

# Preparation of your stay

## “ADMINISTRATIVE” CHECK LIST

- 1. Transport :
  - Book **flight tickets** for Geneva (GVA) or Sion (SIR).
  - For the Swiss residents travelling by train, book your **train ticket**. For Swiss residents travelling by car, contact us to organise the transfer from your vehicle to ours.
- 2. Passport :
  - Bring a passport or identity card that is valid for at least **6 months** after your return.
- 3. Cash :
  - Change enough Swiss Francs (for drinks and souvenirs).

## “WINTER EQUIPMENT” CHECK LIST

**If you are missing something mentioned in this list, contact us and we can rent it for you.**

- 1. Ski boots and walking shoes :

*Depending on the activities that you've chosen, skiing, ski touring or snow-shoeing, we would recommend that you only bring **one pair of boots** (ski, touring or walking shoes). In order to guarantee maximum enjoyment, **travel light**; we'll organise any rental of equipment you should need*
- 2. **Technical** clothes and small pieces of equipment :
  - Hat
  - Gloves
  - Sunglasses
  - Eyewear for fog (goggles)
  - Sun cream
  - Helmet
  - Waterproof ski jacket
  - Ski trousers
  - Ski or walking socks
  - Thermals underwear (bottoms and top)
  - Sweater (wool or fleece)
- 3. Clothes and shoes for your **journey and your evenings** out in the mountains

### Equipment organised by AlpEmotion :

- Rucksack

- Thermos flask
- Avalanche transceiver
- Shovel
- Probe
  
- Skis
- Ski touring skis
- Snowshoes
- Crampons
- Ice axe
- Ski boots\*
- Ski clothes\*

On request:

- Ski boots\*
- Ski clothes\*

(\* You will need to go to a sports shop for this equipment)

If you miss any items of this list, or for any additional questions, we will be pleased to answer you:

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