

## **SKI TRIP RULES & REGULATIONS**

- Any attitude displayed at meetings before or during the ski trip, you will be removed from participation or sent home at your cost.
- Any person misbehaving on the ski trip will be sent home and pay for the additional expenses to transport home.
- **NO** alcohol, drugs or illegal substances.
- **NO** smoking
- Supervisors will perform spot checks and if any rules are broken, your entire room will be sent home at your (parent's) expense.
- You are responsible for all and any damages inside and outside your room.
- It is **HIGHLY** recommended everyone wear a ski helmet.
- Snow boarders **MUST** wear a helmet (especially if entering a snow park). You are **NOT** allowed to perform leaping stunts.
- Review your Itinerary...

## **WHAT TO BRING?**

- Dress up in layers. Avoid thick sweaters. Bring plenty of clothing to change after you sweat. You will need to replace wet clothing.
- Bring a lunch OR money for a lunch for the first day. You will need money for the second day lunch, snacks and to buy drinks.
- **SKI CLOTHING:**
  - Ski pants or nylon pants with long underwear underneath.
  - Wool socks
  - Ski Jacket, made of outer breathable nylon and wind resistant.
  - Neck warmer
  - Turtle neck
  - Warm breathable hat and/or helmet (highly recommended)
  - Ski goggles.
  - Ski gloves, nylon breathable

Although the base of the hill may be warm, on top of the hill the temperature is lower and the wind is stronger. Dress warm.

### **SNOWBOARDERS**

**must have a safety straps attached!!**