

Deniliquin High School

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Deniliquin High School Ski Trip Information

Dear Parent and Caregiver,

Deniliquin High School ski trip to Falls Creek on Wednesday 24th of July (Week 1, Term 3) will leave at 9:00 am. We will meet at the bus stop at 8:30 am and will return on Friday 26th at around 10:30 pm. Prior to leaving Mr Tobin and Mr Astill will conduct a bag check.

We will be staying at the YMCA at Howman's Gap. Other student groups will also be there. Under no circumstance are you to be in any student's room other than your own. We will also have cleaning duties at meal times and at the end of our trip. Keeping your rooms tidy will save you time on the Friday morning as we pack our belongings and clean before we ski.

The following is our itinerary:

Wednesday

- Meet at 8.30 am for 9:00 am departure from DHS.
- We will stop in Albury for approx. 2 hours. A booking has been made at Lasertag.
- You need to provide your own lunch/money and afternoon tea.
- Collection of hire clothing and ski gear in the afternoon/evening.
- Alpine Safety Talk
- Dinner at Howman's Gap

Thursday

- Ski and Snowboarding lessons in the morning. Group skiing in the afternoon.
- Breakfast and dinner at Howman's Gap.
- Please bring snacks for skiing on the mountain and money for lunch.

Friday

- Ski and Snowboarding lessons in the morning. Group skiing in the afternoon.
- Breakfast at Howman's Gap.
- Please bring snacks for skiing on the mountain and money for lunch.
- Dinner at own cost in Albury eg. McDonalds/KFC.
- Arrival back at DHS approx. 10:30 pm.

Note: A small daypack for carrying water bottle, snacks, gloves, goggles, sunscreen etc. is very useful for skiing. You will be able to access this at lunchtime up at Falls Creek. Snacks such as muesli bars, Le Snacks, fruit bars and lollies are a cheap option for up the mountain. Students can purchase hot food/drinks in Falls Creek but this is expensive. Expect lunch on the mountain to cost at least \$15.

Please refer to the following list when packing for the trip. If you have any questions, please see Mr Tobin.

What To Pack

BEDDING:

- Sleeping Bag
- Pillowcase
- Fitted Single Bed Sheet (Must have as well as Sleeping Bag)
- Towel

TOILETRIES

- Toothbrush and toothpaste
- Soap, shampoo, brush, and comb
- Roll On** Deodorant
- Washcloth and towel
- Sunscreen
- Female Sanitary products

CLOTHING:

- 1 Waterproof Raincoat (with hood or hat) is **REQUIRED!**
- spare pair of long pants (no shorts)
- 2 long sleeve shirts or t-shirts
- warm jacket or fleece
- 1 set Pyjamas
- 1 change of socks and underwear per day
- pair of tennis shoes/runners/hiking boots. Ballet flats etc. or shoes with limited grip are no good on snow.
- Water bottle/s
- 1 Beanie

SKI CLOTHING/GEAR:

This is in addition to your hired pants and jacket.

- 2 Thin woollen jumpers or fleece
- 1 set of thermals (top and bottom)
- 1 thin woollen socks per day ideally mid-calf to knee length
- a pair water proof gloves
- Ski goggles

SUGGESTED:

- Lip balm
- 1 separate bag for dirty clothes
- Sunglasses

NOTES ON CLOTHING CHOICES FOR AN ALPINE ENVIRONMENT

The golden rule of any fabric is that it must be able to keep you warm even if it is wet. Only wool (also wool mix) and polar fleece will do this. Cotton will actually make you colder if it gets wet. If in doubt check the label. **AVOID BRINGING COTTON CLOTHING**

Thermals. These are an absolute must. The idea of thermals is to be a layer of clothing against your skin. They are made of special materials that wick moisture away from your skin, leaving you warm and dry, even in the wet. You can find these at any outdoor clothing retailer (e.g. Rays Outdoors, Kathmandu and Aussie Disposals, Aldi in the winter months).

Thin woollen jumpers or fleece. A number of thin layers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear with how cold it is, and the air trapped between layers is most effective at keeping you warm, more so than one thick jumper.