# TRAVELLING TO AND FROM THE BC GAMES



#### TRAVEL ITINERARY

Your travel itinerary outlines how you will get to the Games and back home again. Please read it thoroughly and print a copy for quick reference.

View your personal travel itinerary through the BC GAMES PARTICIPANT WEBSITE, accessed using the login information sent by mail. If you have lost your password, contact participantreg@bcgames.org.



## PREPARE FOR A LONG TRIP

Make sure to pack a mealand snacks for your travel as you may not have the opportunity to stop for food! The trip can be long and tiring so Plan to get plenty of rest prior to departure.



### GETTING AROUND TOWN

Buses will take you to your sport venue, meals and other transfers. Refer to the Bus & Meal Schedule distributed at Games-time. It is critical that you are at your pick-up location at the designated time so that you don't miss the bus.



## TRAVEL TOGETHER, TRAVEL SAFE

Every athlete is supervised by an accredited adult (head coach, assistant coach, or adult supervisor) from the time they board a bus/flight until the time they arrive at their destination.



#### GAMES RELEASE FORM

We tend to feel groggy and disoriented when we first get up because our brain does not wake up immediately. You're more likely to stay focused if you wake up earlier.



#### **BRINGING LUGGAGE**

All Games departure transportation will occur on Sunday, March 26. Please refer to your Bus & Meal Schedule, as well as your personal travel itinerary for details. Departure plans will vary by sport.

