

WhiteFYSH 2010:

February 3, 2010

Greetings Everyone!

Included below you will find everything you should need to know for our upcoming trip to Whitefish Mountain Resort in Whitefish Montana on February 24th -28th.

Further information about the Mountain and resort itself are available at skiwhitefish.com. The site is well developed and I encourage you all to check out the trail map before we go!

SKI / BOARDING practice: We encourage everyone who is coming with to get out and practice before we leave! Even a few hours at BV sometime before our trip could make a big difference. Whitefish Mountain is very large, has over 3000 feet of vertical, and includes runs that are MILES long. There are runs for all levels of skiers / boarders, but what we consider “green”, “blue” and “black” in Bemidji don’t necessarily correspond to their definitions. In other words, Everything at Buena Vista would be considered at MOST a green or blue run at Whitefish. So – Practice is a very good idea regardless of whether or not you are skilled, or unsure of your abilities.

Adult Leaders:

Christopher Richards 218.209.9016
Amy Krause
Cindi and Gary Pederson
 760.4666/368.1481
Ryce Miller*
Ross Walters 218.766.6544

Youth Continued...

Ryan Chock
Ryan Greendahl
Heather Kime
Katie Krause
Casey Miller*
Wyatt Miller
Matthew Oustad
Justin Pederson
Phillip Quamme
Mitch Reise
Zak Skaar
Dustin Voorhees
Jack Will

Youth Participants:

Matt Armstrong
Cassie Bucher
Stephen Bucher
Hayden Beyers

If you have any other questions about our trip, please email crichards@flcbemidji.org or call the church at 444.5302. Thanks again for taking a look through this information!

Christ’s Peace

Chris Richards
Director of Youth and Family Ministries
First Lutheran Church, Bemidji_

WhiteFYSH 2010 Itinerary

Dates: February 24-28th

February 24th (Wed.)

1:00am Meet upper lot at 1am
1:15am Depart from 1st Lutheran Car Pool
along with one driver to return to Bemidji

3:40am Arrive Grand Forks Amtrak Station
Tickets, Baggage, and Loading

4:52am **Board Empire Builder to Whitefish**
Morning: Free time, SLEEP IN!
Reset watches to Mountain Time

11:00am Leaders Meeting
11:30am Morning Meeting for those awake.

Noon Lunch (dining car or brought)
Afternoon: Free Time – Risk Tournament, Board
Games, movies, viewing Car

4:00pm Opening Devotions / Bible Study

5:00pm Dinner (dining car, etc.)
8:56pm Arrive at Whitefish Amtrak Station
9:00pm **Shuttle to Whitefish Mountain
Resort Hibernation House**
Check in, get settled, explore

10:45pm Devotions for the Day Together and
Go over tomorrow's Schedule

12:00am Lights out

Feb. 25th (Thursday)

8:00am Continental Breakfast HH
8:30am Rental Shop Opens
Grab Equipment and plan day...

9:30am Lifts open at 9:30am
12:00pm: Lunch: Meet in HH for lunch Duffel
12:30 – 4:30pm Afternoon Slopes Time!
4:30pm Lifts Close (Night Ski Begins)
5:00pm Supper Buffet
6:00pm SKI or chill / Movie / Games
9:00pm Evening Devotions and discussions
Evening Worship
Leader Check In

12:00am Lights Out

Contact Information:

Chris Richards: 218.209.9016 (cell)
Ross Walters: 218.766.6544
Pr. James Darchuk: 218.209.0126
Whitefish Mountain Resort: 406.862.3687
Hibernation House Front Desk: 406.862.1982

Feb. 26th (Friday)

8:00am Continental Breakfast HH
Grab Equipment and plan day...

9:30am Lifts open at 9:30am
12:00pm: Lunch: Meet in HH for lunch Duffel
12:30 – 4:30pm Afternoon Slopes Time!
4:30pm Lifts Close (Night Ski Begins)
5:00pm Supper Buffet
6:00pm SKI or chill / Movie / Games
9:00pm Gather in HH
Evening Devotions and discussions
Evening Worship
Leader Check In

11:00pm Lights Out

After Devotions: PACK UP EVERYTHING
Midnight Lights Out

February 27th (Saturday)

5:40am - GET UP All Equipment to Lobby
6:30am **Shuttle Departs from HH to Station**
7:46am **Train Departs – To Grand Forks**
- Morning: Free time, SLEEP IN!

10:00am Leaders Meeting
10:30am Morning Meeting.

Noon Lunch (dining car or brought)
Afternoon: Free Time – Risk Tournament, Board
Games, movies, viewing Car

4:00pm Opening Devotions / Bible Study

5:00pm Dinner (dining car, etc.)
6:00pm Evening Movie / Games, etc.
8:00pm Closing Devotions

(February 28th AM)

-12:57am Arrive at Grand Forks Amtrak
Group prayer
Checked Baggage
Leaders depart to get vehicles from Church
Leaders return with vehicles, load all gear
Depart for Bemidji

3:45am Return to Bemidji
Closing Prayers
SLEEEEEEP

What we are all about:

This trip has been planned with a few goals in mind. First off, we are out to have fun and grow in fellowship. This means we expect everyone to treat each other with respect, and we hope to enjoy each others company. Secondly, we are out to learn a little bit more about ourselves, and about our Creator and Lord. Please plan on some bible study and conversation to that effect. Three, we are representatives of First Lutheran Church and of Bemidji as we travel, so our behavior will reflect that understanding as we go.

We are very excited about this trip and we look forward to the memories, discoveries, and adventures that occur!

