

IKISKI

PARENT KIT

Bakuriani / Winter & Summer Camps

Ikiski - our and yours home. This guide will help you prepare your child for a smooth, organized, and enjoyable camp experience.

01

WELCOME

Ikiski - our and yours home.

Welcome to Ikiski Camp in Bakuriani. At Ikiski, we create an environment where children feel safe, active, independent, and connected. Through sport, shared experiences, and daily routines, they build confidence and friendships that last beyond camp.

This guide will help you prepare your child for a smooth, organized, and enjoyable experience.

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PREPARING FOR 1ST CAMP

PACK WITH YOUR CHILD

Children should be actively involved in packing.

How it works

- Lay all items out together
- Let your child participate in choosing
- Pack together (not alone)
- Show where each category is packed

Why it matters

- Builds independence
- Reduces anxiety
- Helps children manage their own belongings

LABEL EVERYTHING

All items must include name & surname. Label jackets, gloves, helmets, backpacks, and water bottles. This prevents loss and confusion in shared spaces.

HOW TO PACK (SYSTEM)

Organize the suitcase into clear zones:

- Zone 1 - Daily Clothing: T-shirts, underwear, socks
- Zone 2 - Activity / Ski Gear: Sportswear or thermal layers
- Zone 3 - Warm Layers: Hoodies, jackets
- Zone 4 - Accessories: Gloves, hats, buffs
- Zone 5 - Toiletries: Daily essentials

Optional: use packing cubes for clarity and organization.

HYGIENE & DAILY HABITS

Children are encouraged to change clothing daily, maintain personal hygiene, and keep their space organized. Our team supports them while encouraging independence.

COMMUNICATION

- Limited phone usage during camp
- Emergency contact always available

Our goal is to help children stay present, social, and engaged.

WHAT NOT TO BRING

- Expensive electronics
- Jewelry
- Large amounts of cash

HOW TO DRESS FOR A SKI DAY

A proper layering system keeps children warm, dry, and comfortable all day.

Layer System (inside -> outside)

1. Base Layer (thermal) - worn directly on skin, wicks moisture. Avoid cotton.
2. Mid Layer (insulation) - fleece or light jacket, keeps heat inside.
3. Outer Layer (protection) - waterproof ski jacket & pants, protects from snow and wind.

Lower body: thermal leggings, ski socks (pulled over leggings), ski pants.

Hands & head: thin liner gloves (optional), warm gloves or mittens, neck warmer / buff, helmet.

Feet: one pair of ski socks only (not double!), properly fitted ski boots.

Common mistakes

- Too many layers -> child overheats and sweats
- Cotton clothing -> stays wet and cold
- Only one pair of gloves -> gets wet quickly

IKISKI TIP - Children should put on their own layers and recognize when they are too hot or cold.

Coaches help, but independence is key.

MORNING CHECKLIST FOR KIDS

Getting dressed: thermal base layer (top & bottom), mid layer, ski jacket & pants, ski socks (1 pair only).

Accessories: gloves / mittens, neck warmer / buff, helmet, goggles.

Ready to go: ski boots properly closed, gloves dry, extra layer if cold.

Daily items: backpack (if needed), water bottle, snack (if instructed).

IKISKI HABIT - Children should be able to say: "I am warm, dry, and ready to ski."

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PACKING LIST

WINTER CAMP - 11 Nights / 10 Days

Essentials (non-negotiable)

- Ski jacket & pants (waterproof)
- Thermal base layers (4-5 sets recommended)
- Gloves (2-3 pairs)
- Ski socks (5-7 pairs recommended)
- Goggles (2 pairs ideal)
- Winter boots

Clothing

- Thermal tops & bottoms
- Mid layers (fleece / warm tops)
- T-shirts
- Underwear (10-12)
- Pajamas (2-3)
- Pants (2-3)
- Indoor shoes / slippers

Accessories

- Gloves / mittens
- Beanie (2 recommended)
- Neck warmer / buff

Other

- Backpack (daily use)
- Water bottle (insulated preferred)
- Toiletries

SUMMER CAMP - 12 Days / 11 Nights

Essentials

- T-shirts (8-10)
- Sportswear
- Sneakers
- Hoodie / warm layer
- Hat & sunscreen

