

GETTING READY FOR THE SKI COURSE!

Soon we will be setting off for the snowy slopes of Bormio. The town is in the Italian Alps. The town is at the foot of the Bormio ski area. It is in the Lombardy region of Italy and has a population of just over 2000 people.

Bormio town was famous in Roman times for its hot, natural baths. Rich Romans used to visit Bormio as they believed that the hot baths were good for their health. Many Roman ruins can still be seen in Bormio town.

Bormio is located near the Italian/Swiss border. The ski resort is used each year for World Cup ski races. In 2026 the Winter Olympic Games will be centred in Milan and Bormio will be used for some of the Olympic events.



The Party Leader for the ski course is Mr McKee. Whilst we are away he is usually referred to as “Mr McSki.” The nurse for the trip is Nurse Melanie (McLaughlin). Mr Coyne is in charge of announcements.

When you come to think about packing you need to make sure that you consider the following items:

- Your yellow course bib which will be given out in school.
- Lipsalve – your lips *will* get chapped without it.
- Suncream for both your face and lips – a factor of 15 or above please. (Don’t forget to do under your chin – the sun reflects off the snow and it can get quite sore!)
- Travel sickness tablets. (If you do suffer from travel sickness). Your parents should make sure you take one before you go and hand the rest over to your teacher who will make sure you take another before we get on the coach in France.

- Disposable camera(s) – the views are spectacular and you need to take a photo or two to make the family back home jealous!
 - Slippers for wearing about the hotel are a good idea. You might like to give your poor feet a rest after wearing your ski boots!
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- Bring simple, sensible clothes. The hotel room is nice and warm so you will not need a lot of very warm clothes. T-shirts, sweat-shirts, jeans and jogging bottoms are best. Bring one smart outfit for the disco. Don't bring TOO much. Pack them in a medium-sized wheeled case.



- For skiing you will need a warm base layer, a fleece, ski jacket, salopettes, gloves, ski socks (three pairs which should reach just below the knees), goggles **and** sunglasses, neck protection.
- Towel: bring one medium-sized bath towel of your own.
- A hairdryer, if you need one, and a continental adaptor (one dryer per room)
- Pens, pencils, coloured pencils, felt pens etc. for your home-work. Pack the diary which will be given to you.
- **You must bring a “bag for life”,** which must be strong and have a proper base to it.



- **DO NOT BRING ANY JEWELLERY.**

REFRESHMENTS:

You may bring a maximum of £5 to buy drinks in the airport. Unfortunately, on the flights you are not likely to have time to buy sweets or gifts.

No meals will be served on our plane journey so you will need to bring a packed lunch and in a plastic bag. Given the time we are travelling please take enough food for two meals. Some of this will be eaten just before we fly. The lunch should contain only the following items:

Simple sandwiches (eg Ham or cheese)
Breakfast bars
Fruit, such as an apple
No drink or sweets of any type to be included

Put your packed lunch in a small item of hand-luggage, like a rucksack. Also carry in that bag some books, magazines and small games to keep you occupied on the journey. **You will need to carry in the bag one pair of ski socks.**

Do not put any fluids in your hand luggage, such as drinks or toiletries. This includes vaseline and lip salve. If your bag has to be searched at security you could hold up the whole group.

NB You must not bring a mobile phone. You will not be allowed to phone home while we are away, but your teachers will keep in touch with school on a regular basis. School will get in touch with parents if there is a need.

One of our teachers will telephone a school contact to confirm that we are safely settled in the resort.

OFF WE GO!

We will leave for Bormio on **Sunday, 26th January**. You will be informed of the meeting place and time to gather by separate letter. We will all be in our red Liverpool Primary Schools' Ski Association hoodies, which are being given out in school.

You should have a light breakfast before you come to the meeting point.

Our school group will be accompanied by the following staff members from our school: **Mr Brady and Mr Morris**

A medical and contact details form must be completed before the trip. This form must be completed accurately otherwise this could have an impact on your insurance status. Medicines that children will be required to take whilst we are away can be handed into school at a date which will be specified. Parents must clearly write on the medication the dosage and frequency with which it must be taken.