What to Bring:

- Comfortable (appropriate) clothing for travel
- Snow Gear (gloves, hat, jacket or shell / liner , snowpants or shell / liner, possibly an extra set in case of wetness or loss)
- Ski Goggles (can be purchased on site if necessary) or Sunglasses
- Chapstick (spf 15 or better!)
- Personal Hygiene Items
- Pillow (optional, nice for Train but a hassle to travel with)
- Bible
- Notebook
- Swimsuit / Towel
- Personal Hygiene – (showers on site in rooms)
- DVD or two appropriate for Church Trip (PG-13 at most, leader’s discretion)
- Board Game or Cards to Share

NOTE: cell phones and digital items are fine to bring with BUT please be aware that they are at risk of being lost, damaged or stolen, and that they are to be used with etiquette and consideration of those around you and consideration for the activities that are planned for this trip. Also, lights out is also radio silence. Cell phones, computers, etc. are to be deactivated at that time to allow the others around you to rest appropriately as this will be a physically demanding event.

What NOT to bring:

- Drugs, alcohol, tobacco, fireworks, weapons, any illegal items or substances.
- Anything that you don’t want to get lost, damaged, or stolen.

TRIP POLICY: If you break the law or are in possession of such illegal items, the police will be called and parents will be expected to come and get you at their cost, or you will be sent home with their consent via Amtrak.

Incidental Costs:

There are a few costs that are not covered by the fees you have paid to participate in this event.

Things that ARE covered:

Lodging, Lift Tickets, Travel, All food at the Resort.

Things that are NOT covered:

Meals on the Train, Equipment Rental



Helmet Rental: We are encouraging all youth to either wear a helmet or consider renting or borrowing a helmet while on the hill. (Helmet rentals are \$5 a day.) This is not required.

A word about Photos and Video:

The Church will have a camera, a video camera, and a camera/video phone on the slopes spread out amongst participants. We encourage youth to take photos and video of our experience to share with the group but do not feel it necessary to risk your own equipment. We ask that anything recorded is something worthy of being shared with the group and we hope all photos and such can be shared afterwards for posting on our website or in our publications.

Baggage Policy and Information

For passenger safety and comfort, we strictly enforce the baggage limits stated in the guidelines below. We encourage all passengers to read these guidelines when making travel plans.

	Number of Bags†	Weight Limit*	Size Limit	Check-in Time
Carry-On Baggage 		50 lbs. (23 kg)	28" x 22" x 14" n/a	
Checked Baggage 		50 lbs. (23 kg)	36" x 36" x 36"	30 minutes prior to departure

*Carry-on baggage is limited to 11" on Pacific Surfliner trains.

†Baggage checked less than 30 minutes prior to departure may be delayed. Allow additional time at larger stations.

Checked baggage is not available on all trains or in all stations.

Guidelines for Carry-On Baggage

- **Two-Piece Limit:** Each passenger may bring aboard no more than two pieces of carry-on baggage. Not included in this limit are personal items such as purses, briefcases, laptop computers, baby items such as strollers, diaper bags and car seats, and equipment required for a passenger's medical condition such as breathing assistance devices and [oxygen tanks](#).
- **50-Pound Limit:** Each carry-on bag may weigh no more than 50 lbs.
- **Size Limit:** Each carry-on bag may not exceed 28 x 22 x 14 inches in size. Carry-on baggage is limited to 11 inches on Pacific Surfliner trains.
- **Visible Tag Required:** All carry-on luggage must be visibly tagged with the name and address of the passenger. Passengers may use their own personal identification tags, or may obtain free Amtrak baggage identification tags at station ticket offices, or onboard trains from a member of the train crew.
- **Special Items:** Ski equipment, snowboards, golf clubs and [bicycles](#) may generally only be handled as checked baggage on Amtrak trains, and not as carry-ons. Items are permitted onboard when they can be safely stowed in the exterior lockers of Superliner equipment, or onboard equipment that is specifically designed to safely and securely accommodate the storage of the items.

Guidelines for Checked Baggage

Amtrak offers checked baggage service at many stations and on many trains and Amtrak Thruway motorcoaches throughout the country. Not all trains and stations offer checked baggage services.

- **Three-Piece Limit:** Each ticketed passenger may check up to three pieces of luggage at no charge. Up to three additional pieces may be checked upon payment of \$10.00 per piece.
- **50-Pound Limit:** Each checked bag may weigh no more than 50 lbs. We will not accept heavier pieces.
- **Size Limit:** Each checked bag may not exceed 36 x 36 x 36 inches in size.
- **Check-In Time:** Check all baggage at least 30 minutes prior to departure. Allow additional time at larger stations, during busy travel, if you have special items or also need to obtain tickets. Baggage checked less than 30 minutes prior to departure may be delayed.
- **Suitable Bags:** Pack your baggage using sturdy luggage or containers that are capable of withstanding expected handling. Please note that we do not accept plastic storage containers, lightweight suit bags and other similar items as checked baggage.
- **Baggage Tags:** Attach your name and address to each item. Free identification tags are available at stations or from crew members, or you may use your own.
- **Where Available:** Checked baggage service is available at many stations and on many trains and Amtrak Thruway buses throughout the country. See individual station pages on this site, available from the [Stations](#) section, for more information.
- **Claiming Checked Baggage:** Checked Baggage will be available to claim generally within 30 minutes of arrival. However, some items may require additional handling and therefore may take up to 60 minutes. Be prepared to identify your baggage by the claim check numbers. Storage charges apply to baggage not claimed within two days of arrival.
- **ID Required:** To check baggage, you must have a valid photo ID. For more information about ID requirements, please see our [Passenger Security and ID](#) page.
- **Special Items:** Amtrak accepts a number of special items such as baby strollers, [bicycles](#), golf bags, musical instruments, **snowboards and skis (one board or set per bag/container)**. In most cases there is a handling charge of \$5.00 per special item.