



Suggested Winter Packing List

We advise you to pack carefully as winter clothes usually take lot of space in your luggage. With few simple, good quality and lightweight items you will be able to feel comfortable and warm even on the coldest of days.

For detailed weather forecasts please visit: www.meteoswiss.ch

Preparation and Advice from the Programme Team

Our Chalet is located in the Swiss Alps, 1350 metres above sea level, and the weather can vary greatly on a daily basis. **In order to fully enjoy your activities and feel comfortable with changing weather conditions in the Alps we advise you to be aware of this while packing, as well as build up the level of your fitness prior to your arrival.** Being fit will help you to better manage your outdoor activities. Human body at a higher altitude and in colder temperatures needs more energy and stamina, so being generally fit will help you overcome weather and perhaps altitude challenges.



We are confident once you dedicate time to your preparations you will be able to fully enjoy your stay here, and have lots of fun skiing/snowboarding, hiking and exploring, while feeling strong and confident.

We suggest you to bring:

Clothing and Shoes

- Socks (warm/woollen/skiing and hiking socks depends on the activity) and underwear
- First layer: thermal underwear
- Second layer: warm clothes/fleeces
- Third layer: Ski jacket and ski trousers (or warm waterproof jacket & trousers)
- Skies and poles or snowboard (if you prefer using your own)
- Ski or snowboard boots (if you prefer using your own)
- Protection helmet if you prefer using your own
- Warm gloves or mittens (preferably waterproof), hat/beanie and scarf/Buff
- Sun protection cream and lip balm with high protection factor
- Sunglasses and goggles with UV protection
- Shirts / T-shirts
- Pyjamas / Sleeping Wear
- Bathing Suit / Swimwear if you intend visiting indoor pools or spas
- Indoor Shoes (Sneakers / Trainers)
- Sturdy waterproof hiking boots with ankle support
- Guide or Scout uniform for Opening Ceremony when participating in International events (Scarf and Troop T-shirt or Shirt adequate as well)



Toiletries

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap / Bodywash
- Hair Brush and Hair Ties
- Feminine Hygiene Products
- Deodorant
- Other Skin care products if needed
- Sunscreen
- Personal Medication as required
- First Aid Kit (Leaders of each group must bring at least one per group)

Miscellaneous

- European Adapter
- Head Torch / Flashlight
- Badges for Swapping
- Good-sized water bottle/s (at least 1 litre, 2 litres recommended)
- Lunch Box for packed lunch
- Money for souvenirs and snacks
- Backpack / Day Bag for excursions and skiing/snowboarding (20 – 30 L)
- Camera with charger or extra batteries and plenty of memory

Please note that this is a suggested list only; please think about your own requirements when packing. Please label your personal belongings. Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the centre.



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