

# TOTAL ADVENTURE SKI A+ KIT LIST 2025



## Packing List

- Passport \*
- Daysack (Backpack)\*
- Indoor shoes or slippers\*
- Plastic water bottle\*
- Warm clothing\*
- Boots for walking in snow\*
- Meals and snacks for the journey\*
- Ski goggles, sun cream, lip salve, sunglasses\*
- Towel\*
- Thermal base layers\*
- Ski helmet
- Wind & waterproof breathable jacket or skiing jacket\*
- Warm waterproof breathable trousers or ski salopettes\*
- Warm fleeces, hat, gloves & socks and 3 pairs (min) ski socks\*
- Ski equipment (if you haven't hired it): skis, boots & poles
- Camera
- A small flask
- Pen and notebook
- Medication (see notes below)
- Inhaler if needed
- Torch
- Music and book/games for the journey
- Card game or board game (to play in chalet)
- Mobile phone and charger
- Travel plug adaptor



Label everything

Use a Large bag

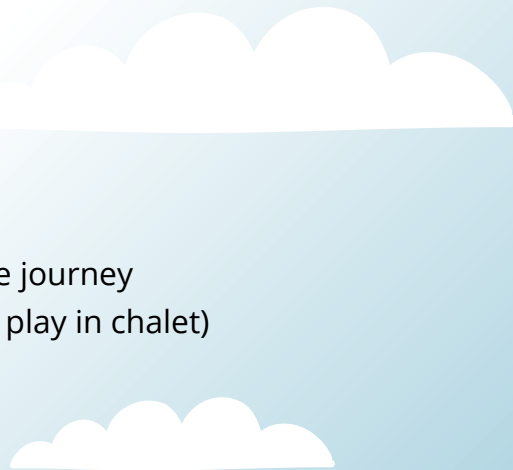
Print me to bring  
to reverse pack!

\* Essential



### Please don't bring

Expensive electronics  
Jewellery  
Designer clothes  
Alcohol  
Cigarettes/Vapes



The accommodation Ski A+ is in the Alpine chalet, Lauterbrunnen.

A+ cannot take responsibility for any loss or damage to any items you bring with you, including electronic items —these are your responsibility. Please check all kit and clothing is clearly labelled. Please pack your belongings in one large hold-all or suitcase and one backpack to avoid having many separate plastic bags.

### **Illness:**

To protect others, we ask the team and the campers to stay away if they are unwell within 24 hours of arrival. As we cannot refund at this late stage, we suggest you take out insurance that will cover your costs if you are unable to attend due to illness.

### **Medication:**

If you bring any pills or medicine (including Paracetamol or other non-prescription meds) please bring them in the original packaging showing the expiry date and with (if applicable) the label from the pharmacy. Please don't cut off any tablets from the pack. You must hand it in to the medical officer when you arrive. They will look after it for you and ensure you have access to it when you need it. Please ensure that you bring sufficient medication on the trip so that you don't run out. All medication will need to be kept safe with the medical officer throughout the holiday.

If you have medication that you need to carry at all times, please bring documentation to support this. NB If you use an inhaler—even rarely—please keep it with you at all times.

### **Contact Details:**

If you need to contact a relative urgently during TA Ski, please contact the holiday leader on 07728 265688, leave a voicemail if unavailable and someone will get back to you as soon as possible.

The plan for supervising young people when they are not in ski school is as follows:

Leaders will agree with the participants at the start of each skiing session, the groups they will ski with (min. 3 in a group), which area of supervised pistes, within their capability, they will be skiing on and the meeting time & point.

Off-piste skiing is not included on this trip. We do not take out additional off-piste skiing cover.

If you have any questions or need more information, please contact us at [ta@adventureplus.uk](mailto:ta@adventureplus.uk)

All our holidays are smoke/vape, alcohol and drug-free holidays – please do not bring any of these items to camp - any campers found in possession of any of these items will be asked to leave.

**Please be at A+ by 5.15pm as we will be leaving promptly at 5.30pm on Friday 14th Feb.**

**We aim to be back at Clanfield by lunchtime on Saturday 22nd**

**Predicting an accurate collection time is impossible so**

**please ensure whoever is set to collect your skier(s) is available any time from early morning to mid-afternoon and checks their phone from Friday evening. We will confirm when the ferry arrives at Dover, with a reasonably accurate ETA at A+.**

We look forward to seeing you!

