

# Youth Group Winter Packing List

## Ski days:

- Wool hat plus spare
- Neck buff plus spare
- Gloves 2 pairs; plus inner gloves or thin wool pair
- Socks (thin inner pair, and outer pair) (no cotton)

## Clothing Layer system:

- Base layers (wool thermals top and legs)
- Mid layers (fleece or wool jumpers or jacket) plus spare for breaks.
- Top layers (waterproofs, outdoor trousers)

For skiing days we recommend many layers to adjust throughout the day rather than one thick layer. Most of our instructors ski in wool thermal legs, normal outdoor hiking trousers and waterproof trousers rather than thick salopettes; due to the constant movements of cross country skiing in difference to downhill skiing or snowboarding, the motions are similar to hiking or running. We always recommend waterproof outer layers top and bottom for beginners.

## Other activity days and evenings:

- Spare gloves and wool hat
- Extra fleece or wool jumper
- Insulated jacket, gilet or secondary fleece
- Waterproof trousers with underlayers
- Suitable outdoor boots for winter conditions, including hiking days. Waterproof hiking boots, or snow boots.
- Head torch

**We do not recommend cotton clothing for any of our outdoor activities due to its retention of cold and moisture, including t-shirts, hoodies, sweatshirts and socks.**

## For cabins:

- Usual overnight kit: including pyjamas, toiletries, comfy inside evening clothes etc
- Note: a bedding and towel package has been preordered for this group

## Miscellaneous:

- Backpack 20L or 30L (big enough for layers, water, lunch, and additional kit that will be lent out from activity staff such as snow shovels)
- Sitting pad
- Water bottle
- Reusable lunch box
- Flask for hot drinks
- Sunglasses (sun can reflect harshly on the snow)
- Suncream (recommended to be worn every day for sun and wind burn)
- Lip Salve (recommended to be worn every day for sun and wind burn)
- Hand cream/ Moisturisers plus usual toiletries
- Inside shoes/slippers for inside buildings and dining room