

# SKI TRIP

northwest  
*students*  
HIGH SCHOOL

FEB 12-15

## Contact Information:

### Trip Staff:

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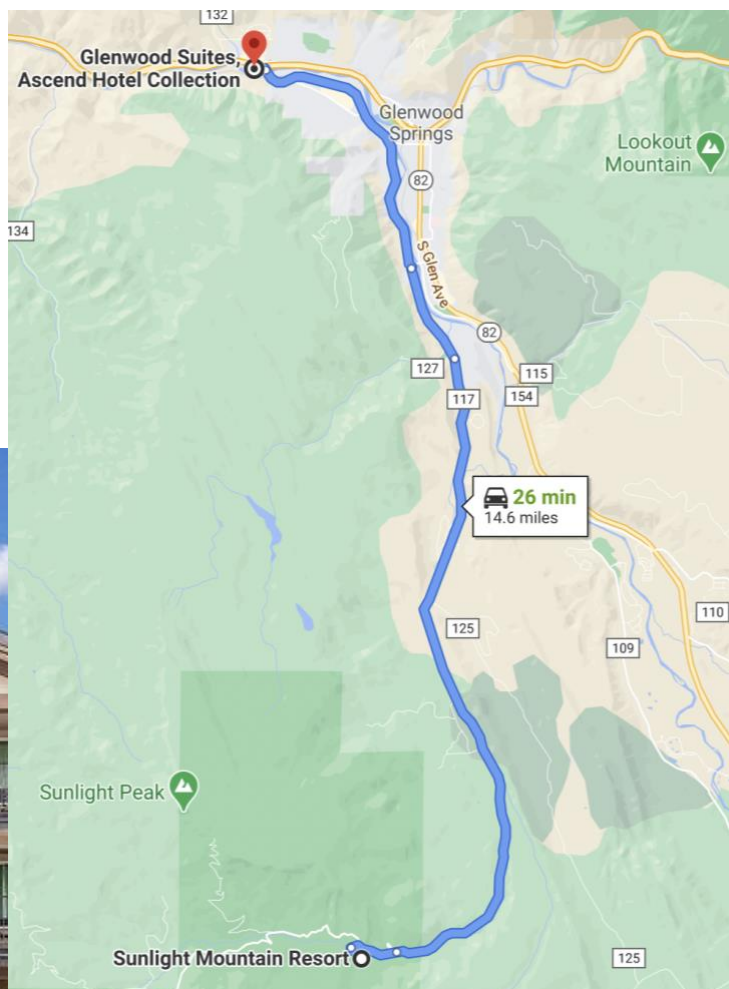
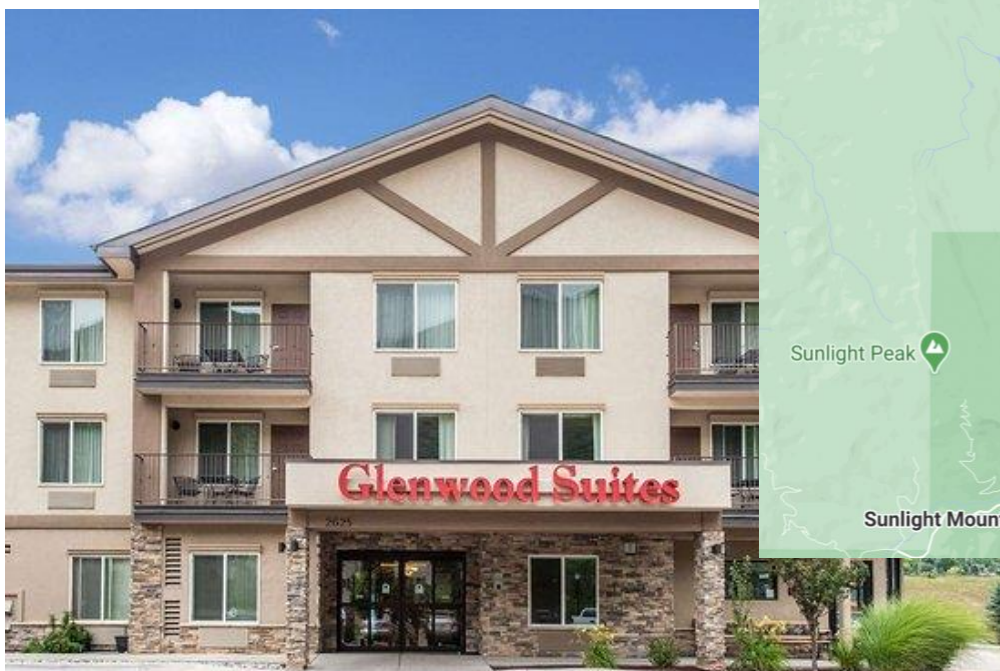


## Lodging: Glenwood Suites

Address: 2625 Gilstrap Ct. Glenwood Springs, CO 81601

Phone: 970-372-0424

Info: Glenwood Suites is located 30 minutes from the base of the mountain. Students will be bused each morning to the ski mountain and then back at the end of the day.



## Flight Information:

**Airline: Southwest Airlines**

**Airport: Dallas Love Field**

February 12

Dallas to Denver: #0044

Depart Dallas: 7:00 PM

Arrive in Denver: 8:00 PM

February 15

Denver to Dallas: #1270

Depart Denver: 11:50 AM

Arrive in Dallas: 6:25 PM

Please drop your student off at the  
airport no later than 5:00 PM.

