

11th October 2016

Dear Parent/Guardian

Ski Trip, Italy 4th to 12th February 2017

We will be hosting an information evening in the school hall on Tuesday 15th November at 6.30pm.

We strongly recommend that at least one parent attends on the evening, along with the child who is going. Mrs Barnes and a representative from the company will go through the arrangements for the trip and give a presentation providing information.

There will be an option to hire ski jacket/trouser in resort rather than purchasing new ones yourselves. Items will be available at the information evening to look at and try for size.

May I remind you that the **full balance for the trip needs to be paid by 26th November 2016**. Your child will need a valid passport and EHIC card. These will be requested at a later date

Please complete the attached form and return it to school no later than **Monday 31st October**.

Please see the attached list of recommended equipment for the trip.

If you require any further questions please do not hesitate to contact me on the above number.

Thanking you

Yours sincerely

C Barnes
Head of PE



Recommended list of equipment

Snow sport clothing is available in a wide range of styles and prices. However, budget ski clothing is sold by many high street stores and supermarkets as well as by specialist shops. It is unnecessary to spend a great deal, since much can be improvised from existing clothing. The only limitation is the outer layer. A proper ski suit – either jacket and ski pants or a one piece suit – is essential. The items fall into the following four categories:

- Buy – the accessories – hat, gloves, ski socks, goggles/sunglasses, sun cream.
- Improve – the inner clothing underwear, shirts and sweaters.
- Hire or Buy – the outer clothing – ski jacket and ski pants, or one piece suit.

Gloves



Proper ski gloves are essential. Fabric gloves with leather or vinyl palm reinforcement probably give the best balance between warmth, durability and cost.

Socks



For comfort, proper ski socks are essential. **Football socks and ribbed socks should be avoided.** Two pairs are needed, so that one pair can be rinsed through while the others are in use.

Goggles and Sunglasses

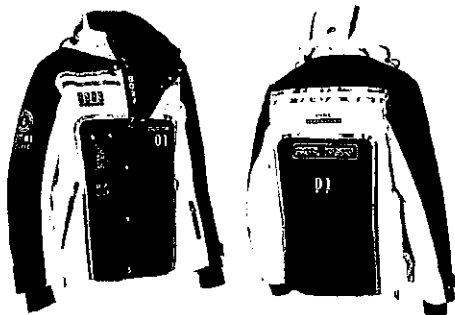


Some form of eye protection is essential. The amount of ultra- violet radiation increases with altitude, and is magnified by reflection off the snow.

Hat

An enormous amount of heat can be lost through the head, chilling the entire body very quickly.

Ski Jackets and Trousers



These should be purpose made for skiing. They should be made of anti – slip material and be well insulated. Ski clothing is not normally waterproof, but generally has water – repellent finish.

Ski Pants



Trousers are high – waisted and insulated. All trousers should have a snow cuff at the ankle and be water – repellent.

Sun cream

High protection factor sun cream must always be used. Cream should be applied regularly. Lip- salve is also necessary, both to moisturise and screen the lips. This should ideally provide a total sun block.

Underwear

Thermals / long sleeved T-shirts / tights may be required bearing in mind the mountain weather can be bitterly cold.