Packinglist ASS1 & 2 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)

- ☐ Skipants
- ☐ Ski jacket (can be a good quality rain jacket)
- ☐ Thermal base layers (shirt and leggings)
- ☐ Sufficient warm layers (estimate based on your own temperature management)
- ☐ Ski socks (2 pairs)
- ☐ At least 2 pairs of warm ski gloves
- ☐ Buff or balaclava
- ☐ Ski helmet
- ☐ Ski goggles (preferably at least cat. 3)

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 ziplocks (not available in the chalet)
- [ ] Sunglasses (cat. 3)
- [ ] Handkerchiefs
- [ ] Possibly a small powerbank

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)