

Holy Family Ski Trip December 2026

Sestriere

Drop off arrangements



- Drop off at school likely to be 4am and will be confirmed closer to the time.
- Drive in entrance closest to Aldi and onto the back car park
- Walk into main school hall to register, hand in passport, money and medication.
- Medication clearly labelled with name and instructions. All medication to be handed in to group leader including paracetamol and ibuprofen.
- As soon as directed load onto bus on the layby.



Itinerary

Saturday 12th December	Travel	Ski Fit
Sunday	Ski school 5 hours	Karaoke
Monday	Ski school 5 hours	Swimming
Tuesday	Ski school 5 hours	Pizza Night
Wednesday	Ski school 5 hours	Crepe night
Thursday	Ski school 5 hours	Disco
Friday	Travel home	Travel home

Travel Arrangements



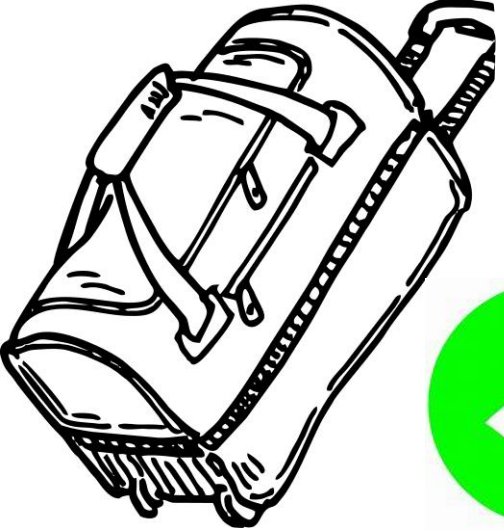
- Flight details

Out	Return
Flight FR1800 Manchester to Turin Booking Reference: P833VH, W2HIWZ 20kg hold luggage included + 1 under seat bag up to 40 x 30 x 20 cm	Flight EJU5419 Milan Linate to Manchester Booking Reference: KCKGN3L 20kg hold luggage included + 1 under seat bag

EU Entry/Exit Scheme

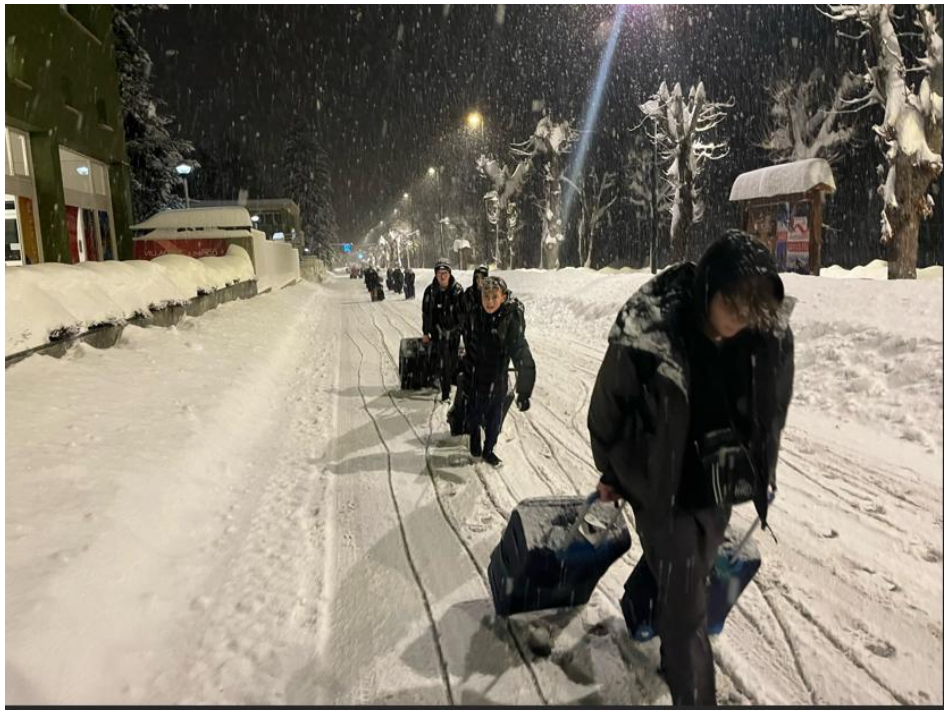
- Due to be in place from 6th October 2024
- All passengers will need to register their fingerprints and have an official photograph taken
- **GHIC –Global Health Insurance card**
- Can be found on the NHS website and are free





