

Sydenham Ski Holiday Equipment List

Luggage

- Students should bring a small piece of hand luggage and a larger bag to go in the hold. Please pack minimally. Multiple outfits/pairs of shoes, hair driers/ straighteners and large amounts of cosmetics are not necessary. The baggage limit (for check in bags) for each student is 15kg.

Documentation

- UK Passport valid for 6 months after the holiday. (Please contact Mr. Hodgson if you are not a British National.
- EHIC – Replaces old E111 – to be carried on slopes in event of accident/injury. They are free online but do have an expiry date that should be checked well in advance of departure. Google EHIC Cards and click on www.nhs.uk for application/renewal

For on the Slopes (Skis, Poles, Boots and Helmet are provided)

- Base Layers
 - Thermals (Trousers are particularly important. Long sleeved T-shirts or similar could be worn on the upper body) Wicking base layers are ideal as they help to keep you dry.
 - 3 x Ski Socks (or tube socks without seam to prevent rubbing)
- Middle Layers
 - Fleece or similar that can be worn between a t shirt and ski jacket. It would be a good idea to have a few options. Some people ski with as many as 4 middle layers while others find they are comfortable with little more than a base layer and jacket.
 - It is likely to be cold in Feb at 1800m+ (last Feb it was minus 15 in the mornings) - suggest a wicking base layer, long sleeved T, micro-fleece jumper. The latter can be added or removed for temperature control.
- Outer Layer
 - Ski Jacket – must be warm and not thin like those at Aldi or TK-Max. Needs to have tight closing sleeves, collar and preferably snow-skirt to prevent snow getting inside with the inevitable falls. FINCH'S OUTDOOR EMPORIUM in FOREST HILL rent jackets and ski pants which maybe a better option than buying a cheap one.
 - Salopettes
 - Ski gloves (You really need ski specific gloves as they are strengthened to help carry skis. If you have a second pair of gloves bring them along in case of loss or just not drying in time.
 - Goggles – sun glasses to wear when not skiing
 - Scarf/Buff
 - Warm Hat (for wearing when not skiing)
 - Sun cream and lip balm – minimum SPF 40
- Rucksack for extra layers, drink etc

For Off the Slopes

- Wash bag, toiletries, Pyjamas etc
- Casual clothing for around the hotel and for evening activities – packing will be tight and so please be conservative – You do not require a different outfit each day and there will be no opportunities to dress up!! Mix 'n Match!
- Spending Money (£15-£20 per day should be plenty plus money for activities)
- Strong warm shoes (hiking boots are ideal) – something with a good grip on the sole.

Recommended Optional Extra's

- Water bottle
- Blister Plasters
- European Power adapter,
- Light shoes to wear around the hotel.
- Entertainment for travel. (Make sure everything is charged or it will be a long trip!)
- Films for viewing in the evening. Please bring appropriate films (certified U, PG or 12)

While on the slopes layers are the way to dress! The micro-fleece layer is the temperature control. Travel in your ski jacket as it is bulky – it can be used as a pillow too! Wear your outdoor boots.