

Skiing & Snowboarding Trip - Checklist

The following list should provide a good starting point when deciding what should be taken on a skiing and snowboarding trip.

Technical Equipment

- Ski/Snowboard Jacket*
- Ski/Snowboard Pants*
- Base Layer Top* (we suggest 2/3)
- Base Layer Pants* (we suggest 1/2)
- Mid-Layer Thermal Fleece* (we suggest 2/3)
- Ski/Snowboard Socks (we suggest 3)
- Snow Goggles and Sunglasses
- Ski Gloves or Mitten
- Buff or Neck Gaiter (recommended)
- Ski Helmet (compulsory)
- Wrist Guards (compulsory for snowboarders)
- Impact Shorts (recommended for snowboarders)
- Knee Guards (recommended for snowboarders)
- Small Rucksack (for use whilst skiing/snowboarding)
- Sun Cream, Lip Balm, After Sun Lotion

See “3 Layer System Explained”.

Travel Documents

- Passport (check for expiry date, must be valid at the time of travel)
- EHIC Card (apply here <https://www.ehic.org.uk/Internet/home.do>)
- Currency (we suggest no more than €100)

Personal

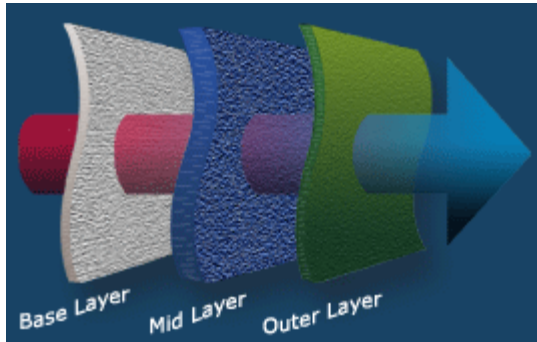
- Casual Wear (trousers, fleeces/jumpers, indoor evening clothes)
- Sturdy Shoes/Boots (for walking on snow)
- Hat and Gloves
- Night Wear
- Slippers/Flip flops
- Toiletries (shampoo, shower gel, toothpaste, deodorant, etc.)
- Personal First Aid (paracetamol/ibuprofen, deep heat, plasters)
- Camera (remember battery charger*)
- Mobile Phone (remember battery charger* + make sure you have credit)

*you require a European travel adaptor plug

Coach Journey

- Wear Comfortable Clothes
- Toiletries (toothbrush, toothpaste)
- Pillow
- Blanket
- Food and Snacks
- Drinks (not fizzy or energy drinks)
- Entertainment (books, magazines, mp3 players, etc.)
- Money (for purchases at service stations - euro and pound sterling)
- Plastic Bags (for rubbish)

3 Layer System Explained



The **3 Layer System** is based on a simple principle - water transmits heat thirty times faster than air. So wet skin gets cold thirty times quicker than dry skin.

To keep warm in the worst conditions, first of all you must stay dry. To do this your clothing must transport body moisture away from the skin, hold dry warm air close to the body & keep rain and snow out. Here's how it all works.

The Base Layer

The base layer wicks moisture away from the body allowing you to remain dry and warm.

This layer is worn next to your skin and must transfer (wick) sweat away from your body as fast as possible. Polyester and Merino fabrics are best for this. Beware of cotton clothing which can absorb 30+% more than its weight in water and transfers heat away from your body thirty times quicker than dry air.

The Middle Layer

The middle layer provides thermal protection from the wind and the cold.

The main job for the mid-layer is to hold warm dry, insulating air inside the clothing system and close to the body. It also continues the transmission of water vapour through the clothing system as started by the base layer.

This takes the form of a technical fleece.

The Outer Layer

The outer layer protects against snow, rain and wind, but allowing you to breath.

The third layer is completely waterproof to the outside elements. It must also stop the wind whipping away the precious warm, dry air that is held inside. But the third layer must also deal with the moisture that is transmitted outwards by the inner two layers. This is where **breathable waterproof** fabrics come in. They continue the transmission of the water vapour through the outer layer all the way to the outside environment.

This takes the form of a snowboarding or skiing jacket and pants.

Extremities

One final but easily forgotten point – heads, hands and feet. It's easy to forget about hats, gloves and an extra warm pair of socks. Up to 40% of the bodies heat can be lost through the extremities.