

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/Austrian 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. We will be staying in the Ski Area which is called Bormio 2000.



The Party Organiser for the ski course is Mr McKee. Whilst we are away he is usually referred to as “Mr McSki.”



Here is a photo of Mr McSki and one of the children who attended the very successful ski trip to Bormio in 2020. They are pictured outside our hotel and in front of the lifts.

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 Italy.
- 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!
- 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. You will have to carry your own case up the hotel stairs when we arrive in resort. **Your suitcase must not be taller than 55 centimetres.**



- 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.**
- **A small bottle of hand sanitizer which should be packed in your case.**



REFRESHMENTS:

You may bring a maximum of £10 to buy drinks in the airport. Unfortunately, on the flights you are will not be able to buy refreshments as airlines no longer take cash payments.

No meals will be served on our plane journey so you will need to bring a packed lunch 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.**

Parents must not pack sweets in children's suitcases. The children will have many opportunities to spend the pocket money on sweets or crisps whilst we are in resort.

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

It is suggested that all children buy a sports bottle **once we are through security**. Otherwise, this can be bought at home and packed in the suitcase. This can be used to ensure the children have access to water during the night. The water in the hotel taps is not suitable for drinking.

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. The Teachers will try to post photographs from resort on-line. However, parents should accept that the main responsibility of the teachers is to look after the children so there is no guarantee that all children will feature in these photographs.

OFF WE GO!

We will leave for Bormio on **Sunday, 3rd March**. We will all be in our red Liverpool Primary Schools' Ski Association hoodies, which are being given out in school. Also wear your ski jacket. You do not need to wear your yellow, hi-viz vest for this journey.

We will be meeting at a central venue near to the motorway. The meeting venue and meeting time will be confirmed in the near future.

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.

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

The flight will be leaving for either Milan Malpensa or Milan Malpensa Airport. The flight will take just over two hours. 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 adults will take our cases off the luggage carousel and will stack them. 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.**

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 (Shift 1)

- 7.00 am Get up, get a shower / wash / clean teeth. Get dressed and ready for breakfast. Cover your face and chin with sun-cream so it has time to be absorbed before your skiing. Wash your hands using anti-bacterial gel
- 7.30 am Down to breakfast. The breakfast is a “continental breakfast” (cereals, breads, ham, cheese, boiled eggs.) 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 for the meeting point. Your boots for skiing will be kept in your room in your “bag for life”. You come to the ski storage area on the third floor 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. You leave your bag for life, containing your slippers or shoes, in a designated area. Your group teacher will then take you to the hotel’s ski storage room where your skis will be stored in storage racks.
- Once you have your skis you go through the far door, up the stairs 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.
- 8.40 am: Leave the hotel area promptly to go to your lesson.
- 9.00 am You will meet your instructor, just outside the ski school office and near the base of the nursery slopes. You will receive your ski pass from your group leader. When instructed take your ski-tie off your skis. Place your ski-tie in your right-hand pocket. Work hard and do what the instructor tells you.
- 11.00 am Morning lessons finish. Put your ski-tie back on your skis and store your skis as instructed by the teacher leading your group. 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. Apply anti-bacterial gel to your hands.
- 11.15 am Lunch is served. The buffet lunch will usually be a simple, filling starter and main course. When back in your room go to the toilet and then, reapply your sun cream.
- 12.40 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. Take your ski-tie off your skis when instructed to do so and place it in your right-hand pocket.
- 3.00 p.m. Afternoon lessons finish. Put your ski-tie back on your skis. 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.

3.30 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.

6.30 pm Dinner is served. Before coming to dinner wash your hands and apply anti-bacterial gel. Dinner will be a buffet meal and will be served in the main dining room. You can choose soup or pasta if you want a starter. The main course will be meat, vegetables and potatoes. You may help yourself to salad and a simple desert.

8.00 p.m. Evening entertainment will be organised on a school by school basis.

8.30 pm Most days we will have school group meetings – we will meet to tell each other how things are going and what fun we are having. On some days we will have whole party meetings. 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.

9.00p.m. BED and SLEEP! ZZZZZZZZZ.....

ESSENTIAL SKI CLOTHING FOR ALL PARTICIPANTS:

All these items can be ordered from Ski Equip.

Contact e-mail: www.ski-equip-school-clothing.squarespace.com

Base layer (Man made fibre not cotton)



Fleecy Mid-layer



Salopettes



Outer-layer (Ski jacket with hood)



Goggles (Should be UV 400 and be double glazed ie comprise of two lenses).



Sun-glasses. Buy a string to attach to your goggles so you can keep them around your neck when they are not in use. They should be wrap around in design and be UV 400.



Gloves : Mittens as shown here on the right are particularly recommended. Whatever the style of glove the best ones for the trip are brightly coloured have wrist loops.



Inner Gloves (Cold weather). Should be tight fitting



Ski socks



You will need three pair of ski socks.
One pair is packed in your hand luggage.
You must be able to pull the socks right up to just below your knee.

Neck warmer (Essential to protect the neck and avoid sore throats)

You MUST bring a neck warmer and wear it during every ski lesson.



Balaclava (cold weather)



Sun-cream (this version is the best as it has both suncream and lip sun cream. It also has a cord to go around your neck. The sun cream should be at least Factor 30)



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 at the Contea Ski School Office, 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 or sleeve 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 and/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 school group meeting (which will be held each evening).

