

SNOWSPORTS

❄️ KIT LIST

This Kit List is to help you pack and to make the most of your Abernethy Snowsports Experience.

Remember it is important to have plenty of warm clothes as it can get very cold in the mountains!

» GENERAL CLOTHING ESSENTIALS

- Sweatshirts/**hoodies**
- Casual trousers/jeans
- Sportswear for indoor games
- Socks & underwear
- Suitable Nightwear
- Indoor shoes/trainers

» WINTER OUTDOOR CLOTHING ESSENTIALS

- Ski jacket or warm waterproof jacket
- Fleece/warm sweatshirts
- Ski trousers/tracksuit bottoms (Not jeans)
- Old trainers/sturdy footwear that can get wet
- Long johns or tights
- 1 pair thick, long socks**
- Woolly Hat**
- Neck warmer or scarf**
- Ski goggles**
- 2 warm pairs gloves (preferably mitts & water-resistant)

**** Remember clothes in case of no snow. Please bring tracksuit bottoms & shoes that you don't mind getting muddy!**

» OTHER ESSENTIALS

- 2 towels
- Swimming kit
- Wash kit, including **shampoo, toothpaste** etc
- Small personal first aid kit
- Drinks flask**, non-breakable (Named on the side)
- Small day sack

» RECOMMENDED/OPTIONAL ITEMS

- Change for vending/games machines— 20p & 50p
- Sunglasses**
- Sun cream, after sun & sun hat/**baseball cap & lipsalve**
- Non-breakable drinks bottle**
- Torch
- Inexpensive/disposable camera
- Bin bag for bringing wet or muddy kit home

Items shown in **bold** are usually available at the Centre Shop at very reasonable prices!

» 5 PACKING TIPS!

- 1] Make sure your belongings are clearly named where possible.
- 2] Bring plenty of warm layers suitable for the time of year.
- 3] Don't bring more belongings than you can manage to carry yourself.
- 4] Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.
- 5] Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

» LEAVE AT HOME

We ask that you DO NOT bring expensive electronic devices with you.

» SOUVENIRS & MERCHANDISE

Abernethy has a small Centre Shop selling various snacks, essentials and souvenirs such as our popular Abernethy T-shirts & Hoodies. Prices for Abernethy clothing range from around £8.00 for a child's T-shirt to £22.00 for an adult hoodie.

» SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets, skis, poles & boots. We can also supply the following items for you to borrow from our stores:

- Waterproofs
- Walking Boots
- Rucksacks