**What will be provided on loan:**

|  |  |
| --- | --- |
| **Item** | **Description** |
| Down Jacket with hood | Super heavy jacket used for being outdoors when stationary – not used skiing or snow shoeing |
| Down mitts/gloves | As above – not used in action |
| Sleeping Bag, liner & mat | Used (open) in lodge as duvet and last night camp out |
| Cross country ski kit- boots, skis, poles |  |
| Insulated food flask |  |
| Sleds, Snowshoes |  |

**What you need to bring:**

GENERAL NOTES/TIPS: Dressing in the layering system is key, for example….

Top half: (1) thermal – (2) light fleece - (3)heavy fleece – (4) rain/windproof outer

Bottom half: (1) thermal leggings (2) rain/windproof outer legs

No cotton anywhere as it retains water (sweat) and then you freeze!

Merino wool can be expensive but it doesn’t smell/ synthetics do!

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Handy hints** | **Have it** | **Need it** |
| Luggage | Any big bag/suitcase is fine (90-120l capacity) weighing up to 23KGS  |  |  |
| Backpack (also your cabin bag) | 20-30l for day trips - up to 8KGS with max dimensions of 56x45x25 needs to hold lunch and large down coat.Survival Course participants need a large backpack.*(Note, when packing you need to have first day’s clothing in this cabin bag in case luggage goes astray!)* |  |  |
| Thermals – top & bottoms x 2 | Look for length for tucking in |  |  |
| Fleeces x 2 (at least) | One light & one heavier |  |  |
| Windproof outdoor trousers | Ski trousers are not great unless they have vents- better off using rainproof trousers and thermals for cold days and windproof outdoor trousers |  |  |
| Rain jacket & trousers |  |  |  |
| Gaiters | Handy to keep snow from going into top of boots |  |  |
| Buffs x 2 | Neck gaiter/snood thingy |  |  |
| Ski goggles |  Cat 2 or 3  |  |  |
| Sunglasses | Cat 3 or 4 |  |  |
| Ski Balaclava | Not essential but handy |  |  |
| Woolly or very warm socks x 3 pairs  | Bring various thicknesses  |  |  |
| Pillow case | Handy to stuff your coat into to make pillow when in the tent |  |  |
| Gloves x 2 (lighter and heavier)  | Invest in gloves, we won’t be skiing with hired mitts so you’re looking for a pair that are flexible enough to grip the ski poles and a little larger so you can layer with a light pair underneath. |  |  |
| Warm hat | one that covers your ears (fleece lined good) |  |  |
| Sun hat/baseball hat | If it's sunny and warm then a peaked cap is very useful. |  |  |
| Head torch & spare batteries | Not hand held please |  |  |
| Toiletries | As usual |  |  |
| Towel  | Quality microfibre is good |  |  |
| High factor sun cream and lip treatment  | La Roche Posay sun cream does not run with sweating apparently |  |  |
| Small flask  | For hot drinks on treks |  |  |
| Bum bag | Useful particularly on sled dragging day for getting a quick snack/drink (and retro parties in case we come across one!) |  |  |
| Back pack | Large for Survival Course |  |  |
| Phone charger and power pack | You will need these to recharge your phone as no power in the lodge. Max 20,000mah.*(Travel with this in your cabin bag or it will be confiscated from checked in luggage)* |  |  |
| Camera | If you want a camera in addition to your phone *(note, you’ll need to swot up on shooting the Northern Lights, it’s tricky!)* |  |  |
| cup, knife, fork & spoon  | For camping night |  |  |
| Book | Most likely just for the plane as we’ll be EXHAUSTED/  |  |  |
| Towel and Swim gear | For sauna/snow diving! |  |  |
| First Aid Kit | Pain killers, ibuprofen, blister pads, roller bandage, zinc oxide tape, fix tape, matches, plasters |  |  |
| EHIC card | Get one here: hse.ie/eng/services/list/1/schemes/EHIC/apply(check yours is still in date if you have one!) |  |  |
| Insurance | When buying this policy ensure it’s for **‘Guided Cross Country Skiing’ or ‘Snowshoeing’** |  |  |
| Passport/tickets/boarding cards |  |  |  |

***Don’t forget 15% discount card for all purchases in store.adventure.ie store up to departure***