Packing list ASS3 course

Keep in mind that this packing list is non-exhaustive- if you find further items to add, feel free. Make sure you take the items listed for during the day. The instructors might ask to discuss your skis, boots and other hardware.

In the chalet

- ☐ Towel(s)
- ☐ Duvet cover (100 × 200 cm)
- ☐ Mattress cover (100 x 200 cm)
- ☐ Pillowcase
- ☐ Kitchen towel
- ☐ Optional: your own sleeping bag. There are blankets in the chalet, but they might not provide enough warmth. People that get cold fast often are happy to have their own.

Ski clothes & layers (for on the piste)

- ☐ Ski pants
- ☐ Jacket (a good rain jacket also accepted)
- ☐ Thermal base layers (shirt and leggings)
- ☐ Enough layers for warmth
- ☐ Ski socks (2 pairs)
- ☐ At least 2 pairs of ski gloves
- ☐ Buff or balaclava
- ☐ Ski goggles (preferably cat. 3 or higher)

Clothing (besides the skiing)

- ☐ Underwear (for around 7 days)
- ☐ Thermal shirts
- ☐ Thermal leggings
- ☐ Sport bras
- ☐ Comfortable clothing for around the chalet (jogging pants, hoodie, etc)
- ☐ Warm sweater / fleece for at night
- ☐ Pyjamas
- ☐ Slides or flipflops for around the chalet and in the shower
- ☐ Normal shoes, preferably waterproof (snowboots are nice if available)
- ☐ Bathing suit (for swimming pool or sauna if you plan on going)

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and soap
- ☐ Deodorant
- ☐ Face care
- ☐ Lip balm (protecting against cold and the sun)
- ☐ Sunscreen (minimum of SPF 30, SPF 50 recommended. Choose a good quality brand like Ultrasun)

- [ ] If needed personal medication
- [ ] Hair brush and elastics
- [ ] Ear plugs

Items for during the day

- [ ] Small backpack
- [ ] Water bottle or thermos flask
- [ ] Lunch box or lunch bags (not available at the chalet)
- [ ] Sunglasses (cat. 3)
- [ ] Handkerchiefs
- [ ] Optional: small powerbank

Skis

- [ ] Freeride or all mountain skis, at least 80mm underfoot
- [ ] Ski shoes
- [ ] Ski poles with powder baskets

Safety:

- [ ] Avalanche safety kit:
    - [ ] Avalanche beacon
    - [ ] Metal avalanche shovel
    - [ ] Probe
- [ ] Backpack with a separate compartment for shovel and probe
- [ ] Ski helmet
- [ ] First aid kit
- [ ] Reflective rescue blanket

Other items

- [ ] Phone charger (and possibly a power strip, there are not many electric outlets)
- [ ] Passport / identity card
- [ ] Health insurance card (EHIC)
- [ ] Cash (often necessary in Austria)
- [ ] Book, game or something to do in your spare time
- [ ] Your own tea or snacks
- [ ] Plasters or blister tape
- [ ] Eye mask (if you are sensitive to light)