The main kit for the trip dates is included and arranged through Rock and Rent. Before the trip, fill in a separate form for each participant: skis or snowboard, height, weight, boot size, ability level and, for a snowboard, your stance. The manager confirms the exact contents and availability.

Clothing and protection

- Ski jacket and trousers, or a winter one-piece suit
- Base layers and a warm mid layer
- Ski gloves or mittens
- Warm ski socks
- Helmet, either your own or one confirmed separately from the hire shop
- Ski goggles, with a lens suited to the conditions
- Additional protective gear, according to your level and the instructor's advice

Documents and useful extras

- Photo identification
- Insurance policy
- Phone, charger and power bank
- Sun cream and your own toiletries
- A dry change of base layer
- A personal first-aid kit suited to your own medical needs