



28/06/18

Dear Parent/Carer,

Fundraising and training are almost over and we are set to leave for Italy shortly.

I am writing to confirm final travel arrangements and kit lists.

Your child will be given a bag to be transported on the support vehicle. This is the bag they are to use as space is limited. Students are responsible for packing their own bags which will be viewed, secured and signed onto the van in school. Bags will be loaded onto the van on Friday 6th July and so will need to be in school on / prior to this date. Students will not have access to these bags until we arrive in Italy. Bikes will also be loaded onto the van on this day and will need to be in school by Thursday 5th.

The coach for Manchester Airport will leave Beacon Hill School at 0530 and Solway School at 0600 on Thursday July 12th. We welcome as many supporters as possible to come to school and wave us off.

We are flying direct from Manchester to Pisa. Students are advised to bring food for the journey to the airport or money to buy snacks/lunch. There will be time once in the airport and a Boots Meal Deal or similar would be appropriate. Please note that no liquids over 100ml will be allowed through customs. This includes water, perfume, toothpaste, mouthwash etc. Security is unwavering on this and to avoid disappointment students are advised to store any such liquids in their van bag and not to bring on the flight. Students will be provided with a clear plastic bag to place all liquids under 100ml in (i.e. Vaseline, travel sized toothpaste etc.) should this be required. This is a rule when going through customs. Students will take a day bag onto the plane which they will cycle with. They are not to bring additional bags which they intend to store on the van as there will not be room. Each day students will only have the bag they have been issued with to be transported on the van.

When in Italy we will be cycling a significant distance and students will also have the opportunity to embrace a variety of cultural experiences. There are a range of options within the routes which will depend on a number of factors included weather and performance. As such distances are not given. The route itinerary is as follows:

- Thursday 12th – Fly to Pisa (Easyjet Flight EZY1847 at departs 1225) Arrive in Pisa and check into Hostel. Build bikes. Short ride to The Leaning Tower of Pisa to check bikes.
- Friday 13th – Cycle from Pisa to Palaia. Hill top finish. Coach to San Gimignano. Free time in San Gimignano - Overnight in a Convent.
- Saturday 14th – Cycle San Gimignano to Poggibonsi – train to Siena – free time in Siena – bus to Buonconvento – Cycle L'Oroica.
- Sunday 15th – Coach Buonconvento – Bolsena – Cycle Lake Bolsena and Torre San Severo hill climb. Free time in Bolsena
- Monday 16th Cycle Bolsena – Orvieto – free time in Orvieto – coach to Campagnano de Roma
- Tuesday 17th Cycle Campagnano de Roma – Rome. Coliseum finish. Cultural visits.
- Wednesday 18th – Fly home Rome Ciampino to Manchester (Ryanair flight FR3205 arrive 1320)



We will travel back to Cumbria by coach and are expected to arrive back at Solway School at 1730 and Beacon Hill School at 1800. Students will be reminded to call home when we are at Penrith.

Please can I remind anyone who has not yet paid the balance that it is urgent that you do so. Please also send in all remaining raffle ticket money and ticket stubs prior to July 5th. If we do not yet have your child's Passport and EHC card may I also ask that you send these in as soon as possible (staff will look after these during the trip.)

In the event that you need to contact the group in an emergency please contact via school during the working day or on 07708 589 025 out of hours. It may not always be possible to reach the group in Italy but the member of staff you reach will be in contact.

Importantly please can you read, sign and return the slip below. School may already hold some of this information though this is an opportunity for you to update. Should you require any further information please do not hesitate to contact me at school. This looks set to be a fantastic trip and I hope your child thoroughly enjoys themselves and achieves something they can be proud of forever.

Thank you

Mr Gee

Please tick

- I have read and understand the travel arrangements – including baggage
- I understand that there are several support vehicles and if for health and safety or behavioural reasons my child is asked to ride in one of them then I give my permission for this. The support vehicles are driven by both school staff and/or volunteers known to the school who are DBS checked.
- Given the likely weather I give permission for members of staff/support to provide/apply (delete if required) sun cream.
- In the event it is felt necessary I am happy for staff to provide my child with non-prescription medicine i.e. paracetamol (please detail any specific omissions below.)

My child has the following medical conditions I wish to make you aware of

.....
.....
.....

My child has the following dietary requirements I wish to make you aware of. I understand that when in foreign countries food will be different and it may not always be possible to accommodate 'picky' eaters. If this may be an issue please contact school in advance and it may be possible for us to take certain foods you wish to provide.

.....
.....
.....

Print Name: _____ Sign: _____ Date: _____

Child's Name: _____



Kit list

Clothes to ride in (fresh items per day)

- Shorts (padded if they have them)
- T shirt/school cycle jersey
- Long sleeved top

Other clothes to ride in (same item for 5 days is fine)

- Sturdy shoes (trainers will be fine, no flip flops or sandals)
- Buff
- Gloves
- Helmet
- Sunglasses
- Waterproof/windproof top

Items for the ride

- Bag to carry each day
- 2 Water bottles
- 2 spare inner tubes for their bike (make sure it's the right size for their bike)
- Puncture repair kit

As explained repeatedly on training rides a failure to have appropriate kits may prevent students cycling. Any difficulty acquiring any kit please contact school as there is much spare kit here.

General Clothing

We are away for 6 nights, each night pupils will need clothing to relax in, they will be given time to look around the areas we are staying so a jacket would also be useful.

The list below is a suggested kit list:

- Underwear
- Socks
- Jeans
- T shirt
- Jumper
- Jacket
- Trainers / Sandals
- Towel
- Pupils will not need a full change every night but may want to bring a couple of changes of trousers, t-shirts etc.

Toiletries

- Shower gel
- Toothpaste
- Toothbrush
- Deodorant
- Sun cream
- Medication

Other items

- Single Sheet / sleeping bag liner or **THIN** blanket for night 2.
- Maximum of 50 euros spending money
- Small amount of Sterling for food a service stations on way to/from airport.
- Passport
- EHIC
- European 2 pin plug adapter if required