



## Ski Trip Equipment List

This list is a guide to help you prepare and pack for your Ski Trip.

If you do need to purchase new items and you are a DofE participant, do not forget you can use your DofE Discount Card at various outdoor shops (GO Outdoors, Cotswolds, etc.) which you would have received in your welcome pack. If you have lost your card, you can download a voucher from eDofE.

If you have any questions regarding kit, please speak to a member of OED.

### Mandatory Personal Kit:

Item	Information	Got It	Packed It
Luggage Bag	This can be a suitcase or duffel bag. You have 20kg for your main hold luggage you don't need your whole wardrobe or make up case!		
Small Rucksack	25-45 litre day sack is needed for your spare clothes, packed lunch and snacks for each day.		
Walking Boots	These must have ankle support (trainers are not suitable for outside wear) and must be waterproofed. If you are buying new, try and break them in before the trip– this will reduce the likelihood of blisters. CCF boots maybe used instead of walking boots.		
Walking/Ski Socks	One pair per day plus one spare pair in case your feet get wet.		
Waterproof/Ski Jacket	Not a pac-a-mac, this should be a substantial waterproof jacket. If you get wet, you will get cold, which will make you miserable and possibly ill.		
Waterproof/Ski Trousers			
Fleece top or similar warm jumper			
Evening Clothes	Although clothes should be warm, excessive quantities of clothes are not required. You will usually be active when outside and the lodge and other indoor venues are well heated.		
T-shirts/tops	Try to avoid cotton for outdoor wear, it loses all insulation when wet. Synthetic fabrics (Polyester, Nylon, and Viscose) and wool are much better.		
Underwear & Nightwear			
Warm hat			
Ski Gloves	Ensure you have a spare set as they will get wet		
Ski glasses/Sunglasses			
Sun cream/lip balm	At least SPF 30.		
Personal First Aid Kit	A small first aid kit for personal use, e.g., plasters, antiseptic wipes, blister plasters, etc		
Water Bottle or Camelapak	An absolute minimum of a 1ltr bottle, these should not be disposable bottles, think of your environmental impact. You will be able to refill at the lodge each morning and the local cafés.		
Wash kit and towels	There will be showers so don't forget your towels, things such as hairdryers are large items maybe consider bringing group equipment.		
Swimwear			
Any personal medication	If you use emergency medication, such as an inhaler or epi-pen, pack it so it is easily accessible and make sure someone in your group knows where it is.		
Euro mains socket adaptor			

### Optional Personal Kit:

Item	Information	Got It	Packed It
Long-sleeved base layers	Thermals will help you stay warm.		
Spending Money	There are cafés at each location, and everyone is welcome to buy food and drinks.		
Buff/Snood	Great neck/face warmer, towel, hat.		
Electrical Devices	The school takes no responsibility for the loss of any electronic devices so if you take phones, iPad, go-pros etc. you do so at your own risk		
Evening entertainment	A book to read, card games and puzzle books, there is a games room and cinema at the lodge.		