Luggage





- Must be a **medium** sized bag

20kg maximum weight

- Soft sides – this is because we are travelling by coach and space will be limited.

- One small piece of hand luggage 10kg

Money/Food for the journey

- First meal provided will be evening meal on Saturday 12th December .(money for breakfast/packed lunch)
- All meals and water on resort are included
- €5 deposit (cash) for ski lift pass (refundable)
- Money in envelopes labelled with name/day €5-10 euros a day to buy a drink/game of pool
- You may choose to use a bank card/apple pay.
- **No sweets/fizzy drinks whilst we are travelling**



Accommodation

- **Hotel Duchi D’Aosta**
- **Via Vincenzo Possetto,5,**
- **10058 Sestriere**



Kit list



You must wear your tour hoody when we're travelling

We are travelling to a mountainous area where the weather can be cold and change quickly. Please bring warm clothing for après-ski activities.

We would recommend that all members of the group bring:

- Ski jacket
- Salopettes or board pants
- Thermal Tops and leggings (At least 2 sets)
- Ski gloves or mittens
- Ski goggles
- Neck scarf/Buff
- Thick ski socks (not wool) including 1 pair easily accessible (hand luggage or on the top part of the suitcase) to take to the ski fit on arrival.
- Long sleeved tops
- Hoodies or sweatshirts
- Suitable outdoor / water-proof shoes or boots
- Suitable shoes or slippers for inside
- UV protective sunglasses
- Hat and scarf
- Lip balm and high protection sun cream

Swimming costume/shorts,
swimming towel



SKI EQUIP

EST. 1986

- This is a company we have used before, here is a package that they offer. On the next slide is an order form. Please contact me if you have any questions regarding the kit list.

HIGHER ELEVATION. BIGGER CHALLENGES. ALTITUDE SICKNESS.

(IT'S REAL — EVEN WHEN YOU'RE SKIING)

Altitude sickness happens when your body struggles to adjust to less oxygen at higher elevations. It can affect anyone — including you, even if you're fit and love the slopes.



COMMON SYMPTOMS

(CAN START 6–24 HOURS AFTER ARRIVAL)