If there is any item of medication that must be administered during the journey please let school know as there are now strict limitations about carrying medicines in hand luggage. The medicine will then be handed to the qualified nurse, who will be accompanying the party to the Alps.

Once you have been ticked off as present at the meeting point you will be asked to board the bus which will take us to Manchester Airport. You will be given a name badge.

When all our whole party is gathered the buses will begin their journey to the Airport. We will get off the buses at Manchester and go into the check in area where you will be given a coloured tag for your case.

The flight is Ryan Air FR3218 leaving for Milan Bergamo Airport. Our scheduled take off time is 7.05 am. The flight will take just over two hours so we should land about 10.15 am, having added one hour. A coach will take us from Milan on to the resort. The journey to Bormio will be about 3 hours 30 minutes.

At the airport our adult helpers will take our cases off the luggage carousel and will stack them in school groups, according to the coloured tags. You will then be asked to go and claim your case.

We will be staying in the **Hotel Girasole. (Girasole is the Italian word for “sun-flower”). The hotel is situated above Bormio town on the mountain. The nursery slopes for the resort are just outside the hotel.**

All being well, we should arrive at the hotel in the early afternoon at which time we will enjoy a welcoming meal. We will then have the fitting for our ski boots, helmets, poles and skis. The ski fit will take place in a shop just alongside the hotel. **As previously indicated, please put a pair of ski socks in your hand luggage to allow you to go quickly to the ski fitting.** Make sure you are wearing loosely fitting trousers at this point.

A TYPICAL DAILY TIMETABLE

7.00 am Get up, get a shower / wash / clean teeth. Get dressed and ready for breakfast. Cover your face and chin with suncream so it has time to be absorbed before your skiing.

7.30 am Down to breakfast. The breakfast is a “continental breakfast” (cereals, breads, ham, cheese, boiled eggs, yoghurt.) Make sure you eat enough to keep you going till lunch time. Wear your base layer, ski socks and ski salopettes for breakfast, with light shoes or slippers on your feet.

Gather with your ski group teacher at a place on your floor which the teacher will specify. Do your “7 point check”. Repeat it before you leave the hotel. Your boots for skiing will be kept in your room in your “bag for life”. You come to the ski storage area in your slippers or light shoes and put your boots on there. Make sure you put them on properly. If they don’t fit well, tell your ski group teacher, who will inform the ski technician. Your group teacher will then take you to the hotel’s ski storage room where your skis will be stored in storage racks. You leave your bag for life, containing your slippers or shoes, in a designated area.

Once you have your skis you go through the far door and line up in your ski groups, according to your allocated group colour. At this point you have your helmet on your head and your gloves on your hands. Be ready to number off (eg “red one, red two” etc..) in a loud, clear voice.

8.30 am: Leave the hotel promptly to go to your lesson.

- 8.45 am On the first morning you will meet your instructor, just near the base of the nursery slopes. You will receive your ski pass from your group leader. Morning lessons begin. Work hard and do what the instructor tells you.
- 11.00 am Morning lessons finish. Give your group teacher your ski pass. Return to our hotel with the group. Place your ski boots, helmet, gloves, bib and goggles/glasses inside your “bag for life” and leave it in your room. Give your hands a good wash.
- 11.30 am Lunch is served. The buffet lunch will usually be a simple, filling dish. Then, reapply your sun cream.
- 12.30 pm. Leave the hotel, having done your “7 point check” and then return to the meeting area with your group and group teacher. Receive your lift pass from your group teacher.
- 1.00 pm: Afternoon lessons begin promptly
- 3.00 p.m. Afternoon lessons finish. Thank your instructor by saying “Grazie!” Give your lift pass to your group leader. Return to the hotel. Put ski boots, helmet, gloves, bib and eye-wear inside your bag for life and store it neatly in your room.
- 4.00 pm Afternoon refreshments will be served in the restaurant
- 4.30 p.m. Free time in your room. Relax, do your diary, there’s a prize for the best! There’s also a prize for the best room, so keep it tidied! Then you can play small games or chat about what exciting things have happened on the slopes that day. On some days your teachers will take you to the hotel bar. On occasion we will have an opportunity to go to the hotel games room, which has a pool table and table football.

