



# Ski Trip 2026 to Lungau, Austria

100  
Days



- Key Information for the trip
- Safety on and off the slopes
- Behaviour expectations
- Ski Rossendale Information
- AC Sports Clothing
- Opportunity for Q&A

ALL INFO IN THIS POWERPOINT  
WILL BE AVAILABLE ONLINE



# Staff



Mr. Reece



Mr. Thompson



Mrs. Thompson  
– Boyle



Miss Brown



Mr. Clough



Mr. Kelly



Mr. Wylie



Mr. Pullen



Miss Kilminster



Miss Quinn



## Saturday 14<sup>th</sup> February

- Arrive at school, between 12.30pm and 13.00pm.
- 1 case per student and 1 item of hand luggage.
- Departure time is 13.30pm prompt
- 28 hours later... we arrive in resort!

## Saturday 21<sup>st</sup> February

- Anticipated back in Oldham Saturday evening at 21:30pm
- If times change, students will keep you updated on expected time of arrival.



## Resort information

- Information about Lungau and our accommodation will be in your booklet.
- 5 hours of lessons everyday for 5 days.
- Full Board. Breakfast, packed lunch and evening meal for the duration.
- Après ski activities on most evenings. Examples below and are included in the cost of the trip.

Ice Hockey  
game

Swimming  
(Optional)

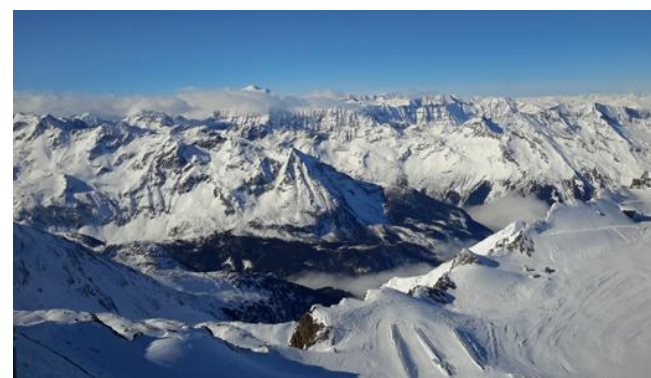
Bowling

Pizza Night

Quiz night

Scenic mountain  
coaster

Blue Coat 'Traitors'





# Key Information for the Trip

- The cost in any ski resort is higher and prices on the mountain are particularly expensive
- Usually, we advise between £100 - £150 in euros and £50 in pounds sterling.
- Apple Pay / Monzo / Revolut (or equivalent) are useful.
- Once on the coach, all spending money, except that what is needed for the journey, will be collected in and kept by staff. Each morning students can withdraw an amount for the next 24 hours, and so on. Money will be locked away in a safe place in the hotel.
- 10 Euro needed to hand in when dropping off bags - ski pass deposit, this is used to buy students breakfast on the final morning.



## Messages from the administration team

- We will be collecting passports / EHIC in after Xmas.
- For passport queries, please visit the .Gov website.
- Please complete the data collection for on MyEd with passport information and sizing.
- From October there is a new bio metric system for crossing borders *'Entry and Exit system' (EES)*



# Passports, EHIC, Ski Passes and Mobile Phones

- Passports and EHIC cards will be kept by staff for the duration of the trip and given back to students on arrival back in Oldham.
- Please check the expiry date on EHIC card before sending it into school
- Ski passes must be **ALWAYS** be kept on students when on the mountain
- Mobile phone providers - **CHECK!**



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# Skiing Safety

- Group ratio is - 1 instructor : 12 students
- The Austrian Instructors are in charge when on the mountain. They have a responsibility for everybody's safety
- All students must always wear a helmet on the slopes. Importance of being organised.
- Medication - Ensure you have it on you if needed throughout the day i.e.. Inhaler for asthma.
- Students will be grouped by ability whilst skiing - again the instructors are responsible for this.



# Rules For The Slopes

- The FIS (International Ski Federation) has established the rules for the conduct of skiers and snowboarders.
- **They are to ensure safety on the slopes and are governed by law – PLEASE READ CAREFULLY WHEN AT HOME PRIOR TO LEAVING**





# Behaviour & Attitude

- Blue Coat standards and expectations
- Injury could result in the Ski Instructors insisting you sit out of the morning/afternoon ski sessions.
- Skiing is a difficult activity at first, but extremely rewarding.
- Be "ski fit" ready to go in February
- A positive attitude...will gain positive results.