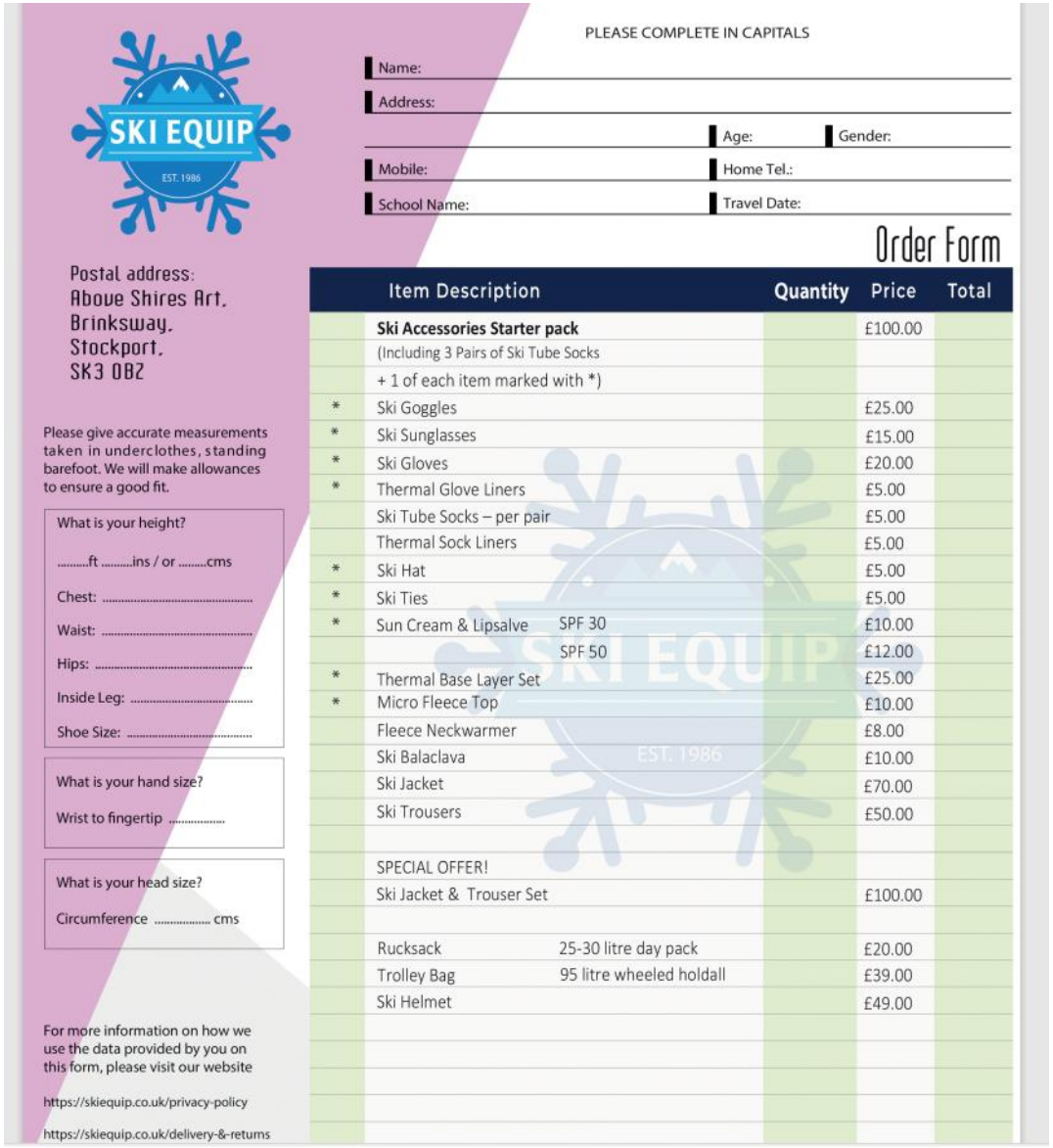
- **Headache** (most common)
- **Nausea** (or loss of appetite)
- **Fatigue** (feeling unusually tired or weak)
- **Dizziness** (feeling off balance)
- **Trouble sleeping** (even when you're exhausted)
- **Shortness of breath** (especially with activity)

WHO'S AT HIGHER RISK?

- **Higher elevations** (usually above 8,000 ft / 2,400 m, but it can start lower)
- **Going up too fast** (your body needs time to adjust)
- **Hard physical activity** (skiing, hiking, etc.)
- **Dehydration** (less fluid = harder for your body to adapt)
- **No prior experience** (it can happen to anyone, especially on your first trip)

HOW TO PREVENT IT

- **TAKE IT SLOW**
  Give your body 1–2 days to adjust if you're going to a high-altitude resort.
- **STAY HYDRATED**
  Drink water regularly — even if you don't feel thirsty.
- **EAT WELL**
  Fuel your body with carbs and avoid excessive alcohol.
- **LISTEN TO YOUR BODY**
  If you feel off, rest and avoid pushing harder.



SKI EQUIP
EST. 1986

PLEASE COMPLETE IN CAPITALS

Name:

Address:

Age: Gender:

Mobile: Home Tel.:

School Name: Travel Date:

Order Form

Postal address:
Above Shires Art,
Brinksway,
Stockport,
SK3 0BZ

Please give accurate measurements taken in underclothes, standing barefoot. We will make allowances to ensure a good fit.

