

# CCBC B-TOUR: March 18 – April 2, 2023



*Hellner Stadium*



**Location:** Gällivare, Sweden

**Trip Dates:** Saturday, March 18<sup>th</sup> – Sunday April 2<sup>nd</sup>, 2023

**Coaches:** Chris Manhard (Cross Country BC) and another coach TBD

## **Trip Fee**

The trip fee will be \$2600.00. This includes your flight from Thunder Bay to Gällivare, return flight from Gällivare to Vancouver, accommodation, ground transportation, trail and race entry fees, coach support, waxes and most of your meals in Sweden.

You will be responsible for any expenses getting to and from the departure/arrival points, meals on travel days plus a few more, and your luggage fees on flights (1<sup>st</sup> luggage is included). If you would like to book an additional flight from Vancouver to your final destination please contact Maria as soon as possible (athletes cost).

This trip is subsidized by Cross Country BC. The actual cost per athlete will be \$5500.00+.

For those that may be hesitant about the trip cost, please note that CCBC would be very happy to help promote any athlete Gofundme campaigns. Every athlete Gofundme that we have seen has been a success, typically exceeding the goal amount in a matter of days.

Cancellation will be accepted with a medical note only. CCBC will do its best to reimburse where possible, especially if another athlete is able to fill your spot.

## **Trip Information**

The trip will start in Thunder Bay (after the Nationals), and finish in Vancouver. Athletes will be responsible for their own travel arrangements and expenses from their hometown to Thunder Bay (enroute to Sweden) and from Vancouver International Airport (YVR) to their hometown on their return home.

BC Ski Team athletes will be billeted with the Swedish athletes that visited Whistler in September. The athletes are students at a national sport school: <http://www.skidgymgallivare.se>. The billets will provide most of the meals during the stay in Sweden. Note that BC Ski Team athletes are expected to assist with preparing those meals.

There will be time to do homework while the Swedish athletes are in school.

The objective of this trip is to gain international experience in traveling and racing. This trip will also provide an opportunity to see the daily life of an athlete attending a sport school in Scandinavia.

## **Trip Schedule**

March 18	Departure from Thunder Bay to Sweden (via Toronto)
March 19	Arrive in Sweden; travel to Gallivare
March 23	Travel to Boden (3 hour drive)
March 24-26	Compete in National Junior Cup races in Boden
March 26	Travel to Gallivare (3 hour drive)
April 1	Ski in "Around the Mountain" - <a href="https://dundretrunt.com">https://dundretrunt.com</a> Fly to Stockholm
April 2	Flight from Stockholm to Vancouver

## **Race Schedule**

Ford Smart Energy/Bauhaus Cup (National Junior Cup)  
Boden, Sweden

Friday March 24	Individual Sprint, Free Technique
Saturday March 25	Interval Start, Classic Technique, Women 5km/Men 10km
Sunday March 26	Pursuit, Free Technique. Women 10 km/Men 15km

Race info: <https://ta.skidor.com/EventDetails.aspx?EventID=13836&orgid=80>

## **Medical**

Bring your medical and dental cards with you. Inform the head coach of any medication that you are taking in advance of your departure. Your coaches should also know of any allergies or other special medical problems that you are having before you leave plus any medication that you are taking at any time during the trip, including cough drops or aspirin.

## Insurance

Each athlete is responsible for arranging their own travel and medical insurance for out-of-country trips. Please contact Maria Lundgren ([coaching@crosscountrybc.ca](mailto:coaching@crosscountrybc.ca)) for information on how to purchase additional insurance via the travel agent.

Athletes under the age of 18 are also encouraged to bring a travelling abroad consent letter. The consent form can be printed and brought with you to the airport:

<https://travel.gc.ca/travelling/children/consent-letter>. To complete this form, you will need the address of your accommodation, and the number, issuing authority and date of issue of the passport of a coach traveling with you. Accommodation addresses to be provided on request. Chris' passport information - #AB058900, Richmond, issued on October 10, 2017.

## General Travel Tips

- Arrive at the airport early.
- Have your photo identification ready and accessible.
- Liquids are not allowed on aircrafts. Pack your water bottle EMPTY!
- Keep your luggage and carry-on baggage close to you at all times. Never leave anything unattended.
- When you arrive in Sweden, and when you return to Vancouver, inspect your luggage (especially ski equipment) for damage before leaving the luggage claim area.
- Report damaged or lost luggage immediately.
- Pack well ahead of time, except for last minute items.

## General Packing Tips

- Put your name on ALL your clothes and equipment.
- Mark your name clearly, with a permanent marker, on every ski.
- Have your grip zone clearly marked on your classic skis.

## Luggage Bag

- warm sweater & jacket
- gloves, mitts, toque
- casual clothes including jeans / t-shirt
- sleepwear
- polypropylene underwear / socks / race suits (if applicable)
- BC Ski Team race suit + warm ups
- one set of good clothes
- snow boots / boot warmers & running shoes

- watch and/or alarm clock (you are responsible for being on time each day)
- sunglasses & sun block
- personal toiletry items
- small sewing kit & small first aid kit
- small container of laundry soap (you may want to hand wash some clothes)

### **Ski Bag**

*Skis should be travel waxed to protect the bases. Skis can be taped together in the ski bag to spread the forces. A jacket or blanket can be used to help protect the ski tips. Poles in a protective tube have a better chance of arriving in one solid piece.*

- basic wax kit tools - a plastic scraper, nylon brush, groove scraper, and cork
- a few favorite hard waxes
- skis - skating and classic (2 pairs of each if available)
- boots - skating and classic
- poles - skating and classic, plus an extra pair per length if possible

### **Carry-On Bag**

*Always pack your ski boots in your carry-on luggage. In the event that your luggage does not arrive on time you should still be able to borrow enough equipment to train and race if you have your ski boots.*

- water bottle (EMPTY)
- camera & film
- medical / dental cards
- Photo ID
- Passport
- Money
- Ski boots

### **Flight Tips for Athletes**

If you have compression socks/tights you may want to use them on long flights because they will reduce the amount that your legs swell from the high altitude environment. For additional flight suggestions for athletes click on ["Flightkit"](#) (Canadian Sport Institute).

Hygiene is very important when travelling, so it is a good idea to use hand sanitizers. Wipes are helpful for cleaning touch screens, volume controls and food trays.

It is also good to keep your nose from getting too dry as this makes it easier for germs to get in. This can be prevented with a small bottle of saline nasal spray.

Stay hydrated. Bring some extra food on the plane since active people usually want to eat more than what is provided.

**Have a successful tour and always keep in mind that you will be seen as a representative of Canada to other teams, coaches, officials, accommodation personnel, and so on. When you are on international trips you have a great opportunity to be an ambassador for our country!**