You are only allowed in the bar area or games room if there is a teacher present.

- 5.45p.m. Most days we will have group meetings – we will meet to tell each other how things are going and what fun we are having. The teachers will go over some of the skiing techniques to make sure you have grasped them. There will be certificates given out to the “Skier of the Day” from each ski group.
- 6.30 pm Dinner is served. Dinner will be a two course meal (Often a meat dish as the main course, followed by a desert).
- 8.00 p.m. Evening entertainment – see timetable below.
- 9.00p.m. BED and SLEEP! ZZZZZZZZZZ.....

SKI CLOTHING:

Base layer



Mid-layer



Saloppettes



Outer-layer (Ski jacket)



Goggles



Sun-glasses



Gloves



Inner Gloves (Cold weather)



Neck warmer



Balaclava (cold weather)



Sun-cream



SKIING ORGANISATION:

You have been put into groups for skiing.

The ski groups will gather at the meeting point where they will be collected by their instructors.
The meeting point will be near the Nursery slopes.

You will need to remember your group colour and number. Don't be surprised if teachers keep counting you. Get to know children from other schools and work with them – it's a great opportunity to meet new friends. Your group may change depending on how quickly you make progress.

You will be given a ski pass which costs over **£150** to replace, so don't lose it!!! You need it to get on the lifts to the slopes. The pass is electronic and is recognised by a large white sensor panel which is placed to the left of each lift turn-stile. Your group leader will collect your pass from you after morning and afternoon lessons and make sure you get it back when you need it. You need to put it straight into a left hand pocket in your ski jacket as soon as you get it. Don't put anything else in that pocket and don't touch the pass. Keep all your pockets and jacket zipped up. When you are about to ski you place your ski tie in your right hand pocket and zip it up.

Your Lift pass will look something like this



You must do a 7-point check every time you go out to the slopes, as follows:

- | | |
|---|--------------------|
| • 1.- have you got your helmet on? | - 'Hard hat!' |
| • 2 – have you got your goggles or sun glasses? | - 'Cool eyes!' |
| • 3 – have you put sun cream on your face and lips? | - 'Soft skin!' |
| • 4 – have you got your gloves on? | - 'Warm hands!' |
| • 5 - have you got your yellow bib on? | - "Mellow yellow!" |
| • 6 – have you got your pass? | - 'Asda Price!' |
| • 7 – are you boots correctly fastened? | - "Snug shins!" |

Learn the 7-point check by heart as you will be saying it frequently.

Keep your helmet on and buckled up at all times whilst you are skiing. Also keep your jacket zipped up and your eye wear over your eyes at all times. Make sure your yellow bib is fastened up. Keep your gloves on, even when you are just walking to the meeting point or back to the hotel. This is because, **"You can't lose your gloves if they are on your hands!"**

You will be with a named teacher who will look after your ski group. Ask the teacher for any help you need. If you haven't understood something from the ski lesson ask your group teacher to explain it or ask for it to be gone through at our group meeting (which will be held as necessary). Skiing is quite a hard skill to learn at first, but once you've got through the first day or so and learnt how to carry your skis, how to walk in them and, most importantly, how to stop in them on the slopes you will be away and having so much fun. You will amaze yourself as to what you have achieved in one week.

Be ready and on time for your lesson. Have the right clothing on. It may look sunny outside but it can be chilly out on the mountain. Keeping warm makes sure you are safe and comfortable.

You must attend each lesson. You can't miss one or you will be left behind as your group will be making such quick progress. If you are not well we have several staff members, including our qualified nurse, who will perform their magic and get you fit for your lesson. Don't be afraid to ask for their help, through your teachers.

The instructors take full responsibility once the lesson begins. They are expert skiers themselves and will mostly teach you by showing you how things are done or by asking you to follow them and copy what they do. Each person in the group will take a turn at being right behind the instructor. **STAY IN LINE** as you ski along, never jump the queue as this is highly dangerous. The instructors generally speak reasonable English. You will get used to their accents. Always pay particular attention when they are showing you a new skill. Try and use some Italian words when you are talking to the instructors.

