around them.

Blanket & Cushion – to keep comfortable at night on the coach. Best packed in a polythene bag to be squashed down out of the way when not needed.

Snacks & Drinks – plenty of light snacks and water to drink throughout the journey. We do not advise lot so sugary sweets. The aim is to sleep on the coach! Fizzy and Energy drinks are not allowed on the trip and will be confiscated.

Ipod / Music / Electronic Games – Great entertainment but it is the pupils' responsibility if they lose or break them. Do you really need them? Card Games: Who doesn't love a game of snap on a 17 hour coach journey!

Travel/Sea Sickness – if you are susceptible, let us know, and let us look after your medication. Don't sit and suffer in silence, early warning that you are feeling ill will enable us to help you.

Medicine –

If you have any medicine that is required to be taken throughout the trip please do ensure that this is highlighted with Mrs Noble and that it is placed in a clear zip lock bag clearly labelled with the pupils' name, medicine name, dosage and instructions.

WINTER PACKING – It is going to be very cold!

Layers: base layer / tshirt / long sleeve top / fleece / jacket.

Glove liners to keep your hands extra warm. **Mittens** are often better if your hands get cold. Your hands will get wet in all the snow so a change of gloves can be handy, but not essential. **Hand warms** can also keep you hands extra warm.

Decent **ski socks**.

Snood / Balaclava / hat to wear under the helmet, with ear covers.

Lip balm, moisturiser, or Vaseline is very important. Your lips will dry out and become very chapped and painful.