



Bishop Douglass Catholic School

An Academy School in the Cardinal Hume Academies Trust

Headteacher: Mr Martin Tissot, MA, MBA, NPQH

Dear Parent/Guardian

14th November 2019

Ski Trip Information Evening – Thursday 28th November

We would like to invite you and your son/daughter to attend a Ski trip information evening on **Wednesday 28th November at 5pm**. This meeting will be an opportunity to meet other students going on the trip, as well as staff, and ask any questions.

We will also be collecting information required by the ski company to ensure all ski hire equipment is prepared in advance of your child's arrival. **Please ensure that you bring your son/daughters passport and their EHIC (European Health Insurance) card**. If your son/daughter does not have a British or EU passport, please also bring any relevant resident permit/leave to remain documents. If you have not applied for an EHIC card, please apply online at <https://www.ehic.org.uk>.

Further information about the kit list and details of recommended places to purchase items from are below. Also enclosed is a **medical information form**. Please complete this form and bring it to the meeting on Thursday 28th November.

It is important that you attend this meeting so if you are unable to attend or should you wish to contact me in the mean time for any other reason, please do not hesitate to call me on the school number below or email reed@bishopdouglass.barnet.sch.uk.

Yours sincerely,

Mr J Reed
Ski Trip Co-ordinator





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SKI TRIP KIT LIST

Below is a list of specialist ski kit and general items all pupils are expected to have on the trip. There are a variety of places to buy the kit from, both from the high street and online.

Recommended places to get kit from:

1. TK Max – have good quality kit at cheaper prices
2. Lidl – cheap kit
3. Charity shops – large charity shops often have cheap ski kit at this time of the year
4. Mountain Warehouse – specialist kit
5. Snow and Rock - specialist kit
6. Blacks – more expensive but good quality
7. George Asda – good for cheap basics
8. Decathlon – good cheap basics
9. Go Outdoors

The most important items of kit for the trip are good quality ski gloves and salopettes (ski trousers), jacket and goggles. These items will keep your child warm throughout the day.

Please note temperatures on the snow can vary enormously with bright sunshine and warm temperatures one minute then cold and cloudy the next. Therefore, we recommend several layers are worn every day such as a T-shirt, fleece, and jacket to be prepared for all types of conditions.

It is advisable to have three layers, which work together to keep you warm on the slopes. A baselayer allows the moisture you produce to evaporate out, a midlayer traps an extra layer of warmth in cold conditions, and the insulating out jacket/trousers protects from wind and snow.

Baselayers: Your baselayer is worn next to the skin and allows your body's natural processes, like sweating, to have the maximum effect. If moisture is trapped next to the skin, when you stop moving you will get cold. Baselayers wick the moisture away from your body, which is then passed through your breathable mid and outer layers. Ski baselayers can either be made from synthetic fabrics such as polyester and polypropylene or merino wool, which is also a great natural insulator, making it a good choice for a variety of climates.

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Midlayers: The midlayer traps warm air while allowing moisture to pass through to the outer layer. If you are skiing in early spring or in a south-facing resort with higher temperatures, a midlayer often isn't required and can be kept in your pack until you start to feel cold. In most cases you will need a midlayer to keep you warm when skiing, especially on long lifts up the mountain. The most common midlayer is a microfleece, which is incredibly efficient at retaining warmth as well as being very lightweight. Midlayers with added stretch are ideal for skiing as they give you increased freedom of movement.

Outer Layers: The outer layer will be your defence against the elements – protecting you from wind, rain and snow whilst allowing moisture and heat from your body to escape. The classic ski jacket is a waterproof shell made using breathable fabrics with a synthetic insulated lining to keep you warm. As with all your layers, choose the thickness of the insulation in your jacket based on the temperatures you are likely to encounter. In milder conditions an outer layer without insulation may be sufficient when worn over a midlayer.

Item	Quantity	Approx. price	Example
Waterproof ski jacket	1	£25-50	
Salopettes (ski trousers)	1	£15-30	

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Warm hat	1	£5-10	
Gloves (waterproof for day) – MOST IMPORTANT ITEM!	1	£15-30	
Warm scarf/buff	1	£5-8	
Thermal leggings (optional but keeps you a lot warmer!)	1	£10	
Thermal top/long sleeve top	3	£5-10	
Ski goggles	1	£10-20	

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Thick long tube socks (they can get quite wet so it is often better to have a pair for almost every day)	4/5	£5	
Warm jumper/micro fleece	1	£10-20	
SPF Lip-balm/sun cream stick.	1	£2-5	

OTHER ITEMS

The following is a list of recommended clothes and items for the rest of the trip.

General

- ✓ Pillow for the journey
- ✓ Wash bag and towels
- ✓ Night Clothes
- ✓ Several changes of underwear & socks (8 or 9 in total)
- ✓ Plastic water bottle
- ✓ Toiletries
- ✓ Reading Book (please check website for a recommended reading list)
- ✓ Playing cards

Free time

- ✓ Casual wear for travel and evenings, including a warm fleece
- ✓ Several T-shirts - long and short sleeved
- ✓ A pair of trainers
- ✓ Warm jacket/waterproof jacket
- ✓ Apres ski boots/walking boots/heavy shoes
- ✓ Labelled strong plastic bags (bin liners) for dirty clothes
- ✓ Comfortable trousers such as track suit bottoms for relaxing.

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