You must take responsibility for your own ski equipment. This equipment is supplied to you for the week and has already been paid for in the overall cost of the trip:

Helmet

Skis

Boots

Poles (your instructor will decide if these are necessary).

Your ski boots have several buckles on them. On the first couple of days adults will be around to help you fasten your boots. After that you will be able to do it easily yourself. Have the boots fastened up so they fit closely around all parts of your feet and ankles. Make sure there is no space

between your shin and the "tongue" of the boot. This is number 7 on the 7-point check - "Snug shins". Ski socks should reach to just below your knee. The lower parts of the salopettes fit **OUTSIDE** the boot. The boots slot into "**SKI BINDINGS**" which hold the foot safely in each ski. If you fall over the binding will open and safely release the ski. Make sure you take your own skis and not somebody else's. The skis will have your own particular code on them and you will have ski tie, which has your name on it. Put it around your skis when they are stored away and in your right hand pocket when the skis are being used.

Beginner groups will spend the early lessons learning how to stop safely with a "snow-plough stop". The front tips of the two skis are placed close together, with the backs spread outwards it makes a v-shape like a slice of pizza !!

The Snow Plough



You will then move on to snow-plough turning and then real skiing with the skis side-by-side in a parallel shape. The beginners' groups will be having their first lessons on the nursery slopes. They are very gentle slopes that have a traveller and slow button (drag-lift) to take you up to higher ground.

At first when you are doing a lot of snow-plough stops and snow-plough turns your thighs will get a bit sore. Having a warm bath or shower will help ease any aches you may have. Put your feet up in your room when you can. Once you learn to ski a bit more freely your legs will ache less.

When you are confident enough to control your speed by means of snowplough stops or snowplough turns you will move on to parallel turning, which is "proper" skiing. When you are ready the instructor will move you onto more exciting ski slopes. In Europe ski slopes are classified by colour. After the Nursery slope comes Green and then Blue. The most difficult runs are Red and then Black.

When you are with your instructors you must listen to what they are telling you and try to do what they say. You can't go faster or visit a variety of slopes until you can ski safely! If you are badly behaved or not doing as you are told, you will not be allowed to ski until you have learned good behaviour and manners!

After your lesson, the instructors will take you back to the meeting point where your group leader will take over. Your leader will take you back to the hotel.

If you want to see more information about ski equipment and ski technique have a look on Youtube with your parents:

Videos provided by **Ski School by Elate Media** have a range of videos which you can watch

SKI LIFTS

There are several kinds of lifts that you will be using on the slopes. You **MUST** pay attention all the time. Your instructor will carefully explain how you use each type of lift. It's just a case of practice and full concentration. If you are given poles you need to keep them together in your right hand, points down all the way to the top.

The TRAVELLATOR will take you from the bottom level of the Nursery area to the top of the gentle slope. You shuffle up to the start of the Travellator and step forward to position yourself on the moving sections. You keep your skis in a parallel position, which is side by side pointing up the hill. At the end of the Travellator you step straight off and move well away to wait for the group to gather.

The BUTTON LIFTS are like wires with a 'button' on the end that you rest your bottom on as you are pulled slowly up the slope. Sometimes they are called "drag-lifts". You must get into position, look over your shoulder, take hold of the pole and straddle it. Keep your skis parallel in the snow all the way to the top. You **MUST STAND UP** whilst being towed along. You will see a sign that warns you that the end of the journey is coming up. Wait until the last second, go over the little bump at the top of the hill and let go of the button. There are usually about twelve children in each ski group, so you will have to queue at the bottom and wait sensibly at the top until everyone has arrived. If you accidentally fall over whilst travelling on the button-lift move quickly away from the lift and stand up at the side of the ski run, near the lift. Stay in that place. Your instructor will then bring the group down the slope and will collect you.

