

Kit List for Imberski 2010

For Skiing:

- One pair of salopettes/ski trousers
- Ski jacket – waterproofed and not cropped
- Ski goggles or ski glasses with good lenses
- Ski gloves – waterproofed
- Liner gloves (optional)
- 3 pairs of long ski socks
- 3 underlayers – polo necks or long sleeved T-shirts
- 2 sets of thermals or long johns or leggings
- 3 short sleeved T-shirts
- 2 warm layers – fleeces or sweatshirts
- One hat
- Lip protection – factor 40+
- Sunscreen – specific mountain cream helps protect against wind chapping too.
- Small back pack – preferably with sturdy straps not just a drawstring. *We have backpacks with water bladders for sale at the final meeting*
- Water bottle or camelbak – **this is absolutely essential.**

General:

- Loose comfortable clothes to travel in. A tracksuit is ideal.
- Casual clothes for evenings – two skirts/pairs trousers is plenty
- Underwear and socks
- Toiletries
- Towel
- Sturdy walking boots or snowboots
- Fancy dress costume!
- Small pillow and blanket for the coach
- Indoor shoes
- Nightwear

Please remember the space in the coach is very limited. Use a medium sized squashy bag and do not pack too much – we will NOT be able to fit it in, it will be left behind.