

Ski clothing:

- Warm hat/beanie
- Sunglasses & Goggles
- Neck warmer/buff
- 2x thermal tops
- 2x fleeces
- Waterproof ski jacket
- Waterproof ski trousers
- Waterproof gloves or mittens
- Thermal bottoms
- 2 or 3 pairs of ski/board socks

Other clothes:

- Jeans/long trousers
- T-shirts/tops
- Jumper or fleece
- Underwear including socks
- Comfy trousers/jogging bottoms
- Slippers
- Thin gloves
- Scarf
- Shoes/boots with a good grip
- Sports bra

Other stuff:

- Pyjamas
- Toiletries
- Sunscreen - high SPF
- Lip salve/balm with SPF
- After sun/moisturiser
- Camera and charger
- Swimming costume
- Travel plug adaptor
- iPod and headphones
- Books
- Magazines
- High energy snacks - cereal bars/energy bars
- Any medication (including painkillers)
- Alarm clock
- Ear plugs

Luxuries:

- Travel pillow
- GoPro
- Hairdryer
- Hair straighteners
- Cards/games
- Hand warmers
- Ankle/knee/wrist supports (only if advised by GP)
- Deep Heat
- Handbag