



SNOWSPORTS KIT LIST

This Kit List is to help you pack and to make the most of your Abernethy Adventure Experience.

Remember it is important to have plenty of warm clothes as it can get very cold in the mountains!

» GENERAL CLOTHING ESSENTIALS

- Sweatshirts/**hoodies**
- Casual trousers/jeans
- Sportswear for indoor games
- Socks & underwear
- Suitable Nightwear
- Indoor shoes/trainers/ slippers

» WINTER OUTDOOR CLOTHING ESSENTIALS

- Ski jacket or warm waterproof jacket
- Fleece/warm sweatshirts
- Ski trousers or waterproof trousers (Not jeans)
- tracksuit bottoms
- Old trainers/sturdy footwear that can get wet
- Long johns or tights
- 1 pair thick, long socks
- Hat** & ski gloves
- Ski goggles

» OTHER ESSENTIALS

- 2 towels
- Swimming kit
- Wash kit, including **shampoo, toothpaste** etc
- Small personal first aid kit— any medication you need
- Drinks flask/ water bottle** (non-breakable and named on the side)
- Small day sack

» RECOMMENDED/OPTIONAL ITEMS

- Change for games machines— 50p
- Sunglasses
- Sun cream, after sun & sun hat/**baseball cap**
- Torch
- Inexpensive/disposable camera
- Bin bag for bringing wet or muddy kit home

Items shown in bold are usually available at the Centre Shop at very reasonable prices.

Remember clothes in case of no snow. Please bring tracksuit bottoms & shoes that you don't mind getting muddy!

» PACKING TIPS!

- Make sure your belongings are clearly named where possible.
- Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.
- Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

» LEAVE AT HOME

We ask that you DO NOT bring expensive electronic devices with you. Please also leave at home aerosol deodorants, matches, and penknives.

» SOUVENIRS & MERCHANDISE

Abernethy has a small Centre Shop selling various snacks, essentials and souvenirs such as our popular Abernethy T-shirts & Hoodies. Prices for Abernethy clothing range from £10.00 for a child's T-shirt to £29.50 for an adult hoodie.

» SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets & harnesses. We are able to supply the following items for you to borrow from our stores should you need them:

- Waterproofs
- Walking Boots
- Rucksacks
- Sleeping Bags

www.abernethy.org.uk