Make sure your student has eaten prior to arrival at the airport or they are more than welcome to grab something at the airport.



## Packing List

- ❄ Ski and Snowboard Packing Checklist
  - Jacket
  - Water-resistant Pants/Overalls
  - Backpack
  - Gloves
  - Goggles/Sunscreen
  - Hat or Ear Band
  - Socks
  - Glove Liners
  - Pocket Tissues
  - Sunscreen
  - Lip Balm
  - Thermal/Long Underwear
  - Lightweight Turtleneck, Layer shirt(s)
  - Hand/Feet Warmers
  
- ❄ Free Time Packing Checklist
  - Bible
  - Journal
  - After ski clothing and shoes
  - Toiletries
  - Games
  - ID for airplane!

## High Altitude Information:

Above 8,000 feet, altitude sickness affects 20 percent to 30 percent of visitors from low elevations to some degree. At these levels, the air is thinner and contains less oxygen.

- \* The first thing people notice is a shortness of breath, especially when exercising
- \* The heart is likely to beat faster and one may develop nausea, fatigue, headache, or have difficulty sleeping

Those with one or more of these symptoms may have Acute Mountain Sickness (AMS). This usually subsides in a day or two. If they do not, we will consider a doctor.

- \* Drink two or three times more water than usual in preparation for the trip
- \* Minimize caffeine intake
- \* Limit salty foods and increase carbohydrate consumption
- \* Do not push the limits of your physical capabilities

Sunburn: It is very important to remember that a chance for severe sunburn increases at higher elevations. For protection, always wear sunscreen and proper eye gear or sunglasses. The snow reflects additional light in the mountain.



## Itinerary

### \* Friday, February 12<sup>th</sup>

5:00 PM Students Arrive at Airport  
7:00 PM Flight to Denver  
8:00 PM Students Land in Denver, Board Charter Bus  
12:00 AM Arrive at Glenwood Suites, Sleep

### \* Saturday, February 13<sup>th</sup>

6:30 AM Breakfast  
8:00 AM Arrive at Mountain  
12:00 PM Lunch  
4:00 PM Drive to Lodge, Snacks  
7:00 PM Dinner  
8:00 PM Group devo in Cabin  
9:00 PM Freetime  
11:00 PM Lights Out

### \* Sunday, February 14<sup>th</sup>

6:30 AM Breakfast  
8:00 AM Arrive at Mountain  
12:00 PM Lunch  
4:00 PM Drive to Lodge, Snacks  
7:00 PM Dinner  
8:00 PM Group devo in Cabin  
9:00 PM Freetime, Pack  
11:00 PM Lights Out

### \* Monday, February 15<sup>th</sup>

5:00 AM Leave for Denver  
8:00 AM Arrive at Airport  
11:50 AM Fly to Dallas  
6:25 PM Land in Dallas, Pick up student from airport

## **COVID Protocol and Expectations:**

1. All students are required to have a negative COVID test 72 hours prior to departure - a rapid test and PCR lab tests are acceptable
2. Email results at least 24 hours before departure to [kmoore@northwestbible.org](mailto:kmoore@northwestbible.org)
3. If a student should exhibit symptoms during the trip, the student will be asked to quarantine in a separate room
4. If symptoms worsen, the student and two adults will have to rent a car and return to Dallas separately from the group
5. All waivers need to be completed one week prior to departure for review
6. Students will remain in small groups instead of having large group worship and teaching - masks will be worn indoors outside of their cabin
7. Exposure due to the trip is not the responsibility of Northwest Bible Church and parents assume risk and liability
8. If your student shows symptoms, and tests positive, you must report it to Northwest Bible Church
9. All families will be contacted if any student tests positive as a result from the trip
10. Should the trip be cancelled, money will be forfeited, and refunds will not be available

### **Testing Locations near Northwest Bible Church:**

This list is not extensive and there are other available testing locations. Please consult your student's doctor or primary physician for additional information.

1. Formula Wellness - Park Cities, 4342 Lovers Ln., 214-931-9443
2. CVS Pharmacy - 5370 W Lovers Ln, 214-358-0263
3. CityDoc Urgent Care - 5301 W Lovers Ln., 214-352-7800
4. Any Lab Test Now - 5219A W Lovers Ln., 214-956-8378
5. CareNow - 4844 Greenville Ave., 214-295-9410

## Additional Expectations:

So that we can focus on Jesus and growing in our relationship with Him, we want to clearly lay out expectations of behavior for the Ski Trip

- ✧ Students should always be where they need to be and do what they should do. That means after we ask students to be in the room, be in the room. When it's time to ski, be in the ski area. Be with the group and participating.
- ✧ At no time should students be alone or wander off. Always have at least one buddy and make sure a leader knows where you are.
- ✧ No one should be in the possession of, or purchase, any drugs, alcohol, or tobacco products. Please make sure the leader in the room is aware of any prescription medications needed.
- ✧ Students are not allowed in the room of a person of the opposite sex unless two leaders are present and there is a Godly reason.
- ✧ Respect the authority of those who oversee the trip at all times and follow their instructions.
- ✧ Obey all local laws and rules.
- ✧ Use your freetime wisely and respect the other people on the trip.





## Trip Checklist:

- ◇ Read this document
- ◇ Make sure you have paid any outstanding dues
- ◇ Check your ski clothes
- ◇ Fill out all waivers and participation forms as soon as possible for review
- ◇ Ask Kennedy or Marvin any questions you may have