Clothing

- Shorts (4-6)
- Pants (2-3)
- Underwear (12-14)
- Socks (8-10)

- Pajamas (2-3)

Activities

- Sportswear sets (3-5)
- Swimwear (2)

Other

- Backpack
- Water bottle
- Toiletries

FINAL CHECK BEFORE DEPARTURE

- All items labeled
- Child knows their bag
- Weather-appropriate clothing packed
- Essentials included
- Positive mindset

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ACCOMMODATION

In Bakuriani children will be staying in our own building on Aghmashenebeli street.

Ikiski building is conveniently located to access all the slopes in the area. Behind the building there is a forest which we use recreationally as well as for walking to different areas of Bakuriani avoiding roads and pavement.

Main floor of the house is used for indoor activities and it also has one instructor room. Lower floor is the kitchen and dining hall. On the second floor there are 6 bedrooms with bunk beds in each. Children share four shower/bathrooms which are located on the same floor. Third floor of the building accommodates rest of the instructors and staff.

Our facilities are designed with safety, home feel and team spirit in mind.

We also have the yard where we do our morning exercises, play volleyball, basketball, enjoy swings and hammocks in the afternoons, or bon fire in the evening.

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DAILY SCHEDULE

08:00 Wake-up

08:30 - 08:45 Morning exercise

09:00 - 10:00 Breakfast

10:30 - 14:30 Activities 1

15:00 - 16:00 Meal

16:00 - 17:00 Rest time
 17:00 - 21:00 Activities 2
 22:00 Bed time

During Activities 1 we normally explore surrounding nature by hiking in Bakuriani and its surroundings, including walks to Timotes Ubani monastery through village Patara Mitarbi.

Activities 2 happen more within Ikiski boundaries and near vicinities. They include arts & crafts, music, films, and indoor & outdoor games.

At Ikiski we limit the use of mobile phones. Children have access to them only during the rest time. At other times they can ask for a phone only if they would like to talk to family. One of the staff members is always reachable by phone if parents need.

On day one, after arrival, children are accommodated in their respective rooms (we consider age and individual requests). After getting organized we have the meal and then an orientation session covering schedule, rules, and all details.

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MENU

At Ikiski, we pay special attention both to the quality of the products we buy and to the meals prepared for children. Below are examples of dishes we serve throughout the day. During the first activity phase, we always take snacks on hikes and distribute them to the children along the way.

BREAKFAST

- Tea
- Bread, butter, cheese, sausage
- Fruit puree, honey
- Cottage cheese and sour cream
- Buckwheat, oatmeal porridge
- Scrambled eggs
- Pancakes ("aladebi")

LUNCH

- Vegetable soup
- Red lentil soup
- Soup with meatballs
- Cutlet with mashed potatoes
- Fried chicken with vermicelli
- Chicken fillet with rice
- Pasta with meat
- Baked potatoes with minced meat
- Carrot, Olivier, and vegetable salads
- Cheese / bread
- Compote, fruit

DINNER

- Tea
- Bread, butter, cheese, sausage
- Fruit puree, honey
- Pizza
- Potato pie, meat pie
- Khachapuri
- Sausage baked in dough
- Cake, sweet bun

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TRAVEL

On the start day of the camp the Ikiski bus departs at 9:45 am from the intersection of Elbakidze and Mikheil Javakhishvili Streets in Tbilisi.

On the last day of the camp the Ikiski bus arrives in Tbilisi at approximately 16:30 pm at the same intersection.

Pick-up / drop-off location: <https://maps.app.goo.gl/ceSuQR84fyeeqiXq9>

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PAYMENT

Payment for the camp should be made no later than 10 calendar days before the start of the group.

1. Bank transfer to the following account:

Ltd. Iki-ski

Tax ID: 203865415

JSC TBC Bank

Acc. #: GE78TB0600000017467496

Description: child's name, last name and camp start date.

2. PayPal

3. Cash upon arrival

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CONTACTS

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For emergencies during camp, one of our staff members is always reachable by phone. Parents will receive direct contact details upon arrival.