# Food = Fuel!

Research suggests that an average young person, skiing at a moderate intensity can burn anywhere between 400 and 600 Kcal an hour!

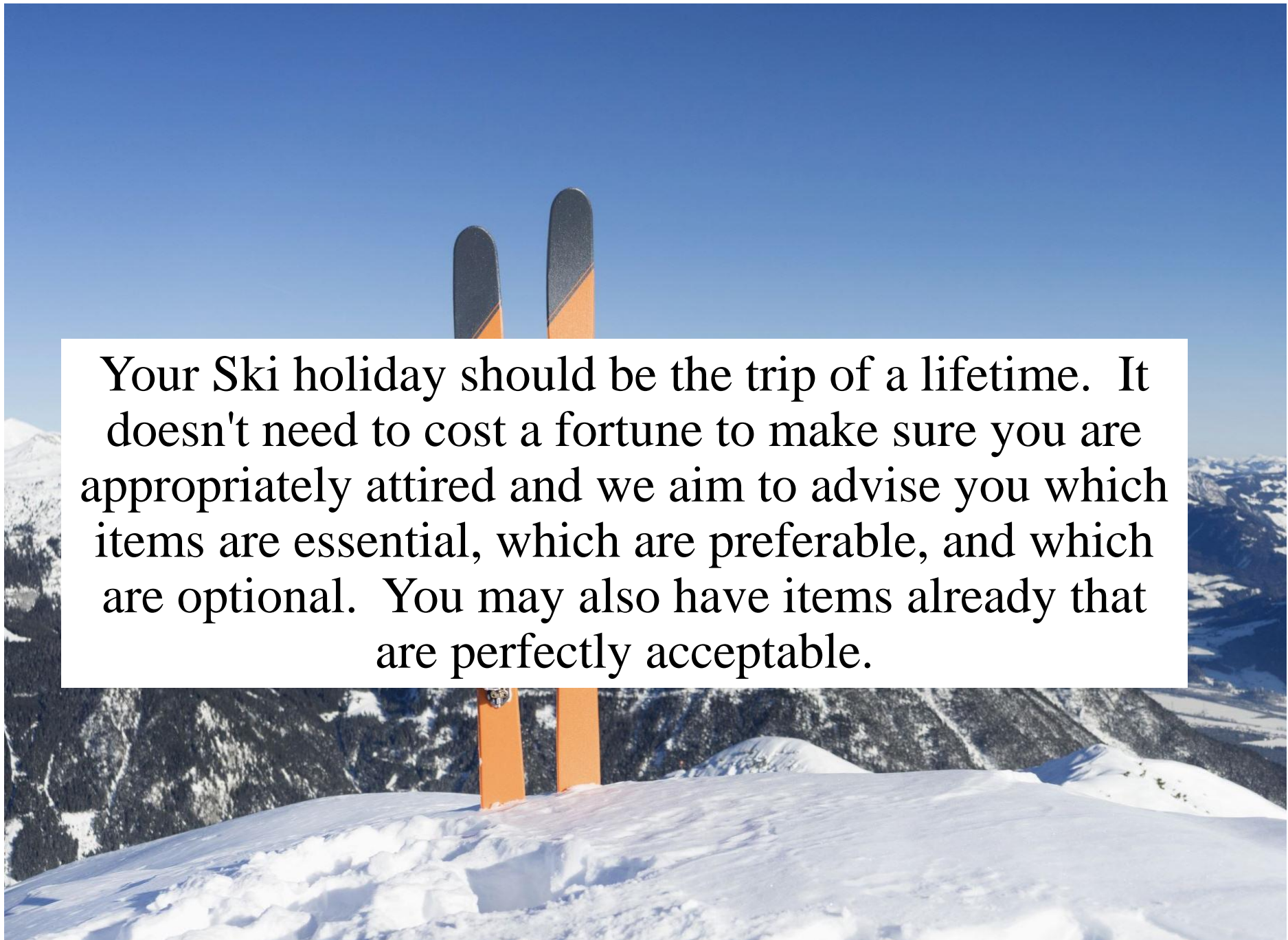
**It is important that we are fueling our body... and fueling it with the correct nutrition!**



