

Q3 Academy Langley

Ski Trip Kit list

- Sterling and Euros
- Medication (to be recorded by/handed in to reception before attending the trip)

Luggage restrictions:

- We have received very clear instructions from the coach company and everyone must adhere to these:

x 1 piece of hand luggage each * Small enough to fit overhead or under your seat. *

x 1 Travel Bag * No larger than 50-80L*

Hand luggage for the coach:

- 1 pair of ski socks
- Small wash bag – including toothbrush and toothpaste
- Change of underwear/socks
- Small bag for dirty clothes
- Pack of wet wipes
- Travel sickness tablets (*if required*)
- Travel cushion (*optional*)
- Blanket (*highly recommended*)
- Book/games
- Sufficient food for 24 hours
- Mobile phone and other electronic devices
- Power pack and charging cable
- Small amount of Sterling/Euros for service stations/ferry
- Ski jacket
- Ski hoodie

Temperatures vary from 1 to -13 degrees
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In your Travel Bag:

- Ski gloves x 1
- Ski snood (*optional*)
- Ski Goggles (*compulsory*)
- Waterproof trousers or salopettes
- Sunglasses (*optional*)
- At least 1 more pair of ski socks
- A selection of t-shirts, long sleeve tops, jumpers, thin fleeces, thermal bottoms to wear as layers under ski-suit
- High factor 50 sun cream and lip protection cream
- Evening and leisure time wear:
 - Sensible footwear
 - Warm and practical!
- Towel (*Towels are provided at the hotel but they tend to be quite small and thin*)
- Wash bag
- Underwear
- Nightwear