



St Mary's Catholic School

Ski Trip 2023

Recommended list of Items **20KG MAX**

Jacket	An essential item for warmth on the slopes. These should have elasticated cuffs and waistband and possibly an attached hood. Please ensure the jacket is water proof and suitable. If the jacket gets wet, they may need another jacket or fleece/jacket for the evenings.
Salopettes/Ski/Snow Trousers	These are essential and should be waterproof with an elasticated waistband (most have straps to keep them up but this is not essential – snowboard trousers tend not to have straps).
Gloves/Mittens	These are essential and must be worn for all lessons. Mittens tend to be the warmer of the two but either will do. Waterproof/windproof ones are the best NOT ones made from fleece/fabric material. Please ensure these have the students name clearly labelled.
Goggles/Sunglasses	A pair of goggles is essential especially if it is snowing and are better than sunglasses as snow does not get underneath the lens, most come with unbreakable lenses. Sunglasses are useful if the weather is sunny and bright. They tend to fly off in the event of a fall and can be uncomfortable when wearing a ski helmet but if there is no cloud or snow falling, they may be better than goggles. Sports (wrap around) glasses are best made of plastic not metal. If you wish to buy one or the other, please buy goggles!
Hats	Heat is lost through the head and hats are a must for evenings if we go outside for activities. One which covers the ears and forehead is best. The ski helmets tend to be warm enough but some can accommodate a thin “beanie” hat underneath if temperatures are very cold.
Fleece	A fleece top can be worn to improve layers and warmth if it is cold and can also be worn on its own on the journey or to and from activities.
Underwear	To keep warm, I recommend 2/3 thermal long sleeved t-shirts and a pair of long johns. Merino wool are the warmest. Sufficient underwear is required for several changes during the week as sometimes it can get wet from the snow.
Sweaters	2-3 lightweight ‘V’-necked, round necked or polo necked sweaters/hooded tops.
T- Shirt/Tops	5-6 T-shirts or cotton polo shirts.
Socks	Specific Ski/Snowboard socks are best and about 3/4 pairs are necessary. The warmest are wool, merino wool or wool blend
Non-Ski related items	Passport, GHIC, Spending money (All food is included other than when we are traveling, so 10 Euros a day is plenty), Towel, Sanitary products, Toiletries, Suitable indoor clothing and footwear for evenings, and appropriate footwear for walking in snow/ice.