The CHAIR LIFTS are used to take you up to the longer slopes. Three to eight people can sit on the chairs in Bormio. The chair lifts move very gently. You go through flippers when it is your turn. Shuffle forward to the place where it indicates you stand. Look over your shoulder as the chair comes around. Reach out with your hand and sit down carefully. **Pull the safety bar down immediately.** Legs must be kept still at all times. There is a foot rest for your skis. Keep your gloves on and poles, if you have them, tightly held in one hand whilst travelling on lifts. The safety bar is lifted up as you near the very top. A sign on the lift pylons will tell you when to do this. Don't lift the bar too soon but wait until you actually get up to the blue sign. You will see a small hut at the top which will be the time to simply stand up and move forward with your skis side by side (parallel). Keep your weight forward and stand up straight so you don't sit back on your skis at this point. Keep the skis side-by-side in the parallel. There will not be room to use the snow-plough at this point. Move forward quickly to clear the "getting off" area. Move to the side to join your group. Stand side-by-side in a line until all the group members arrive.

There is a CABLE-CAR in Bormio which links the town with the ski are. To get onto the cable-car you simply carry your skis and step inside and quickly sit down. Settle down for quite a long journey up or down the mountain with great scenery. Watch out for the car reaching the station at which point you get off. The doors will open automatically. Step out of the car, take your skis, move away quickly. Wait in the covered area just outside of the station for your group to gather together.

The teachers accompanying the Liverpool group will be near your group at all times. You will see the most experienced skiers among the teachers frequently skiing up to your group to check everything is going well. These teachers will be wearing yellow, fluorescent staff jackets.

AFTER-SKIING ACTIVITIES

The actual days activities are held may be subject to change.

DAY	EVENING ACTIVITY
Saturday	Ski fit. Unpack
Sunday	Quiz
Monday	Bingo
Tuesday	Film
Wednesday	Games night
Thursday	Disco
Friday	Presentation of Awards

At the Presentation of awards on the Friday night you will receive your medal and certificate for the level of skiing you have achieved. We will wear our red course hoodies for the presentation. Please wear your medal and give your teacher your certificate to carry home safely! Neither of these can be replaced.

You will be asked to contribute a small amount from your pocket money to buy a present for your instructor and for some of the hotel staff who will have helped you during the week. You will also have to pay a small amount for your award medal. There may also be an opportunity to buy a photograph of yourself skiing. **The amount of pocket money you may take is set at 80 Euros.**

There will also be LPSSA awards for the following (and possibly more!):

- Best diaries
- Tidiest rooms
- Politest, tidiest table
- Quiz Winners
- Disco champions
- Best pupils of the week for each school (The skier who has made the most progress and the best technical skier will receive certificates. The child who has shown the best attitude and contributed the most will also receive a certificate.)

OUR IMPORTANT RULES

1. Have a good time. Let your teachers know if you have a problem and they'll help sort it for you. Make the most of your time away. Be friendly to all members of our school group and to the new friends you will meet from other Liverpool schools. Be pleasant and polite to all adults in our party and to hotel staff.
2. Don't borrow or lend any money. You'll get an allowance each day – look after it. You don't have to spend it all at once, you can save some!
3. **Never go onto a balcony.**

4. Be positive, sensible, careful, cheerful and considerate. Skiing can be a difficult sport in the first day or so, whilst you are learning the basic techniques. Adopt a determined and resilient attitude and you will be fine.
5. Don't go into anyone else's room. When you have time in your room after skiing has finished for the day have a shower or bath and change into clean, comfortable clothes. When

you are in your room always sit or lay down. Don't play silly games in your room and never push one of your room-mates.

6. Remember your manners. Say "Please" and "Thank you" in Italian if we are around the village or if you are speaking to your instructor. (All the hotel staff members are Italian).
7. Always LISTEN carefully to ALL the instructions you are given. Do exactly what your ski instructor says – he's / she's the expert!
8. Be very sensible at night. Go straight to sleep. You will not enjoy yourself, or be able to ski safely, if you are too tired and you won't be very popular if you keep others awake. You will be told which teachers are particularly on night duty for your corridor. The rooms for school staff members are located near the children's rooms.
9. If you need a teacher, or the nurse, during the night, wake your partner (gently!) and both of you go to your teacher's room. Staff member's names are on the doors and the rooms are very close to yours.
10. **Never** leave litter around the hotel. If you see anything on the floor it may have been left by one of our Liverpool group. Pick the litter up so that we give a good impression of the city of Liverpool to our hosts.
11. Say thank you to your parents for giving you the chance to go! Be a credit to them and your school especially if you want to go away again

NB. : THINK! If your parents wouldn't let you do something or wouldn't like you to be doing it, you can bet your teachers won't either! If in doubt, always check first, then check again!