# Ski Rossendale Lessons

Lesson dates are as follows:

- Wednesday 19<sup>th</sup> November
  - Wednesday 26<sup>th</sup> November
  - Thursday 4<sup>th</sup> December
  - Thursday 11<sup>th</sup> December
- 
- Students are to meet in the Sports Hall at 3.20pm to register and get changed
  - The lessons are from 5pm - 7pm
  - We will arrive back at school for 7:45pm
  - Students will need an old coat, old tracksuit pants, ski socks/football socks, warm clothes for underneath and gloves (they will not allow you on without them)



Your Ski holiday should be the trip of a lifetime. It doesn't need to cost a fortune to make sure you are appropriately attired and we aim to advise you which items are essential, which are preferable, and which are optional. You may also have items already that are perfectly acceptable.

AC Sports

## Ski Clothing and Accessories

Your Ski holiday should be the trip of a lifetime. It doesn't need to cost a fortune to make sure you are appropriately dressed, and we aim to advise you which items are essential, which are preferable, and which are optional. You may also have items already that are perfectly acceptable.

# Footwear



Moonboots are not essential but are useful when walking in deep snow. They will probably have no use once you get home.



Trainers with a ridged sole or walking boots or shoes are what people who work and live in the resorts tend to wear.

# Ski Pants/Salopettes and Jacket

Most People wear a ski Jacket with either Salopettes or ski Trousers.

It is no longer necessary to spend hundreds of pounds to get a top quality jacket.

We can supply high quality breathable Jackets from around £60.



# Hire

Ski Jackets and Salopettes/Trousers are available for hire from AC Sports. Hired items are delivered to school a week before your trip and we ask that they are returned to school after the trip (They can be washed on a normal 40 degree cycle)

**Ski Jacket hire is £25**

**Salopettes / Trousers hire is £20**

# Hats / Helmets

**As Helmets are now a requirement across Europe and America They are supplied as part of your equipment package.**

**A hat is still essential for when you are outside not Skiing.**

**There are no special requirements. Your beanie hat or bob cap will be more than adequate.**



[www.crownhandesign.com](http://www.crownhandesign.com)

# Gloves



**Gloves designed for Skiing are essential. They must be:**

**Waterproof**

**Have a reinforced palm (ski edges are quite sharp)**

**Have good light weight insulation such as Thinsulate**



**If you often have cold hands you could also wear a thin liner glove. (No special requirements, they just need to be thin enough to fit comfortably inside your ski glove)**

# Goggles or Sun Glasses



Ski Goggles are essential. If it is windy or snowing you really cant manage without them. Goggles must have:

Anti Fog lenses

UV400 sun protection



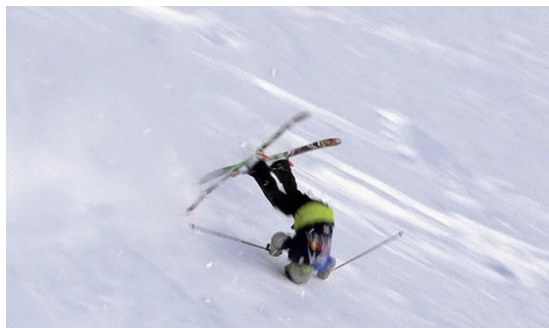
Glasses can be more desirable on a sunny day but you must always carry goggles as the weather can change quickly. Sun Glasses must be:

UV400 sun protection

Shatterproof

Not too expensive.

Shatterproof doesn't mean unbreakable so when you do a flying head plant in a pile of snow you don't want a pair of £100 Raybans on.



# On your Feet



Ski Socks are essential. A ski Sock must be:

Thermal                      Knee length  
Not ribbed. Any ribs or seams can rub  
and cause blisters once in the Ski Boot.

3 pairs will suffice but if you can manage  
more your room mates may appreciate it.

As you can see ski boots are not carpet  
slippers but following a couple of simple rules  
helps them fit comfortably.

The only things inside your boot are your foot  
and sock.

The buckles go on the outside.

