

# Esher High School Ski/Snowboard Trip

15-23 February 2019

Serre Chevalier, France



## CLOTHING/EQUIPMENT CHECKLIST:

Rental of all ski/snowboard equipment (including helmet) is included in the overall cost of the trip. If a student would like to bring their own skis or snowboard, please let us know so we can ensure there is enough space on the coach.

Ski Clothing:		Après Ski :	
Ski/snowboard jacket		Snow shoes/boots/trainers	
Salopettes/ski trousers		Jeans/trousers	
Gloves (spare pair)		Warm jumper/fleece/hoodie	
Hat		Socks/underwear	
Goggles		Onesie/comfy travel clothes	
Sun glasses		<b>Sundries</b>	
Warm tops		Towel x2 (one 'rag' to dry equip)	
Ski socks (min 3 pairs)		Nightwear	
Jumper/s		Wash kit	
Snood		Continental adapter	
Thermal tops and Leggings		<b>Bathing suit and swim hat</b>	
Essential additional items:		Travel Essentials:	
High factor sun block		Food & water	
Lip sun block		Sterling/euros for journey	
After sun/Moisturiser		Book/magazine/entertainment	

**Important note:** Layers are very important when dealing with cold weather whilst skiing/snowboarding- we recommend that everyone has a thermal base layer and then, depending on the temperature, add more layers accordingly.

All students will receive an official 'Esher High Ski/Snowboard Trip 2019' hoodie in their size and with a nickname down the sleeve. This hoodie is included in the overall cost of the trip at no additional charge.