What is your height?

.....ft .....ins / or .....cms

Chest: .....

Waist: .....

Hips: .....

Inside Leg: .....

Shoe Size: .....

What is your hand size?

Wrist to fingertip .....

What is your head size?

Circumference ..... cms

For more information on how we use the data provided by you on this form, please visit our website

https://skiequip.co.uk/privacy-policy

https://skiequip.co.uk/delivery-&-returns

	Item Description		Quantity	Price	Total
	Ski Accessories Starter pack			£100.00	
	(Including 3 Pairs of Ski Tube Socks				
	+ 1 of each item marked with *)				
*	Ski Goggles			£25.00	
*	Ski Sunglasses			£15.00	
*	Ski Gloves			£20.00	
*	Thermal Glove Liners			£5.00	
	Ski Tube Socks – per pair			£5.00	
	Thermal Sock Liners			£5.00	
*	Ski Hat			£5.00	
*	Ski Ties			£5.00	
*	Sun Cream & Lipsalve	SPF 30		£10.00	
		SPF 50		£12.00	
*	Thermal Base Layer Set			£25.00	
*	Micro Fleece Top			£10.00	
	Fleece Neckwarmer			£8.00	
	Ski Balaclava			£10.00	
	Ski Jacket			£70.00	
	Ski Trousers			£50.00	
	SPECIAL OFFER!				
	Ski Jacket & Trouser Set			£100.00	
	Rucksack	25-30 litre day pack		£20.00	
	Trolley Bag	95 litre wheeled holdall		£39.00	
	Ski Helmet			£49.00	

Ski Equip


Rasc



- You could be skiing for 4-5 hours every day - which is tough going for anyone. In order to make sure you can hack this, you'll need to work on your cardiovascular fitness. And the best way to do this is through aerobic exercise.

- Aerobic exercise is pretty much any exercise that raises your heart rate. So why not take up running or cycling? Cycling is extremely popular among professional snow sports athletes, as it's one of the most similar activities to skiing in terms of the stresses on the body.

- Running is great exercise (particularly if you want to lose a bit of weight at the same time) and, of course, it's great if you're on a budget or low on time - you could run around your local park or neighbourhood and save on the gym membership! The only downside to running is that, as it is high impact, it can damage knees.

