

Ski Trip Supply Check List

Dear Parents,

The following is only an approximate guideline to help your child come prepared for fun. If you have some of the things listed below, then you do not need to buy these items. If something is missing, feel free to add to the list.

Students should bring only what they can personally carry. Children should **not** bring large amounts of money, valuables, or jewelry.

Whatever they bring, **they have to take care of the belongings by themselves.** Teachers do not take responsible of them. We will explain all the details in advance when we have a meeting at school.

Ski Wear and items

- 1-pair of ski pants (water-resistant)
- 1-pair of gloves (water-resistant)
- 1-ski jacket (water-resistant)
- 1-sweater (or light jacket)
- 4-pairs of long underwear
- 1-tube of sun block
- 1-pair of goggles (or ski sunglasses)
- 1-wool (or knit) hat
- 4-pairs of wool (or similar) socks
- 1-tube of lip balm
- 2-packs of pocket tissues
- 1-small hand towel (for perspiration during skiing)

Following items are optional

- 1-pair of ear covers
- 1-skiing face mask to cover your nose and mouth during skiing

Others are optional

- Snacks (chips, fruits, etc.)
- Individual games, video games, music, card games, etc. Remember, these are your responsible to bring
- Pocket money (¥ 5,000 maximum)
- Extra batteries
- Cell Phone / charger
- 1-pack of pocket warmers (Hokkairo or Hokaron)
- 1-small flashlight
- 1 or 2 disposable cameras or a digital camera
- 2-medium (zip lock) plastic bags (for motion sickness while on the bus)

Lodge Wear and items

- Reading materials
- 1-pair of jeans (or pants)
- 1-pair of sleepwear (pajamas)
- 2-pairs of (long sleeve) shirts
- 3-pairs soft underclothes (underwear)
- 1-toothbrush
- 1-bar (or bottle) of body soap
- 1-bottle of shampoo (*small, or travel sizes are the best*)
- 1-washcloth
- 1-bath towel
- 1-comb (or brush)
- 1-large plastic bag (for wet and / or dirty clothes)
- Any medication (if needed)
- (First Aid kit will be provided by the school)