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. We say, in our Association, that you will be learning in the best classroom in the world!

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 will be given advice by a teacher at Breakfast and Lunch as to what to wear for each skiing session.

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 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. Leave a space between you and the skier in front of you. 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 when 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. 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 your 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 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 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! If you misbehave you do not only endanger yourself but also the other children in your group. This will not be tolerated by our Association.

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 go through a turn-stile and take your turn next to the lift attendant. 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** and stay calm whilst being towed along. You will see a sign that warns you that the end of the journey is coming up. At the end of your journey are two blue flags. Wait until the last second, go over the little bump at the top of the hill, pass the flags and let go of the button. Move quickly away to your left. There are usually about nine or ten 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's track. Stay in that place. Your instructor will tell you what to do next.

The CHAIR LIFTS are used to take you up to the longer slopes. Three to four people can sit on the chairs that go from Bormio 2000. The chair lifts move very gently. After the turn-stile, 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. 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 area and the ski area with the mountain summit. To get onto the cable-car you simply carry your skis and step inside and find a place to stand. 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

Here is an example of some of the evening activities you may be taking part in on a school-by-school basis.

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

At the Presentation of ski awards on the Saturday night you will receive your medal and certificate for the level of skiing you have achieved. Please wear your medal and give your teacher your certificate to carry home safely! Neither of these can be replaced. The Instructors will provide a small cup for the fastest skier, best technical skier and kindest person in their group.

You will be asked to contribute an 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 and you will have 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
- Quiz Winners
- Best pupils of the week for each school. The child who has shown the best attitude and contributed the most will 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. 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.
4. 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 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.

5. Remember your manners. Say “Please” and “Thank you” in Italian if we are around the ski area or if you are speaking to your instructor. (All the hotel staff members are Italian).
6. Always LISTEN carefully to ALL the instructions you are given. Do exactly what your ski instructor says – he’s / she’s the expert!
7. 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.
8. 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.
9. **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.
10. 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 a door handle 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 day there is likely to be a room inspection – usually before or after dinner and carried out by our teachers. They are all very strict when they give out points so keep your room tidy and know where all your things are. The points will be displayed on your door notice. 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 that 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. For rooms that do not have the internal lock children will be allowed to use their room key to lock the door 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. During the day you will not need to use your room keys at all. The hotel is very secure with the outside doors locked during the night. There are no balconies in the hotel.

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. The Nursery area is 2000 metres above sea level, whilst the highest point that can be skied in Bormio is at 3000 metres. Mineral water will be served with Breakfast, Lunch and Dinner. You can't drink the tap-water in the hotel. You are welcome to fill your own sports bottles at meal times.

During the ski season Bormio has a lot of snow. Soon there will be snow falling in the resort so we can look forward to a good week of skiing. Your parents can keep a track of expected weather and 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.

Your parents can watch out for you by viewing the Web cams on the official Bormio web-site which is:

bormioski.eu/en/webcam-bormio

If they can't see you they should be able to spot the yellow bibs which our groups wear whilst skiing. If they look from 8am (English time) on the first ski day we have in resort they should see our groups on the mountain.

You can also use this web-site to check how much snow is on the mountain prior to us leaving for 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 must also **bring sunglasses as well**. Goggles must be double glazed ie have two layers of lens which prevents them fogging up. Leave your goggles on the top of your helmet and carry your sun-glasses in your right hand pocket or on a string around your neck. Eye wear should have a UV 400 rating.
- Gloves: Specialist ski gloves or mittens 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 loops are recommended. Mittens are also recommended as they are warmer than gloves in cold weather.
- Base layer T-shirt: Man-made fibres are best as they will not hold sweat. Long underwear or leggings should only be worn in very cold conditions.
- Mid layer Sweat shirt made of fleecy material.
- **You must keep your neck covered and warm**, so wear a neck-tube or snood during all ski lessons.
- 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 30) and lipsalve. Make sure they are brands which you have tried out at home or have used before.
- Yellow ski bib (provided)

As indicated previously 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 hoodie (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
- A warm, woolly hat

OTHER PERSONAL ITEMS:

- A medium-sized bath towel. The hotel does not supply towels for children.
- 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 small bottle of anti-bacterial gel (Sanitizer)
- **A hair dryer and continental adaptor. Again agree to share. Hairdryers are not supplied in children's bedrooms.**
- Pens, pencils, comics, books, games.
- Suitcase (medium-sized, wheeled). **Your case should not weigh over 15 kg and should not exceed 55 centimetres in height.**
- **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) or Global Health Insurance Cards (GHIC) should be handed in at that meeting or as soon as possible afterwards.

COMING HOME:

We will be leaving Bormio **Sunday, 10th March**. We travel to the airport in Milan by coach to get our flight.

The coach from Manchester Airport will bring us back to our school. Parents will be notified of the time we are due back in school in the near future.

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.

	Yes
Put out your child's red course hoodie, 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 or GHIC 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 SANITISER, lip-salve, vaseline and sun-cream)	
Provide your child with a small amount of English money (maximum £10) 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. Make sure your child's name is on the bag.	
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 and a small bottle of anti-bacterial hand gel.	
Pack three pairs of <u>ski socks</u> , which must reach up to the knees. 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 3rd March and to collect your child on Sunday 10th March. Times and locations to be notified.	