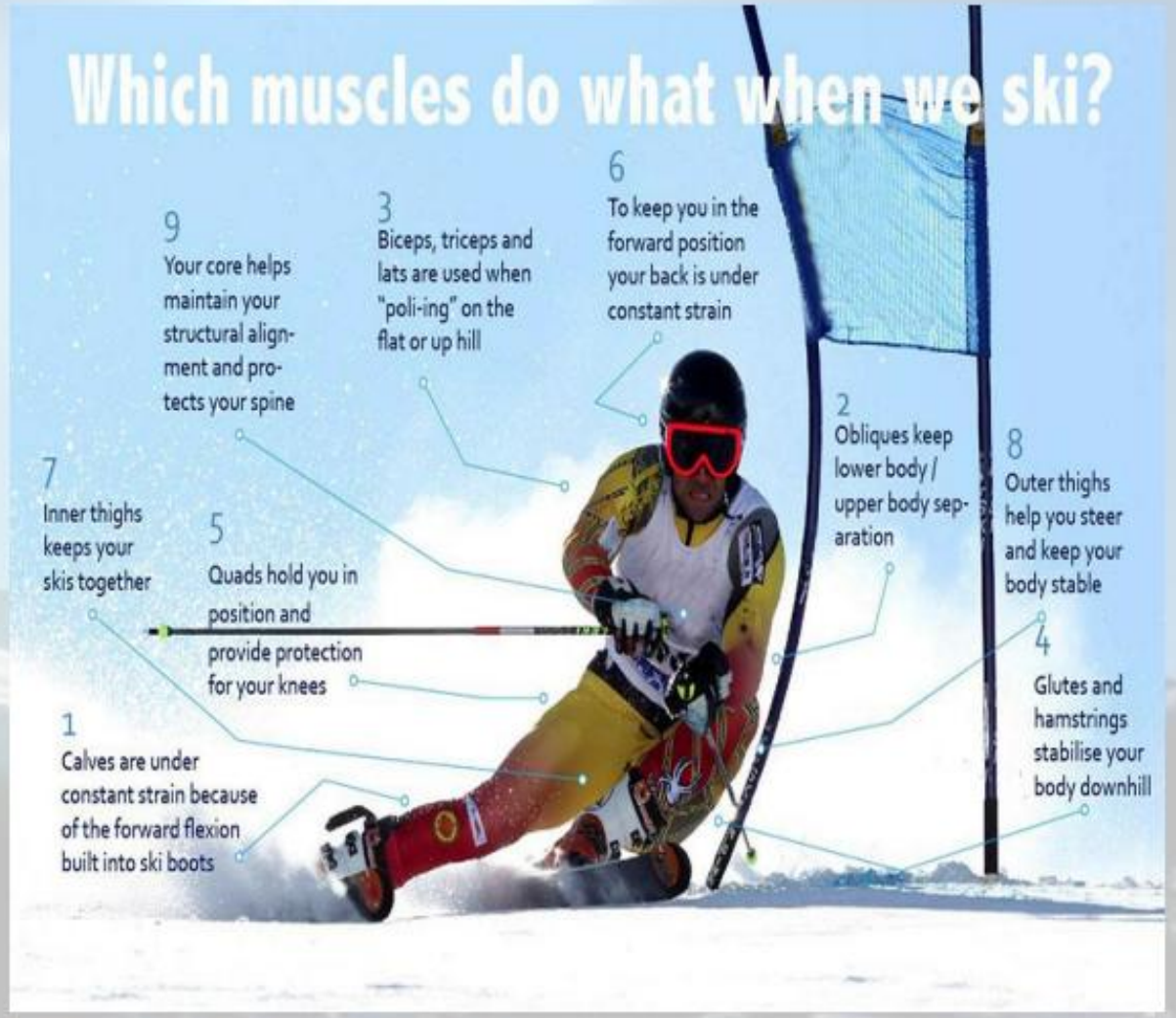
- If you are planning on heading down the gym then, as well as the exercise bike and treadmill, hop on the cross-trainer too! Another great aerobic exercise, it's also low impact (so kinder to the knees) and can break up that endurance training nicely.

- You should really be aiming to work out three times per week, for up to an hour per session. You can expect to really start to notice a difference in your endurance fitness within about six weeks.





- When skiing, you're going to need to be able to rely on your muscles - in particular, your quads and glutes.
- The quadriceps are the muscles at the front of your thighs. They're important for skiing because they're what you'll use to bend your knees.
- There are a number of exercises you can use to build these muscles up, including squats, lunges and leg presses. Ideally, you should start building up your quads at least 12 weeks before your ski trip. Trust us, you'll definitely notice the difference if you do!
- The glutes, or gluteal muscles, are those around the buttocks and hips. Skiing and snowboarding both require a huge amount of external hip rotation, so it's important that you build up these muscles too. Again, there's loads of exercises you can try - squats, lunges, deadlifts and step ups are all great. And if you're a bit bored of those, why not give kickboxing a try?
- You'll also want to work on your core strength and stability, especially if you're planning on venturing off-piste at any point during your trip. A strong core can also help increase your speed and will improve your stance, taking some of the pressure off of your back. Some great exercises to work on your core include oblique crunches and planks.





inspireski





- Our top tip for increasing your flexibility is to get stretching! Yes, stretching is important before and after exercise, but you can also do a little bit of stretching here and there throughout the day, independently of exercise. This will lengthen your muscles and tendons, which in turn should help with avoiding injury.

- It's particularly important to stretch those leg muscles - including your hamstring, inner and outer thighs, calves and quads - as it's these that will take the most pounding when you get out on to the slopes.



Form to complete

