



29th April 2019

Dear Parent/Guardian,

Ski Trip to Tarvisio, Italy: Saturday 15th February 2020 – Saturday 22nd February 2020

As previously mentioned, the Italy Ski Trip package includes hire of skis, a helmet, poles and ski boots as well as a personalised trip hoodie. However, students will need to bring all other clothing and equipment to make sure that they are adequately clothed for this trip. Average temperatures in Tarvisio for February are between -5°C and 3°C, so there is a list below with suggestions and advice from the tour company who are used to sending school groups to this area. This list is a basic guide, but will allow you to spread the cost of these items out if you wish to. We will update this list at the parent meeting closer to departure if there are any additional items. The end of the skiing season (around now) is also a good time to pick up end-of-season deals in discount supermarkets and sports shops.

Ski clothing

Please note that temperatures can vary throughout the day and the week. We recommend several base layers are worn, rather than one big jacket.

- Ski salopettes
- Ski jacket
- Thick jumper/fleece
- Ski socks
- Ski gloves
- Good quality ski goggles
- Sunglasses (UV protective)
- Base layers (long sleeved thermal tops and bottoms)
- Warm hat
- Neck warmer/snood
- Sun cream and lip balm

Non-ski Clothing

Evening activities may take place outside, so bring appropriate clothing for any après ski activities.

- Casual clothes for each evening
- Walking boots
- Indoor shoes
- Warm jacket
- Swimming gear

General Items

- Wash bag (and towel)
- Nightwear
- Toiletries
- Pillow for the journey
- Food for the journey
- Small rucksack for use each day

As we are travelling by coach, soft-shell cases are preferred to allow for easier loading and to make sure that everybody's luggage fits.

Additional details

Ski salopettes: These should be wind and waterproof, preferably 'Gore-Tex' style breathable fabric. They should have elasticated ankle cuffs large enough to fit outside a ski boot.

Ski jacket: It should have an elasticated waist and wrist cuffs, and a high neckline allowing the zip to be closed right underneath the chin. Some people prefer to wear a 'shell' jacket without any warmth padding, then wear as many



layers as necessary to stay warm. This allows you to compensate for variations in temperature by adding or reducing layers. Choose a jacket with several zip pockets – there's usually a lot to carry.

Walking boots: these need to be solid, waterproof and with a good tread on the sole. Boots (with ankle support) are necessary to walk to and from the slopes as the resort will be icy. These are separate to the ski boots which are included in the trip.

Seamless 'loop stitch' knee-length socks: Three pairs should suffice for the week. This type of sock prevents blisters, though only one pair of socks should be worn at a time – wearing two pairs increases the chance of blistering.

A selection of t-shirts, polo shirts, sweat shirts and/or thin/thick fleeces: This allows you to add or take off layers as required, according to the temperature.

Winter sports gloves: These should be a 'Gore-Tex' style waterproof and breathable fabric. If the temperature is expected to be very cold, inner gloves help to keep hands warm. Woollen gloves are not suitable and should not be used.

A hat: Woollen beanie hats, lumberjack hats and caps are suitable. Cold hands or feet can be rectified by wearing a hat, since 30% of body heat can be lost through the head. Hats that can cover the ears are preferable.

A neck warmer: Choose a tube-style adjustable warmer that pulls over the head and can be worn inside the jacket. Scarves are not suitable and should be avoided.

Sun cream and lip balm: Although cold, the increased altitude means that exposed skin can easily be burned by the sun. The cold winds and speed of skiing also means that lip balm is advised.

Eye protection: Perhaps the most important item on the kit list. These must be worn at all times when on the pistes. This should be in the form of either goggles and/or sunglasses, preferably goggles. They should be bought from a reputable source and you should ensure they're the correct size. If you choose sunglasses, then choose soft, easy to bend plastic frames and a wrap-around style to fit the face snugly. In both cases, the lenses should be 100% UVA and UVB resistant. Eye protection is not something to economise on.

Passport requirements:

Students will need their own full passport which is valid for six months after we return (until at least 22nd August 2020). Please apply for passports now if your child does not already have one, as first passports can take time to process and may require an interview.

Please do not hesitate to contact me if you have any concerns or queries.

Kind regards,

Laura Ridley

Assistant College Leader (Tull)

Lridley@kingshurst.tgacademy.org.uk

