



Checklist Ride Only - Action Camp

To help you prepare for your week of camp and not forget anything, here is a list of what we advise you to take according to the following Program : [Program Action Camp](#)

Monday

@ Alaïa Chalet

- Sportswear, Swimming costume & Towels (summer)
- Sports sneakers for your coaching discipline
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

Tuesday

@ Alaïa Chalet

- Sportswear, Swimming costume & Towels (summer)
- Sports sneakers for your coaching discipline
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

Wednesday

@Alaïa Chalet
@ Alaïa Bay &
Realfly

- Swimming costume & Towels for Alaïa Bay, Closed and tight shoes for Realfly (if option Bay and/or Realfly)
- Sportswear & Sneakers for the 5pm Free Session at Alaïa Chalet
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

Thursday

@ Alaïa Chalet

- Sportswear, Swimming costume & Towels (summer)
- Sports sneakers for your coaching discipline
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

Friday

@ Alaïa Chalet

- Sportswear, Swimming costume & Towels (summer)
- Sports basket for your coaching discipline
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

Saturday

@ Alaïa Chalet

- Sportswear, Swimming costume & Towels (summer)
- Sports sneakers for your coaching discipline
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

You can bring your own skateboard or scooter, but the following anyway is included in the Action Camp:

- Skateboard, Scooter, BMX, Trampoline board...
- Protections & Helmets (Alaïa Chalet)
- Anti-slip socks (Alaïa Chalet)





Checklist Ride Only - Surf Camp

To help you prepare for your week of camp and not forget anything, here is a list of what we advise you to take according to the following Program : [Program Surf Camp](#)

Monday

@ Alaïa Bay

- Swimwear & Towel for Alaïa Bay
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Tuesday

@ Alaïa Bay
& Wakesurf
(summer)

- Swimwear & Towel for Alaïa Bay, Warm and dry clothes for the boat at Alaïa Wakesurf (in summer)
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Wednesday

@ Alaïa Chalet
& @ Alaïa Bay

- Swimwear & Towels for Alaïa Bay
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Thursday

@ Alaïa Bay

- Swimwear & Towels for Alaïa Bay
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Friday

@ Alaïa Bay

- Swimwear & Towels for Alaïa Bay
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Saturday

@ Alaïa Bay
(summer)
@ Alaïa Chalet
(fall, spring)

- Swimwear & Towels in Summer
- Sportswear & sneakers for your discipline (skateboard, scooter, trampoline) in Autumn&Spring
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

You can bring your own surfboard, skateboard or scooter, but this is included in the Surf Camp:

- Surfboard, Wetsuit, Helmet (Alaïa Bay)
- Skateboard, Scooter, BMX (Alaïa Chalet)
- Anti-slip socks, Protectors & Helmets (Alaïa Chalet)





Checklist Ride Only - Discovery Camp

To help you prepare for your week of camp and not forget anything, here is a list of what we advise you to take according to the following Program : [Program Discovery Camp](#)

Monday

@ Alaïa Chalet

- Sportswear
- Sport sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Tuesday

@ Alaïa Chalet
Wakesurf (summer)
Realfly (other season)

- Sportswear
- Swimwear & Towel for Alaïa Wake, closed and tight shoes for Realfly
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Wednesday

MTB &
@ Alaïa Bay

- Sport sneakers for mountain biking (like trail shoes, running shoes)
- Swimwear & Towel for Alaïa Bay
- Sportswear & Sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream...
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Thursday

@ Alaïa Chalet
& MTB DH or
Canyoning

- Sportswear
- Sport sneakers (like trail shoes, running shoes)
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream...
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Friday

@ Alaïa Chalet

- Sportswear
- Sport sneakers
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Saturday

@ Alaïa Chalet

- Sportswear
- Sport sneakers for your discipline (skateboard, scooter, trampoline)
- Depending on the weather: rain gear, warm jacket or cap, sunglasses, sun cream.
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

You can bring your own skateboard or scooter, but the following is anyway included in the Mountain Camp:

- Mountain bikes and DH bikes, MTB and DH equipment and protection
- Canyoning equipment
- Climbing equipment (harness, climbing shoes)
- Skateboard, scooter, BMX, trampoline board (Alaïa Chalet)
- Anti-slip socks, Protectors & Helmet (Alaïa Chalet)





Checklist Ride Only - Snow Camp

To help you prepare for your week of camp and not forget anything, here is a list of what we advise you to take according to the following Program : [Program Snow Camp](#)

Monday

@ Alaia Chalet
& Snowpark

- Sportswear, Sport sneakers & Ski/Snow Clothes
- Ski/Snowboard & Ski Boots/Snowboard Boots & Helmet (ski poles if needed)
- Depending on the weather: warm jacket, hat, gloves, scarf/buff, sunglasses, mask, sunscreen..
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Tuesday

@ Snowpark

- Sportswear, Sport sneakers & Ski/Snow Clothes
- Ski/Snowboard & Ski Boots/Snowboard Boots & Helmet (ski poles if needed)
- Depending on the weather: warm jacket, hat, gloves, scarf/buff, sunglasses, mask, sunscreen..
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Wednesday

@ Climbing
& Snowpark

- Sportswear, Sport sneakers & Ski/Snow Clothes
- Ski/Snowboard & Ski Boots/Snowboard Boots & Helmet (ski poles if needed)
- Depending on the weather: warm jacket, hat, gloves, scarf/buff, sunglasses, mask, sunscreen..
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Thursday

@ CMA Ski
Resort

- Sportswear, Sport sneakers & Ski/Snow Clothes
- Ski/Snowboard & Ski Boots/Snowboard Boots & Helmet (ski poles if needed)
- Depending on the weather: warm jacket, hat, gloves, scarf/buff, sunglasses, mask, sunscreen..
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Friday

@ Alaia Chalet &
Snowpark

- Sportswear, Sport sneakers & Ski/Snow Clothes
- Ski/Snowboard & Ski Boots/Snowboard Boots & Helmet (ski poles if needed)
- Depending on the weather: warm jacket, hat, gloves, scarf/buff, sunglasses, mask, sunscreen..
- Backpack with personal belongings, pocket money (if needed for shop/bar)

Saturday

@ Alaia Chalet

- Sportswear
- Sport sneakers for your discipline (skateboard, scooter, trampoline)
- Depending on the weather: rain gear, warm jacket, hat, gloves, scarf, sunglasses, sun cream..
- Backpack with your personal belongings, pocket money (if needed for shop/bar)

You can bring your own skateboard or scooter, but the following is anyway included in the Snow Camp:

- Skateboard, scooter, BMX, trampoline board (Alaia Chalet)
- Anti-slip socks, Protectors & Helmet (Alaia Chalet)

We can also recommend ski and snowboard renting shops in the station if you do not have your own equipment.