Remember your teachers (urgently) need their beauty sleep.

WHEN WE'RE NOT SKIING.....

You will need to wear your name badge all the time, especially at meal times. Don't lose it! At night put your name badge on the door handle of the internal door in your room.

We must WALK around the hotel at all times. The teachers know you are very excited but they also know you'd be very disappointed if you couldn't ski because you hurt yourself running into something! So.... WALK!!!! Running anywhere in the hotel is forbidden.

You can knock politely on someone's door if you need to speak to them.

At certain times your teacher will take you into the hotel bar, which sells soft drinks and some crisps and sweets. Drinks, sweets, biscuits etc. can be kept in your room. **You may not buy or use chewing gum.**

Each morning or evening there is likely to be a room inspection – usually before or after dinner. On our trip to Bormio Mr Coyne is in charge of inspections and he is usually helped by his famous puppet, Arabella, and by other teachers. They are all very strict when they give out points so keep your room tidy and know where all your things are. It helps if all your clothes are labelled with your name.

Please do not pack aerosol sprays as they tend to set off the hotel fire alarms. Bring roll-on deodorants instead.

There is a prize at the end of the week for the 'Best Room of the Week'. It is a tough competition! Make sure you know what is in your case and when you unpack put everything away in the right place and return it there after use.

Have a set place to put your important ski equipment, ready for the next lesson. Put your bag for life in a set place, with your ski boots inside. Place your ski helmet, your bib, gloves and eye-wear, in the same bag.

Bedroom doors will be locked each night. Once you are ready to go to sleep a duty teacher will make sure your room is locked. When the teacher tells you to lock your door and put off the lights you use the turning mechanism on the door to lock it from the inside. If there is an emergency a teacher who is on duty can access your room with a pass key. You must get up immediately you hear the teacher knocking in the morning. You unlock the door with the turning mechanism. You will not need to use your room keys at all. Our Liverpool party has sole occupancy in the hotel so our things will be safe in our rooms. The hotel is very secure with the outside doors locked in the evening.

As we are high up in resort you need **to continually be drinking water**, in the restaurant and in your rooms, to stop you from becoming dehydrated. You can drink the tap-water in the hotel. The Nursery area is 2000 metres above sea level, whilst the highest point that can be skied in Bormio is at 3000 metres.

During the month of December 2019 Bormio has already had a lot of snow. There is 150 cm of snow already recorded at the top of the mountain. You can keep a track of expected snowfall by following www.j2ski.com.

If you type in Bormio it will give a fourteen day weather forecast at the bottom of the site. If you type in "Bormio webcam" into your computer you should be able to see live video of the present conditions in Bormio.

WHAT TO PACK:

On a ski holiday the aim is to be warm, comfortable and safe. For indoors you need simple, comfortable clothing. For outdoors, mountain weather can change very quickly so you need a set of ski clothing that is layered and will cover all eventualities.

FOR SKIING (as advised at our ski clothing meeting):

- Goggles: These can be used in all skiing conditions, but you should **bring sunglasses as well**. Leave your goggles on the top of your helmet and carry your sun-glasses in your right hand pocket. Eye wear should have a UV 400 rating.
- Gloves: Specialist ski gloves must be worn at all times when you are walking to the slopes or skiing. Your name should be written in each glove. Gloves with wrist lops are recommended.
- Base layer T-shirt: Man-made fibres are best as they will not hold sweat. Long underwear should only be worn in very cold conditions.
- Mid layer Sweat shirt made of fleecy material. Also something to keep the neck covered and warm, like a neck-tube or snood.
- Top layer Ski jacket and ski trousers, which are called salopettes. Travel in your jacket. All zips to be pulled up whilst skiing.
- Three pairs of ski socks which must be long enough to reach just below the knee.
- Sun-cream for both face and lips (high factor of at least 15) and lipsalve. Make sure they are brands which you have tried out and used before.
- Yellow ski bib (provided)

At breakfast and lunch the teachers will advise of what best to wear for each ski session.

