



Example - check list for ski lessons

- Gloves
- Beanie
- Helmet (strongly recommended)
- Sunglasses
- Goggles
- « Thermo » clothes (Base layer)
- Pull-over (Mid layer)
- Ski jacket & trousers (Shell layer)
- Sun cream & After-sun lotion
- Bandana
- Ski/sport socks
- Hood
- Tissues
- Ski, ski shoes, ski sticks (to rent directly at our partner shop [Perraudin Sport](#))
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N.B : The proposed equipment list above is non-exhaustive and is given to you as an example. In no way may the Swiss Ski & Snowboard School of La Tzoumaz be hold responsible in case of an omission.

If you have any question, we would be glad to help you. Please directly contact us by email: info@tzoumazbooking.com or phone : +41 (0) 27.306.52.72.