



## Suggested Packing List

### Travel Essentials

Wear comfortable clothing for travelling as you will be on the bus for approximately 36 hours!!

We recommend small rucksack with:

- Spare top
- Spare socks
- Travel pillow, blanket (not huge!)
- Travel toiletries: Wash bag with toothbrush/paste, deodorant, wipes ear plugs!
- Snacks, water/juice, mints!
- Phone & charger, travel plug, tablet, iPod & earphones, books/magazines, DVD's\*
- Medication
- Sterling and Euros
- Passport & EHIC (E111) Card

### Skiing

With an IBT school trip, you won't need to worry about skis, boots, poles or helmets as the cost to hire these is already included in your price. However, you will need to pack suitable ski clothing. Go for several base layers as well as your ski jacket as temperatures and weather conditions in the mountains can fluctuate throughout the week – several thin layers are better than one or two thick ones.

- Ski trousers/salopettes
- Ski goggles, ski gloves, warm hat/beanie, scarf/buff, ski jacket, , ski socks (at least 3 pairs)
- Base layers: under-armour/thermals, thin long sleeve top, leggings, tights, running tights – at least two sets
- Fleece or hoody, T-shirt/top (for over base layer) -
- Snow boots/sturdy waterproof shoes with good grip\*
- Sunglasses, sun cream/lip balm

### At the resort

- Casual clothing for 5 nights (ski jacket can be used when out and about)
- Pyjamas
- Spare trainers (one pair may get wet at ski resort when not wearing ski boots)
- Swimming costume/trunks, towel
- A couple of plastic bags to put all your dirty clothing in