



Girls' 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:

- 3 fall/winter skirts (not thin, "flimsy" fabric); if above knee length, can't be too short and must be worn with opaque tights
- nylons/tights (essential for travel in cities in cold weather)
- 1 "dress up" outfit (not cocktail dress) suitable for a concert and Thanksgiving dinner
- 1-tailored pant for trips (not cords or jeans, not tight-fitting or flimsy), if you don't wear pants bring extra skirt instead
- 2 blouses suitable for city (long enough to cover midriff)
- 4 pants/jeans/cords (not leggings or jeggings and not form fitting)
- 4-5 casual shirts (polo, button down, or rugby)
- 5-6 t-shirts for hiking (wicking material preferable)
- 1-2 sweatshirts
- 2 sweaters (varying weight and formality)
- "non-athletic" shorts (to wear to class)
- 4-5 sport shorts (not too short or tight) (no writing on the buttocks)
- nightgown or pajamas (flannel recommended)
- long underwear
- ~ 10 underwear and ~ 7 bras (including sports bras)
- ~10 socks (tube, 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) and rain jacket
- belts and bathing suit
- 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
 - 1-2 casual shoes (boots and wet/muddy shoes can't be worn in the school building)
 - 1 dress shoes
 - 1-2 "city" shoes/boots (rubber soles, comfortable and suitable for a lot of walking)