



Boys' Suggested Packing List for Swiss Semester

Required:

- math and foreign language texts (from the home school)
- calculator and instruction manual (appropriate for home school's requirements)
- passport (valid through May of the following year)
- any personal medication (sufficient quantities for the semester or intent to mail)
- up-to-date tetanus shot and other vaccinations
- book bag for texts (Swiss Semester provides a backpack for outdoor activities)
- small piece of luggage with wheels for city trips (also useful as carry-on for transatlantic flight)
- "city" raincoat and compact umbrella
- sun glasses and hat (baseball cap is fine)
- hiking boots (see "Boot Purchase Information" handout)

Highly Recommended:

- extra glasses/contacts and contact solution
- hydration system (bladder and hose) to put in activity backpack
- helmets (skiing)
- biking shorts (padded)
- camera and storage media (more than you think you'll need—NOT phone)
- travel alarm clock
- headlamp
- no ski equipment (easily rented in Zermatt for very reasonable price)
- blister treatment material

Recommended:

- blazer for city trips
- 3 dress pants for city trips and for Thanksgiving dinner (not too long)
- 2-3 casual pants (jeans, cargo, etc.)
- 3 dress shirts (for use with or without a tie; easily laundered and as wrinkle free as possible)
- 5-6 casual shirts (golf shirts, flannel, turtlenecks and/or rugby shirts)
- 5-6 t-shirts for hiking (wicking material preferable)
- sweatpants or fleece pants
- 1-2 sweatshirts
- 2-3 sweaters (varying weights and formality—at least one reasonably formal to wear with blazer)
- 2 ties
- 2 "non-athletic" shorts (to wear to class)
- 3-4 sport shorts; bathing suit
- pajamas
- long underwear
- ~10 underwear
- ~14 socks (athletic, dress, including 5-6 pair of very good hiking socks—not cotton)
- windproof pants (preferably waterproof but not too expensive; can get ripped by crampons)
- warm ski pants and ski jacket
- hat (for town and hiking), headband, scarf, ski mask, gloves (light and heavy) and/or mittens
- light jacket for fall or base layer under ski jacket ("windstopper" can be helpful)
- rain jacket
- belts and bandana
- tennis racket (optional)
- shoes
 - tennis/running
 - sandals (no flip-flops)
 - hiking boots with ankle support (see handout; climbing boots should be rented from Swiss Semester)
 - 1-2 slippers (can be worn in school)
 - after ski boots (warm and waterproof) or use hiking boots
 - 1 casual shoes
 - 1-2 pair of dress shoes (rubber soles, comfortable and suitable for a lot of walking)