

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:**
 - o Ski pants or nylon pants with long underwear underneath.
 - o Wool socks
 - o Ski Jacket, made of outer breathable nylon and wind resistant.
 - o Neck warmer
 - o Turtle neck
 - o Warm breathable hat and/or helmet (highly recommended)
 - o Ski goggles.
 - o 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!!