

Florida Weather & General Health

Weather:

- A) Weather can vary greatly in Orlando during the first week of February. It can be sunny and in the 70's and it is possible it could be much cooler. Students need to have appropriate cloths available. One trip it never got above 55 (that is very cold when you are outside all day, and late in to the night).
- B) It is important to have "rain gear" available in Florida. The pull-over plastic bag type (the ones that fit easily in your pocket) is best and only costs \$2 if you can find them. If the hotel has them they will be about \$5 (worth every penny). If you buy them at Disney I am guessing \$15 (invest in Disney, they are making money!)
- C) The "Sun" is our friend; however students need to be aware of the real dangers of over-exposure to the Florida sun. Here are some considerations:
 1. Direct sun exposure should be limited to 20 – 30 minutes at a time for persons who are not yet sun-conditioned.
 2. Sun screen lotion should be used, not lotions or oils that magnify the sun's rays and may cause sunburn.
 3. Sun, salt, air and ocean breezes can cause chapped lips (uncomfortable for wind players). Use Chap Stick as a preventative.

Health

- A) Please remind Mr. Jarvie of any medical conditions or medicines that need to be taken.
- B) I will have everyone's "Medical Information Form" and "Permission for Emergency care" with me at all times on the trip. I do place it in the First Aid stations of each park we are visiting during the day.
- C) I have a copy of your current insurance card (most insurance cards are re-issued in January – I will need a copy of the 2-19 insurance card).
- D) Drink lots of water – hydration (along with eating properly) will go a long way to having a healthy and happy week!