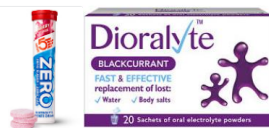


Students will also pay €45 for a fleece and hat. This payment also covers gratuity payments to ski instructors. This will be paid via the College website from October.

Essential items:

1. Ski Jacket with a pocket on the left sleeve
2. Ski pants.
3. Ski goggles.
4. Sun glasses.
5. Hat.
6. Gloves
7. Ski socks x3
8. Electrolyte's



9. Sun screen and lip balm.
10. Thermals



11. EHIC (European Health Insurance Card)



Average temperature in Norway is -5 to -10°C

