

For your convenience, you will find below a standard list of clothing. Climate in Switzerland may fluctuate often and we do recommend warm clothes as well as summer ones.

**Please note that we provide daily unlimited sports towels and in room-towels of various sizes. There is no need to take some along with you.**

*Full Laundry is provided twice a week. Please note dry cleaning is not included but available.*

**JTC - Clothing and equipment list:**

- 9 underwear's
- 9 pairs of socks
- 2 pair's thick socks
- 8 T-shirt or shirts
- 4 pairs shorts
- 3 pullovers or sweatshirts
- 1 warm sweater
- Trousers (or skirts)
- 3 pr. jeans
- Party attire
- Tennis suit / golf / jogging suit
- 1 pair woollen mittens and hat (for hiking)
- 1 windbreaker
- 2 pyjamas, light bathrobe
- Swim suit and cap
- Sports hat against sun

- Walking shoes
- Hiking shoes, sneakers, slippers
- Sunglasses

Toilet articles

- Hairbrush/ nail scissors
- Soap, shampoo, toothpaste, toothbrush
- Sun cream

**Compulsory sport shoes:**

- 1 pr for **outdoors**
- 1 pr for **indoors**

Each participant will receive a backpack from JTC, a t-shirt, a hoodie and other great stuff !

**Optional Ski-Camp Zermatt 5 days / 4 nights**

- Pullover
- T-Shirt to change
- Trousers to change
- Underwear to change
- Socks to change
- Waterproof trousers
- Ski-jacket & trousers
- Cap
- Gloves
- Swimming suit
- Toothbrush
- Sunscreen with a 40/50 protection
- Sunglasses & goggles

*You have the possibility to rent ski clothes & other equipment in Zermatt.*

**Optional:**

- Roller / inline skates
- Ice skates
- Riding equipment
- Camera
- Ping-pong paddle
- Tennis /badminton rackets

**All clothing must be marked with the laundry number; otherwise we have to refuse all responsibility. – By no means should you feel that you have to follow the list precisely, it should only serve as a guide.**