

Ski Trip 2025!

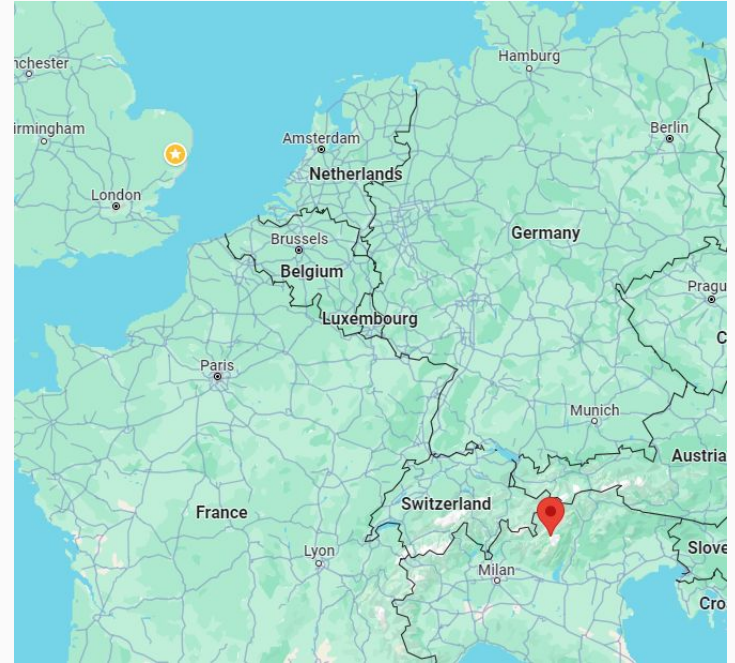
Years 9-13



Dates: 13th - 20th February 2025 (Half Term)



Place - PONTE DI LEGNO, Italy



Flights:

BA0574 EURO TRAVELLER | CONFIRMED

13 Feb 2025

12:40

HEATHROW (LONDON)

Terminal 5

13 Feb 2025

15:45

LINATE (MILAN)

BA0565 EURO TRAVELLER | CONFIRMED

20 Feb 2025

11:15

LINATE (MILAN)

20 Feb 2025

12:25

HEATHROW (LONDON)

Terminal 5

Itinerary: Day 1- Thursday

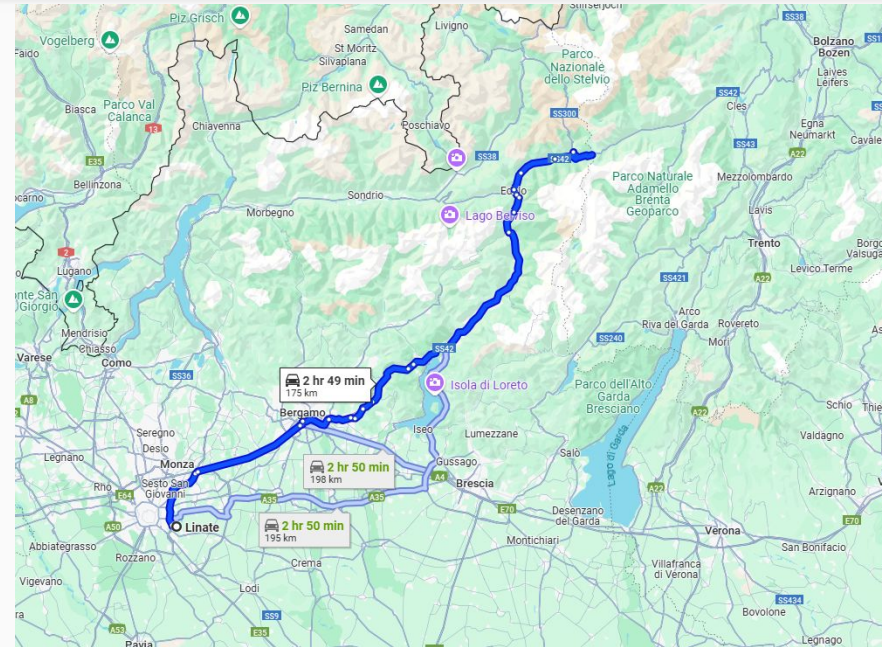
6:30am - Depart Hartismere, coach to Heathrow airport (packed lunch needed)

12:40pm - Flight to Milan

15:45pm -Arrive at Milan airport

16:30pm -Coach to resort

19:30 - 20:00pm -Arrive, Dinner



Baggage!

Each student will have:

One 23kg bag(please check weight at home!)

One hand bag / rucksack

Please pack thoughtfully!

