

CLOTHING & PERSONAL BELONGINGS

An activity week such as this demands the correct clothing. The main items (*clearly labelled*) being the:

Ski jacket and sallopettes (or all in one ski suit)

ski gloves (plus optional *inner gloves*).

The jacket should have strong zips and be windproof. A hood is not essential. The jacket is a good investment as it can be used after the trip, or on other trips. It should have a high collar, and if possible elastic (or Velcro) undercuffs or similar. Designer ski-gear can look more dashing, but often offers less protection against the weather.

The rest of the skiing essentials are:

Ski hat, goggles or sunglasses

Sweaters/sweatshirts — thin and several, rather than 1 bulky

cotton polo neck and *vests/T-shirts*

3 pairs of thick woolly socks

lipsalve and *sunblock* and a *reliable watch*

thermal underwear — optional!

Helmet - desirable, but not yet compulsory

There are various local shops such as Surf & Ski which all sell suitable clothing or Alpina-Euroski (formerly Eurosport, Brighton) is a very friendly company that we have dealt with before for hire clothing (01273 896197). Their website is:

<http://www.crosscountryskis.co.uk/>

Plus the basic items for surviving a week away: - (please, NO aerosols!)

bathroom items including a toothbrush — compulsory

7 changes of underclothes (+ *plastic bags for containment!*)

3 changes of top clothes

towel and swimwear

trainers or slippers - for inside the hotel/bedroom

apres ski shoes — optional. The children will need something to wear in the evenings when we may be trudging through the snow. Therefore, waterproof footwear of some description should be purchased. I have a pair of strong waterproof walking boots which do the job.