

We hope you are looking forward to your trip!

Due to limited space when travelling we strongly advise that you limit luggage to one medium sized soft bag (preferably one that **you** can carry comfortably without assistance), a pillow and one piece of hand luggage (ideally a rucksack as this can be used throughout your trip). Please refer to our Luggage Allowance Guidelines overleaf for further details and please pass this information on to parents.

FOR THE SLOPES		COACH
SKI JACKET (Sturdy, waterproof and breathable, ideally with a secure pocket in the left arm to keep ski pass, medi-card and EHC card). A secure inner pocket is also useful for storing a wallet/purse.		Passport
SUN CREAM & AFTERSUN Min SPF 25 We cannot STRESS this enough! BRING IT! (Out on the slopes the risk of sun burn & heat exhaustion is particularly high!)		Pillow/Neck pillow
TECHNICAL SKI SOCKS – 2-3 pairs! These need to be long, fit properly so they don't rub, warm and lightweight (Don't be tempted to use football socks!)		Small Blanket & Earplugs
GLOVES / MITTS Ideally with a good grip and a wrist strap to prevent losing them. Mitts are also warmer than gloves. Purchasing HAND WARMERS may also be a consideration.	SKI GOGGLES / SUNGLASSES Category 3 recommended for adequate sun protection	Travel Snacks & Drink
FOOTWEAR Strong, solid shoes, trainers or snow boots with rigid soles are essential for safe winter walking.	SALOPETTES / SKI TROUSERS Need to be waterproof and breathable	Entertainment
NECK BUFF / SNOOD Ski balaclava is also useful for those really cold days	THERMALS / BASE LAYERS 2 sets	Money (Good idea to have both £'s and local currency)
KNITTED HAT / BEANIE (Helmets will be provided for all children)	SMALL RUCKSACK Great for keeping personal items secure on the slopes. (although make sure these are removed when using chairlifts)	FLIGHT
LIP SALVE Please use an SPF one to protect against the sun	SKI TIES / STRAP Useful for keeping skis tied together when carrying them. TSTC Ski provides one per person.	Passport
OTHER ITEMS		Neck Pillow
Fleece/Hoodie (2)	Long Sleeve Tops light weight t-shirts for layers	Entertainment
Après Ski Clothing (Normal evening wear)	Towel (unless provided by hotel)	Money (Good idea to have both £'s and local currency)
Water Bottle – Staying hydrated is essential	Travel Plug Adapter – if you want to charge your phone you'll need this!	NOTES This list is by no means exhaustive and is there to assist with your normal packing routine. Please be aware that TSTC Ski has teamed up with CREVASSE This is a specialist ski clothing rental company and TSTC Ski can make group arrangements with the school. Please enquire for more information.
Swimwear – Some hotels may have a pool and some schools arrange après ski activities	Headphones – Other hotel guests may not want to hear the latest chart music	
European Health Insurance Card (EHIC): get state healthcare at a reduced cost or sometimes for free within the European Economic Area (EEA)		

A few good tips!

Never be tempted to wear jeans or an unsuitable anorak on the slopes, you will soon become cold and wet. Use a layering system. Under your ski suit you may need to wear thermals or a lightweight T shirt and polo neck and perhaps a scarf. Two or three thin layers are a far better insulator than one heavy layer. It is best to avoid cotton as it will retain moisture. Use goggles and/or sunglasses. In bright sunlight eye protection is a must. Sunglasses come in various categories (we advise to use category 3). If you decide you want to use goggles all the time it is important that a mirrored lens is used. These will not only be useful if the weather gets bad they will also protect your eyes from bright sunlight.

Luggage Allowance Guidelines

To ensure your luggage can be guaranteed carriage, you should follow our luggage allowance guidelines, as agreed with our coach providers. We strongly recommend that you advise group members of these guidelines.

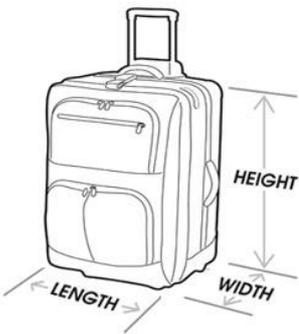
Travelling by coach

Luggage Allowance

1 medium sized soft bag that can be carried comfortably.

(Height 75cm x Width/Depth 30cm x Length 50cm maximum weight 20kg)

plus 1 small piece of hand luggage & pillow to be carried on board the coach



Height	75cm
Width/Depth	30cm
Length	50cm
Weight	20kg

Own Equipment

Please notify us as soon as possible if any members of your group wish to take their own skis, snowboards, or other specialist equipment. These may be carried free of charge subject to there being enough room on the coach. Please note that any specialist equipment about which we have not been notified may not be guaranteed carriage.

Travelling by Double Decker?

It is particularly important that our luggage allowance guidelines are strictly adhered to when travelling by double-decker as these coaches sometimes offer less relative luggage space than standard sized coaches.

Larger coach and trailer upgrades for groups requiring more space

We are happy to arrange a larger coach and/or a trailer upon request (subject to availability). Please let us know as soon as possible and we will be happy to provide you with a quotation.

What happens if you have too much luggage?

If the storage compartment of the coach becomes full, the excess luggage can be stored and secured in several places in the cabin, including the disabled bay (if not in use) or other designated areas. If these available spaces are used and there remains excess luggage, soft cases can be strapped into empty seats. If there still remains excess luggage, it cannot be carried.

Luggage must never be stored in the aisles or next to doors or emergency exits.

Travelling by air

Luggage Allowance

Luggage weight and size restrictions vary from airline to airline. Once your flights are confirmed we will advise you of the specific luggage policies of your carrier. Please be aware that excess luggage charges may apply for overweight or oversize bags so it is important that the airline's limits are strictly adhered to.

Own Equipment

Please notify us as soon as possible if any members of your group wish to take their own skis, snowboards, or other specialist equipment. Most airlines will charge extra for ski/snowboard carriage and we will be happy to provide you with a quote for this.