



## PREPARING FOR YOUR STAY AT THE LODGE

We're delighted you're coming to stay with us! We've put together this document to make sure you know exactly what you need to bring and what to expect.

### BEFORE YOU LEAVE HOME

**Health and immigration** - We have first aid equipment at The Lodge along with staff trained in administering first aid. Medical care in Switzerland is of a very high standard, and there are three medical centres within Verbier, one of which is open at all times for emergencies. The nearest hospital is located a 30 minute drive away in Martigny. Medical charges will apply according to treatment so make sure you have travel insurance before you go.

Travellers from the US and the EU do not require a visa to enter Switzerland, but your passport must be valid for at least 6 months beyond your intended return date. Travellers from other countries may require a visa, so please check with your nearest Swiss Embassy or Consulate.

**What to wear** - The atmosphere at The Lodge is casual and informal, and formal wear is only required if you want to get dressed up! You'll definitely want to make use of the pool and Jacuzzis, so the usual swimwear is essential (we've already got some pool toys to keep you entertained).

Once you leave the chalet, what you wear will depend on the season. As you'd imagine, the scenery in the Alps varies enormously. No one can predict exactly when the snows will descend, but the average daytime temperature in winter hovers around  $-3^{\circ}\text{C}/27^{\circ}\text{F}$ , while temperatures in summer can average a balmy  $26^{\circ}\text{C}/79^{\circ}\text{F}$ ! Either way, be sure to bring some sunscreen with you when you visit.

When it comes to winter, first-timers can feel a bit daunted by all the gear needed for a ski holiday, so here's a quick checklist for when you're packing. Make sure you bring a winter hat that covers your ears, ski gloves, ski goggles (you can wear sunglasses but they're less practical for keeping the wind and sun out of your face), a neck warmer or scarf, and a supply of fitted wool socks. Don't try and double up with several pairs of socks; if they get damp and rub together you might end up with blisters! Keeping warm in the winter chill means wearing layers. We suggest an outer layer which should be a waterproof ski jacket, a mid layer which ideally should be a fleece jumper, and a base layer preferably made of a natural material.

For your lower half we recommend a pair of waterproof ski pants made of a similar material as your ski jacket, and thermal leg warmers if you're particularly susceptible to the cold. It's also a good idea to bring along some waterproof walking boots – they'll feel fantastically comfortable at the end of the day when you change out of your ski boots! As the air is quite dry at altitude, it's easy to get dehydrated, so try and drink as much water as possible, and if your skin is sensitive, we will have some moisturising hand cream available in The Lodge.

### The Lodge layout

| Ground floor | 1 <sup>st</sup> floor | 2 <sup>nd</sup> floor | 3 <sup>rd</sup> floor | 4 <sup>th</sup> floor |
|--------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Party area   | Ski boot room         | Bedroom 1             | Bedroom 4             | Master Suite 1        |
| Indoor pool  | Dining/lounge area    | Bedroom 2             | Bedroom 5             | Master Suite 2        |
| Jacuzzi      | Outdoor terrace       | Bedroom 3             | Bedroom 6             | Duplex bathroom       |
| Steam room   | Jacuzzi               | Kid's bunkroom        | Duplex                |                       |
| Gym          | Ice rink              |                       |                       |                       |
| Virgin Spa   | Kitchen               |                       |                       |                       |



### WHEN YOU GET THERE...

**What is supplied at The Lodge?** - In your room you will find: a well-stocked mini bar (Master Suites only), safety deposit box, hot water bottles, bottled drinking water, slippers, luxury bathrobe, phone, radio/CD player, CDs, plug adapters, hair dryer, SPF lip balm, umbrellas, walking poles and a selection of toiletries. Hair straighteners and hypoallergenic pillows and duvets are available on request as well as mattress toppers for extra padding to ensure a perfect night's sleep. If you want to chill out to your own tunes in your room, we have iPod/MP3 player leads in all guest rooms. Down in the party area, we've got a huge plasma screen TV and loads of DVDs as well as a Nintendo Wii, and karaoke for when things really get rowdy. We've also got a stash of board games in a chest next to the downstairs bar. In the pool area there are plenty of towels so you don't need to bring them down from your room.

**Eating and drinking at The Lodge** - There's no better way to enjoy a meal than to gather around our large dining table for some good food and good company. All food at The Lodge is cooked to order, and when the chalet is hired on an exclusive-use basis, we'll plan the meals around your wishes.

In winter our rates include breakfast and afternoon tea, as well as dinner on all but one night during the week, when you'll be able to sample the best of Verbier's culinary delights. Each day we will book a table for lunch somewhere on the slopes, with each guest responsible for paying for his or her own meal. If you make it back to The Lodge for lunch, or if you choose to stay behind during the day, a light lunch will be served (included in the rates).

Our rates in summer include breakfast, lunch and afternoon tea and dinner. Lunches will vary depending on the day's activities. Some excursions we organise include lunch, but if you're the more independent sort and choose to go exploring, lunch is your own responsibility. If you get back to The Lodge by lunchtime, however, we'll organise a buffet lunch either inside or on the terrace.

**Smoking** – If your idea of a perfect digestif post-dinner is a cheeky cigarette then you're welcome to use the spacious deck area outside or the balcony off your room (should it have one). Just no butts inside please as The Lodge has a 100% no-smoking policy indoors.

**Language** - Switzerland has four official languages, but the one you will encounter in Verbier is French. English is widely spoken, however, so if your French is a bit rusty no one will mind. We do recommend you try though – the locals will definitely appreciate the effort!

**Currency** - In Switzerland the currency is the Swiss Franc and as you might expect, you can get money out from cash points in Verbier or at the airport when you arrive. Credit cards are accepted widely, so you shouldn't have a problem using plastic to buy things.