



# Ski Trip, Dec 2022

## Alpendorf, Austria

**DEPARTURE – FRI 16 DEC – ST DUNSTAN'S 1PM & NORTON HILL 2PM**

### PASSPORT & GHIC CARD:

- will be stored in the school safe until departure day
- if not brought in this evening, please drop in to the school office as soon as possible
- no student will be able to travel without both of these

### PACKING:

- see full details on separate kit list
- no nuts on any school trips please
- total suggested spending money of 70-100 Euros
- towels are not provided by the hotel

### MEALS:

- journey out - students will need their own food/money for Friday night and Saturday breakfast - they will then be given 10 euros for Saturday lunch at the services
- all meals are included whilst in resort, including hot lunches on the mountain
- return journey - they will be given 10 euros for breakfast on the ferry on Friday morning, but will need their own money for other stops

### GETTING FIT:

- anything is better than nothing - swimming, walking, running, cycling, any team sports
- <https://www.tyrol.com/blog/b-sports/fit-for-skiing>
- <https://familyski.co.uk/get-fit-to-ski-your-8-week-programme/>

### CLOTHING:

- doesn't need to be expensive or top-of-the-range; good places to look are TKMaxx, Go Outdoors and Clarks Village
- Aldi and Lidl also usually have a skiwear week at this time of year

### MEDICATION:

- please ensure we are informed of any changes to contact details and medical information on the consent form
- any medication that you would like staff to look after should be marked clearly with your child's name and passed to staff on departure day – along with full instructions for when and how it is to be used

### MOBILE PHONE:

- make sure you know how your mobile will work abroad and how much it will cost
- students should speak to staff on the trip about any issues or concerns; not ring parents and cause an international panic!

### TRIP APP:

- students who will be taking their smartphone to Austria should download the Apple/Android app from [www.tripaid.co.uk](http://www.tripaid.co.uk) and join the trip group by selecting 'Norton Hill Academy' (this is for all students regardless of school) and entering the code 278JWP364D
- the use of this app while we are in Austria is very much a trial and not compulsory; students who don't take a phone out on the slopes with them, or don't want to use the app, will not be disadvantaged in any way
- the app is for students only, not for parents/carers

**Return – Fri 23 Dec – Approx. Norton Hill 3pm and St Dunstan's 4pm**

(students will be encouraged to message parents/carers en route with a more accurate arrival time)

## MSNP SKI TRIP KIT LIST 2022

<b>Ski jacket and trousers</b>	Must be warm, wind and showerproof
<b>Ski socks</b>	Non-ribbed, 3+ pairs
<b>Ski gloves</b>	Warm, windproof and showerproof
<b>Goggles / Sunglasses</b>	Goggles essential, sunglasses optional
<b>Sun cream and lip salve</b>	Waterproof and high SPF (30+)
<b>Base layer undershirts</b>	Quite a few, long or short sleeve, ideally synthetic
<b>Thin fleece or sweatshirt to wear as mid-layer</b>	Thermal, man-made, not cotton
<b>Thermal leggings/tights or similar</b>	To wear under ski trousers if very cold
<b>Wash-bag, towel and appropriate nightwear</b>	Towels are not provided by the hotel
<b>Evening wear</b>	Comfortable, casual - don't bring lots Slippers/similar are a good choice in the hotel
<b>Boots or 'chunky' trainers/shoes for walking around outside in snow</b>	Ideally waterproof with 'non-slip' soles for gripping on ice/snow
<b>Warm hat</b>	Only for 'off-snow' use as you will be wearing a helmet whilst skiing
<b>Water bottle</b>	Carry in hand luggage on coach
<b>Small backpack or 'day' rucksack</b>	To carry items on coach and when off-snow
<b>Comfortable clothes for the journeys</b>	Pillow recommended, lightweight blanket if you like
<b>Phone charger, plug adaptor</b>	All electricals taken at your own risk
<b>Sweets and snacks packed in hold luggage</b>	To have in your pockets on ski days
<b>Cash (Euros and Sterling)</b>	For any drinks and snacks, and for meals on the coach journeys
<b>Personal Items</b>	Glasses, contact lenses, medication

For safety reasons, no students will be allowed to ski with a back-pack. Students can carry phones/money in their pockets. Lunch is provided in mountain restaurants. School staff will have a base in a mountain restaurant near to the beginner ski area, should there be any issues during the day.