

Clothing /Items list for the skiing venture

Ski Suit	Jacket etc. These need to be windproof and waterproof and are available for hire from Glide & Slide or locally at LD Mountain Centre in Newcastle.
Ski Gloves	These need to be waterproof and large enough that there is a small gap at the end of each finger so that the air can act as insulation.
Goggles	These are essential on a snowy day. If you only wish to get either goggles or sunglasses please get the former.
Sunglasses	Must filter 100% UV. Optional.
Ski socks	Minimum of two pairs.
Base Layers	Layers of thin clothing are the most effective way to stay warm. Dependent on weather conditions two or three layers.
Helmet	Compulsory – Included in the price and will be collected in the hotel.
Sun cream / Lip salve	Factor 16 is more than enough for normal skin types.
General Footwear	Footwear with a reasonable tread pattern.
Pyjamas or Similar	Students will be in multi-bedded rooms and need to have appropriate nightwear.
Towel	Students need to provide their own towel.
Qehs hoody	Students who have the school hoody should wear it during the journey. If there is sufficient demand we can order a ski venture hoody at a reasonable additional cost.
Swimwear	A traditional bathing costume. As mentioned at the ski presentation evening it may be possible for students to go to the newly opened spa centre for a small additional charge. [E10.00?]
Pillow/Blanket	Students may wish to take their own pillow and a thin blanket to make the journey more comfortable.
Suitcase/ Holdall	One medium sized holdall would be ideal for your ski clothing as luggage space will be at a premium; clothing for skiing is the priority whilst having several changes of casual clothing is a very low priority and is not really necessary.

Mobile Phones / iPods etc.

Please be aware that these will need to be covered on your home insurance as they are not covered by the county policy. If they are not covered our advice would be that the student leaves them at home.

iPod / MP3/4	Students may wish to have access to their own music during the coach journey. We will ask for quiet after the Ferry crossing.
DVDs	Students may wish to bring appropriate DVDs for viewing during the journey.
Mobile phone	