



More From Ski 3UP

WE WILL BE AT
LEIGH VILLAGE HALL ON
THE FOLLOWING DATES

Private fitting and advice service
with a personal shopper by appointment.
Or feel free to turn up to browse or buy.

10.00am - 4.00pm

Saturday 22nd November 2025

Sunday 14th December 2025

Saturday 3rd January 2026

Sunday 11th January 2026

Saturday 17th January 2026

Sunday 8th February 2026

Saturday 28th February 2026

Sunday 8th March 2026

Saturday 21st March 2026

Please check website for any additional dates or if neither of these dates are
convenient for you please call us on 07711 636497 for alternative options.

*Please do not go to the Carshalton office address there is no
stock held here and it is not open to the public.*

BUNCE COMMON ROAD LEIGH, REIGATE
15 MINUTES FROM M25 J8 OR J9

RH2 8NP

You Tube

Check out our latest videos at You**Tube** for the
best ways to dress and pack your bags!



ki3up
www.ski3up.co.uk



FOLLOW US ON
INSTAGRAM

Checklist

Watch our YouTube videos on what is essential for a safe, fun day skiing and what is nice to have

Remember that conditions in the mountain can be very extreme and can change rapidly. You must be prepared for the worst. All our gear is of an appropriate quality for the recreational skier/boarder. All of this will be explained during a presentation at your school.

Essentials ✓

SOCKS

Need at least 3 pairs for the week.
Only wear one layer long sock with no ribbing.

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LAYERS

The secret of staying comfortable is to wear layers. We recommend wearing polyester, avoid wool and nylon. Under salopettes wear leggings NOT track suit bottoms.

Do not mix cotton and polyester.

POLYESTER 2 layers under jacket

Thermal BASE Layer
Microfleece MID Layer

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THERMAL LINING GLOVES

For added warmth.

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GLOVES OR MITTS

Windproof, breathable, snowproof, warm and with palm patch. Mitts are warmer.
WEAR AT ALL TIMES.

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NECK RING, A NEDY OR A SKUFF

Neck Ring: to cover lower face and add extra protection around neck.

Nedy: can be worn as neck ring or extra layer between the helmet and your head, a great idea if hiring a helmet.

Skuff: combination of above neck and head in one!

Ninja: balaclava

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EYE PROTECTION

Must have UV400 lenses.

- Goggles for bad weather
- Glasses for good weather
- If only one? – GOGGLES

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JACKET

Windproof, breathable, snowproof and warm.
Fits with room for layers underneath.

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SALOPETTES

Windproof, breathable, snowproof warm and not too tight.

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SUN CREAM AND LIP BALM

It is very drying in the mountains and the UV is strong.
ALWAYS have IT with you and use frequently.

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HELMETS

Added protection, now law in most countries and it is ski school policy. Include a Novelty Helmet Cover to stand out in the crowd.

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Nice to have

BUM BAG/SMALL RUCKSACK

Better than stuffing your pockets full.

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FACE MASK

Especially in America and Canada high resorts and early season.

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FLOTTLE

400ml refillable fluid pouch. The flat bottle. Keep hydrated.

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PHONE BUNGEE

Don't drop or lose your mobile on the slopes ever!

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HAT

You can be as silly as you want in style but it must cover your ears. ALWAYS take it with you even though you ski with a helmet a hat is good for lunchtime, travelling or an evening out.

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GLOVE BUDDY

Elasticated wrist strap glove saver. Fits all our gloves without sewing. *We have all dropped our gloves!!*

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HANDWARMERS

For those moments when you just can't warm up.

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SKI TIE

Keeps skis together for easier carrying and for identifying your skis in amongst the rest.

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BOOT CARRIER

Makes carrying boots easier. Also for identification.

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WHEELED TRAVEL BAG

Perfect for a weeks trip travelling by coach or plane.

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NOTES

Don't forget an energy bar and fill your flottle with mountain water to prevent dehydration. You never know when you may need them.