**What To Bring**

The following equipment list is provided as a minimum requirement for Snow Sports Programs.

## Equipment Included in Your Package - The following equipment is made available as part of your package.

* Snow Parka & Pants (included in the Standard Ski Program Package)
* Skis, Boots, Stocks & Helmet (included in the Standard Ski Program Package)
* Snowboard, Snowboarding Boots & Wrist Guards (additional costs apply to Snowboards)

## Essential Snow Skiing & Boarding Items to Bring - The following items are a minimum requirement

* Sun screen or gel with minimum SPF 30+ rating to help protect against sun or wind burn
* Lip Gloss or similar product with SPF rating to help protect against sun or wind burn
* A minimum of two pair of warm woollen socks
* Warm woollen or synthetic fibre long pants (cotton jeans are not suitable)
* Warm woollen or synthetic fibre long shirt or pullover
* Warm underclothing
* Warm woollen or synthetic fibre beanie or balaclava (*for times the helmet is not worn)*
* Snow Ski or Boarding gloves or mittens *(available at Ski Hire at very competitive prices if required)*
* Impact resistant, 100% UV protection sunglasses or goggles or both *(available at Ski Hire s if required)*

## Essential General Items to Bring

* Pool or Spa Towel
* Usual items of general clothing, underwear, socks, shirts, pants, pullover, etc. Ensure you have enough sets of clothes for the number of days away. An extra set of clothing should be taken to the mountain each day in case one gets wet.
* Toiletries - Comb/brush, toothpaste, toothbrush, shampoo/conditioner/ deodorant
* 2 pairs of comfortable shoes in case one gets wet.
* 2 plastic bags - 1 for dirty clothes & 1 for disgustingly dirty or wet clothes

## Optional General Items to Bring

* Tissues, Hanky
* Small day bag - Great for extra items, drinks & food
* Swimwear & pool towel for use in the indoor heated pool or Spa
* Favourite CD’s for Evening Entertainment Karaoke or Disco

## Daily Preparation for Snow Skiing & Boarding - Some helpful Information

* snow parka, pants and gloves are not waterproof in reality (even the most expensive brands). You will get wet if you spend a lot of time on the ground in the snow or if it rains
* the majority of heat loss is through the extremities of the body - the head and then fingers & toes. Helmets keep you warm when skiing but beanies are required when not wearing your helmet.
* any uncovered skin will be exposed to the possibility of extreme conditions of sun, wind and snow and needs to be protected regularly and with appropriate products.
* clothing intended to be worn under snow parkas or pants should be woollen or synthetic fibre in preference to cotton as cotton does not breathe when you perspire or dry very well if wet.
* layering is recommended for all under garments to assist with controlling core body temperature rather than using one thick or bulky layer under snow parka and pants - temperatures can vary from being warm to extremely cold many times throughout the day.
* The secret to appropriate clothing in the mountains is to get warm and then stop the wind.

**PLEASE NOTE - All clothing and equipment should be named**