



Ski Italy 2024 Kit List

All items must be labelled with your child's name.

Essentials

- Passport
- Global Health Insurance Card (GHIC)
- Chargers for Electronic devices
- Day bag / Ruck Sack
- Hand sanitiser / Tissues

- Medication** – in named envelope with correct dosage and timings. Separate envelopes for journey there and back. Medication must be handed to your school leader at Epsom who will pass them on to the nursing team.

For Skiing

- Warm waterproof Jacket.
- Salopettes or ski pants.
- 2 long sleeve sweat shirts, fleeces.
- 2/3 thin long sleeve polo neck shirts / base layers.
- Leggings or long johns (to be worn under ski trousers if necessary).
- 3 pairs of tube ski socks (fit all size).

- Ski gloves or mittens (a spare pair is advisable) which can be put on by self. N.B. Mittens are preferable as they are easier to put on where a student needs assistance.
- Sunglasses.

Provided by SPENSOL – Goggles and Helmet



For Après Ski

- Warm footwear with a good tread.
- Swim wear (to include **swim hat** and **towel**).
- Underwear for the week.
- Trainers or similar to wear in the hotel.
- Paper handkerchiefs.
- Wash bag.

- Casual evening wear.
- Travel sickness pills (if required, they must be given to school leader)
- Lip salve with your name on.
- Sun cream (at **least** factor 30) with your name on.

For the journey

There is extremely limited room on the bus so please limit the amount packed for the journey.

Labelled plastic carrier bag for bus containing **very small** cushion and **small** blanket

Labelled **Small Back Pack** – containing small snack (no chocolate) screw top plastic bottle of **non fizzy** drink.

Items for entertainment on journey – please note these should not disturb others.