OTHER WEAR (Keep it simple and practical)

- Trousers or jeans (One pair to travel in, one pair extra should be enough)
- Shirts/blouses
- Underwear
- Ski course hoody (to travel in. It can also be worn around the hotel). Another sweat-shirt or hooded top.
- Trainers or boots. These must have a good tread as we will have to walk across snow at certain times. Slippers.
- Night clothes
- Socks
- One smart outfit for the disco.
- A warm, woolly hat

OTHER PERSONAL ITEMS:

- A medium-sized bath towel.

- Toiletries (eg toothbrush, toothpaste, soap, shampoo, brush). You could agree with your room-mates to bring toiletries such as toothpaste to share. **No aerosol sprays please.**
- **A hair dryer and continental adaptor. Again agree to share. Hairdryers are not supplied in bedrooms.**
- Pens, pencils, comics, books, games.
- Suitcase (medium-sized, wheeled). **Your case should not weigh over 15 kg.**
- **Bring this Pupil handbook and your Pupil Diary**

You are allowed to bring up to **80 Euros** as pocket money. **The Euros should be given to staff members at our last ski meeting. Passports and your European Union Health Insurance cards (EHIC) should be handed in at that meeting or as soon as possible afterwards.**

COMING HOME:

We will be leaving Bormio early on **Sunday, 2nd February**. We travel to Milan Bergamo Airport by coach to get the Ryan Air FR3219 flight at 10.40 am. We should arrive back at Manchester Airport at 11.55 am (having taken off an hour for English time.)

The drop off time will be notified to you nearer the time of the trip.

We will ring through to waiting parents if there are any considerable delays.

You will certainly have great stories to tell your parents of all you have done and seen on your exciting visit to Bormio.

To make your ski trip successful your parents MUST use the checklist overleaf to ensure you are fully prepared to leave for the trip.

<u>CHECKLIST FOR PARENTS:</u>	Yes
Put out your child's red course hoody, to be worn for travelling	
Put out your child's ski jacket, to be worn for travelling	
Pack your child's yellow fluorescent bib, which MUST be worn whilst skiing	
Pack your child's ski course diary.	
Pack your child's ski course hand-book	
Ensure your child's medical and contact form includes the most up-to-date information (If this is not the case ask the school can you correct the form)	
Ensure the school is in receipt of your child's passport	
Ensure the school is in receipt of your child's EHIC card	
Ensure the school is in receipt of your child's pocket money, which is limited to 80 Euros. It would be helpful if this amount is in 5 and 10 Euro notes.	
Label any medicine your child will have to take whilst away with name and dosage. Arrange to hand the medicine to the designated member of staff.	
If your child is prone to travel sickness give a tablet on the morning of travel and arrange to hand the rest of the tablets to the designated member of staff.	
Provide your child with a simple packed lunch, <u>including two of everything</u> to last through the day (No drinks or yoghurts). Put the packed lunch in the hand-luggage.	
Ensure your child has no fluids in the hand-luggage (including lip-salve, vaseline and sun-cream)	
Provide your child with a small amount of English money (maximum £5) to buy drinks in the airport	
<u>Write your child's name</u> on the inside labels of BOTH ski gloves	
Pack a LARGE "trolley bag" for your child of the sort sold in Sports Direct. Write your child's name on the bag in indelible ink.	
Pack BOTH goggles and sun-glasses for your child which should be UV400	
Pack BOTH sun-cream and lip sun-cream for your child which should be a least Factor 15 and which you have had your child try out, before use on the trip.	
Pack lip-salve for your child	
Pack three pairs of <u>ski socks, which must reach up to the knees.</u> Put one pair in your child's ruck-sack and the other two pairs in the suit-case.	
Put in the hand-luggage items such as books, small games, colouring books and pens to keep your child occupied on the journey.	
If required pack a hair-dryer and continental adaptor.	
Pack one medium sized towel for your child	
Do not pack any aerosols	
Make the necessary arrangements to drop off your child on Sunday 26th January, and to collect your child on Sunday, 2nd February. Times and locations to be confirmed.	