

Ski Instructor Course — Kit List

Avoriaz can hit -20°C . Pack warm, waterproof and layerable.

ON-SNOW HARDWARE

- ☐ Skis, boots & poles (or arrange hire with our partners)
- ☐ Helmet — mandatory
- ☐ Goggles (+ a spare low-light lens)
- ☐ Ski backpack (~15L)

CLOTHING & LAYERS

- ☐ Waterproof ski jacket (Gore-Tex or similar)
- ☐ Waterproof ski pants / salopettes
- ☐ Merino base layers — several tops & bottoms
- ☐ Mid-layers / fleece
- ☐ 2 pairs ski gloves
- ☐ 2 beanies
- ☐ 5 pairs ski socks
- ☐ Neck gaiter / buff
- ☐ Warm casual clothes for evenings

BODY & SAFETY

- ☐ High-SPF sun cream + lip balm
- ☐ Sunglasses
- ☐ Small blister / first-aid kit
- ☐ Water bottle or flask

ADMIN & DOCUMENTS

- ☐ Passport / ID
- ☐ Travel + winter-sports insurance (medical, evacuation, off-piste)
- ☐ GHIC / EHIC card (if eligible)
- ☐ Bank card — lift pass & personal spend
- ☐ Any personal medication

PEAK PROVIDES — LEAVE AT HOME

- ☒ Team down jacket / puffer
- ☒ Course merch
- ☒ One-way Geneva airport transfer

You'll get a full personalised checklist on enrolment. Questions on kit, hire or hand-luggage?

peaksnowsports.com/gap-course