

On these courses we spend most of the time out on the mountain and you need to have suitable clothing and equipment including a small daypack to carry your safety equipment and any personal items you may need.

An outer shell jacket made of breathable material (Gore-Tex or equivalent) with an excellent hood. The lighter the better and so a shell is recommended rather than an insulated jacket and you supplement this with some good quality thermal base and mid layer tops following the principle of layering – i.e. allowing you to easily add/remove layers depending on the temperature and the activity

- A good quality pair of ski trousers. Possible characteristics might include bib-style front with braces (to keep the snow out), side-openings (useful for when you get hot), breathable fabric (Gore-Tex or similar), stretch knee pads, integral snow gaiters. NB: Bib-style trousers can be too warm in spring in which case waist-cut trousers would be better
- Mid-Layers 1-2 thin fleeces rather than fewer thick layers between your skin and the outer shell an approach which gives better heat retention and good flexibility
- Gloves good quality goretex gloves or mitts
- Ski Goggles good quality with a lens for low light is essential in the event of snow and poor visibility
- Sunglasses good quality with 100% UV protection
- Suncream and lip salve
- Favourite hill snack