



## What do I need to bring?

When embarking on your road to becoming a professional ski instructor with The Edge Clinic instructor courses it is very important to have the right kit for the task ahead. Having the right equipment for the courses can increase your chances of success by up to 20%!

Below are some basic 'must have's' to give you the best chance of success.

### Skis -

It is essential to have your own skis and once you're a signed up member of our training team we have the facility to help you with a ski purchase from our sponsors at Salomon UK. At present we highly recommend the Salomon [Salomon 24hrs](#).

If you already have your own skis please contact [info@theedgeclinic.com](mailto:info@theedgeclinic.com) to discuss their suitability.

### Boots -

Again it is at this time that you will need to have your own ski boots, not only to give you the best chances of success but also to add to comfort, performance & professional improvement. Not only do you need boots, you need the right boots. This is a very specialist area and whilst all the Edge Clinic staff are highly skilled and knowledgeable, we don't proclaim to be boot fitters, however in resort, we do have specialist boot fitters that will be more than happy to help.

### Poles -

Ski poles come in all shapes, sizes and colours. Look for a ski pole with a handle you like the grip of, with a small basket. Measure them by holding them upside down with your hand under the basket on flat ground in flat shoes, your forearm should then be at 90 degrees. That's about as complex as poles get!

### Clothing -

Another of the many reasons to join us is the free jacket. Each year we choose a high quality technical shell jacket, logo it up and provide each one of you with one at the course welcome meeting.

If possible, sourcing some nice blue or black (for males) and pink or burgundy (for females) ski pants to join the jacket we provide as this makes for a nice colour combo (yellow jacket) and looks awesome in the photos and videos. Don't worry if these are not available. The key to being warm is layers. Whilst cotton t-shirts look cool they don't breath and aren't warm. Look for good quality thermal layers. Makes such as Falke, Smartwool, Icebreaker, Helly Hansen. Also Hoodies, fleeces and jumpers are a good mid-layer. Socks are also important. Whilst thick socks are warm they might not always provide the best comfort for a long day on the piste. Try looking for a compression ski sock. Again good gloves are a must. Don't buy cheap gloves. Ideally buy gloves that you can wear liners or a thinner glove inside. The more options to adapt to the changing weather conditions the better.

### Basic kit list -

- Skis, boots, poles (own)
- Helmet (obligatory)
- Goggles and sun glasses
- Ski clothing (good layering systems)
- Sports/gym clothing (2 sets of trainers)
- Swimming kit
- Social/casual clothing, shoes and boots
- Medium sized rucksack
- Transceiver, shovel and probe (if owned)
- Comprehensive accident and medical insurance
- Medical requirements, sun creams and lip salve
- Spending money (Euros)
- **Not forgetting, the "BASI Manual"**

Registered address: Apartment Strims, Strims 3, Zauchensee - Altenmarkt, 5541, Austria



### The Edge Clinic's Course Checklist

<b>Ski clothing and Equipment</b>	<input checked="" type="checkbox"/>
Ski Jacket & Legs or Ski Suit	
Midlayer thermal-fleeces - Roll or Zip neck tops - (we suggest several)	
Thermal Underwear and underwear in general!	
Ski Gloves - ESSENTIAL! (maybe a couple of pairs)	
Ski Socks (we would suggest plenty!)	
Ski Hat, Beanie etc	
Suncream /Lipbalm	
Goggles and Sunglasses	
Snow Boots	
Transceiver, shovel and probe (if owned)	
Ski Pass holder (most ski jackets have a suitable holder)	
Medium sized Rucksack	
Helmet	
Bandana's - not essential but so useful extra for warmth	
Ski equipment, skis, poles, board, boots unless hiring	
<b>Travel documents, etc</b>	<input checked="" type="checkbox"/>
Passport (driving license if owned)	
Travel Tickets	
Passport-sized photos	
Travel/holiday itinerary details	
Money and/or Currency	
Credit Cards	
Insurance documents and EHIC form for EU countries	
Address Book	
<b>Personal</b>	<input checked="" type="checkbox"/>
Trousers	
Fleeces/jumpers	
Socks	
Indoor evening clothes (note: chalets/hotels/bars can be hot!)	
Swimming gear - Therme Amade Spa and Pool	
Personal First Aid, Plasters, Antiseptic Cream, Hangover cure!	
Arnica (Cream useful to reduce bruising) Heat Rub	
Shampoo, Shower Gel, Toothpaste, Tissues etc. Toiletries	
Camera	
Bathing and bathroom towels	
BASI Manual and course information and writing material	
Teddy bear	
Cancel Milk/Papers - put the cat out!	