Your baggage size allowance



Hand bag

- Up to 40 x 30 x 15cm (16 x 12 x 6in)
- Up to 23kg (51lb)
- Essentials like medication, mobile phones, other electronic devices and passports
- To be placed under the seat
- Guaranteed in the cabin



Cabin bag

- Up to 56 x 45 x 25cm (22 x 18 x 10in) - includes wheels and handles
- Up to 23kg (51lb)
- No valuables, electronics or essential medicines
- May need to go in the hold



Checked baggage

- Up to 90 x 75 x 43cm (35 x 30 x 17in)
- Up to 23kg (51lb) in Economy and Premium Economy
- Up to 32kg (70lb) in First and Business
- Checked in to the hold

Day 2- Friday

7am - Up and breakfast

8am - Ski fit / lesson meet

9am - In groups for lessons

12am -1pm Lunch time

1pm -4pm Lessons

5pm -7pm - Dinner

7- 9pm Evening activity

9:30 - Bed -

9:31 -Sleep!



Day 3- 6 Saturday- Wednesday

7;30am - Up and breakfast

9am - In groups for lessons

12am -1pm Lunch time

1pm -4pm Lessons

5pm -7pm - Showers / rest

7- 9pm Evening activity / Dinner

9:30 - Bed

9:31 -Sleep!



Day 8- Thursday

5:30am - Depart Hotel, coach to airport
(packed lunch needed)

11:15pm - Flight to London

12:25pm -Arrive at Heathrow airport

13:00 pm -Coach to Hartismere

16:00pm -Arrive home (approximately)

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Evening activities

Pizza Night

Bum boarding

Night ski

Shopping / ice cream trip

Disco

Swimming

The hotel



Cost: £1550

What is included:

Transfers to airport

Flight

All food at resort - packed lunch needed for the journey

Equipment hire

Lessons

Full board

Ski pass

Not included: money for extra snacks, food on plane or at the airport, gifts etc

Helmet hire 10 euros. Hoodies -£22.50 We recommend no more than 100 euros will be needed



Trip safety

- Trip safety is the most important aspect of the trip.
- Students will not be allowed to ski without a group
- Normal school rules apply
- Any students deemed unsafe will not be allowed to ski
- Teachers will be with students at all times if they have an accident
- All staff are qualified and trained in first aid
- Skiing is a physically demanding sport, please insure you are fit to ski

Getting fit to ski!

Not only do you need to train your muscles, skiing and boarding require cardiovascular, strength and flexibility. If you're not very active, to get ready for the the ski trip you will need to start to think about your fitness about 6-12 weeks beforehand to make sure that you build up enough strength in time. Think about coming to running club or fitness club, maybe join the gym?



What to pack for the ski trip

Hand luggage:

- Passports + EHIC card (your teacher will carry these)
- Currency - Around 80 - 100 euros
- Wallet - don't forget to tell your bank if you are travelling abroad (if you have a card)
- Snacks for the journey - your journey to your ski resort can be long and tiring, especially if you have been up since the early hours of the morning. Taking some sandwiches or snack bars in your hand luggage
- Magazines, games, iPads, etc for entertainment on your journey. Similar for the need for snacks, this can be a long journey so be prepared to need some fun if you get bored easily. Don't forget external battery packs to recharge phones while travelling

Basics

- Jeans or trousers for when you aren't skiing
- Tops and jumpers for when you aren't skiing
- A pair of comfortable walking/outdoor shoes
- Slippers are useful
- Underwear and socks
- Sleepwear
- Towel
- Hat, scarf and gloves for going out in the evenings
- Swimwear for swimming
- Travel adaptors
- Travel speakers
- GoPro or camera
- Travel pillow if you like to sleep on flights or the coach transfer
- Cards or games for a quiet night in
- A small backpack for taking up the mountain - useful for carrying emergency supplies including tissues, sun cream, spare goggles/ sunglasses, water, hip flask and of course chocolate for those long chair lifts
- If you can't go without any of your home favourites for a week, you may want to pack Ketchup, Marmite, Cadburys chocolate or branded tea bags as it's unlikely these will be available in resort

Toiletries

- Toothbrush and toothpaste
- Hairbrush, hair ties, etc
- Deodorant
- Shampoo, conditioner, and body wash
- Hair products
- Shaving kit
- Wipes
- Face wash
- Hand sanitiser
- Sun cream and lip block is essential. The sun is very strong in the mountains as it bounces off the snow so a high factor is recommended
- Small first aid kit - you may need treatment for aching muscles, bruises and blisters
- Prescription medication

What to wear when skiing

Ski Gear

- Ski jacket - to wear skiing and if you go out in the evening
- Ski trousers (salopettes/ski pants)
- Several pairs of ski socks
- Ski gloves
- Hat, gloves and scarf
- If it is very snowy you may want a neck warmer/balaclava to protect your face when skiing
- Extra layers for skiing if you get cold easily, such as long sleeve t-shirts or jumpers
- Goggles
- Sunglasses -when you stop for breaks and are not wearing your goggles, sunglasses are great to help protect your eyes from the brightness of the sun reflecting off the snow
- Helmet - you can hire these for 10 euros if you don't have your own
- Thermal trousers and top if it is really cold



Hoodies!

£22.50

<https://www.snowunion.co.uk/product/hartismere-school-ski-trip-2025-hoodie/>



Question time!