Speak up. If they don't feel right during your ski  
fit say something so that they can be sorted  
before you hit the slopes.



# Thermals/Base Layers



If the weather is cold thermals are essential.

If you have base layers or even leggings for sports at home they will be sufficient.

It's best to wear a few thin layers (such as T shirts) than one thick layer.



A micro fleece is very useful addition as they are lightweight and provide good thermal protection.

Assuming conditions are not too extreme (temperatures between -5 and +5) most people will be comfortable with the following under the jacket and pants:

Base                      T Shirt                      Micro Fleece

Layer  
If it is colder or warmer you can add or remove layers as required.

# Snood or Necker

A comfortable addition very useful in windy conditions or when its snowing.

All suitable Ski Jackets will zip up to your chin to keep out the elements but these are more comfortable and for a small investment make a useful addition.

Different styles available ranging from £4.50 to £8.50



# Sun Cream / Lip Balm

Sun cream is essential. Even when temperatures are low the UV levels can be very high so you must protect any exposed skin

We recommend at least SPF 30 or SPF 50 if you are prone to sun burn.

A small combi tube like these is particularly useful as it fits easily in your pocket and there is plenty to last the week

Apply sun cream in the morning before you start and again at lunch time. Apply again if your skin starts to feel dry or hot.



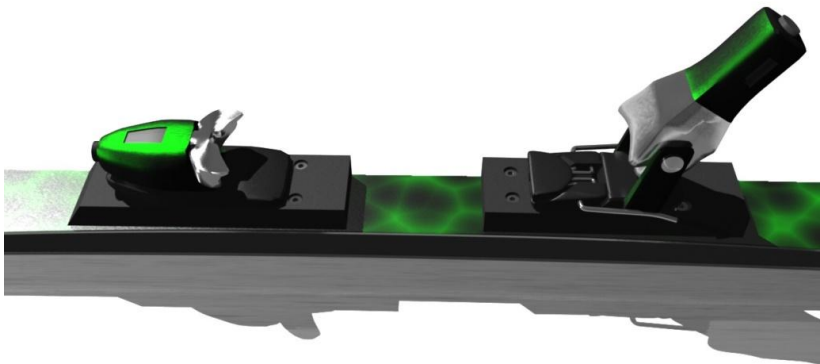
# Ski Ties



Ski Ties are a very useful, inexpensive addition at £2.00 each.

They make it easier to carry your skis

They make it easier to identify your skis. Hire companies tend to have a lot of the same make and model skis so if you put your name on the ski tie it will help you identify your pair.



Ski Bindings are set to fit your boots but are also adjusted for your height, weight and ability.

# General Advice / Tips



Look after your gear. Put your gloves on the radiator and hang up your jacket and pants. You will find a wardrobe in your room that is designed for this very purpose.

## Luggage

A wheeled Hold all is the best type as it fits on coaches easier and is light and portable.



Wear your ski jacket to save room in your bag.

Take a few of your favourite treats as they will be much more expensive in the resort or up the mountain





# AC Sports



789 Ormskirk Road, Pemberton, Wigan, WNS 8HE

Tel/Fax: 01942 216537 Email: info@acsportsshop.com Web: www.acsports.co.uk

Ski Clothing and Accessories

## Special Offer Ski Packs

### Option 1 (Full Monty)

£130 (saving up to £25)

Hired  
Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep

- Ski Jacket and Salopettes / Ski pants (hired for duration of trip)
- 3 Pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles
- 1 set of thermals (base layer)
- 1 micro fleece
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie

### Option 2

£95 (saving up to £10)

Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep

- 3 Pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles
- 1 set of thermals (base layer)
- 1 micro fleece
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie

### Option 3 (Basic Essentials)

£45 (saving up to £5)

Yours to Keep  
Yours to Keep  
Yours to Keep  
Yours to Keep

- 3 pairs of ski socks
- 1 pair of ski goggles
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie



Specialists in ski and snowboard  
clothing hire



# AC Sports



## Ski Clothing Hire Services

## Prices

Salopettes  
Jacket

From	To
£20.00 per week	£20.00 per week
£25.00 per week	£25.00 per week

### Price List

Ski Pants/Salopettes  
Ski Jackets  
Hats/Bob Caps

£30	£80
£40	£110
£5	£10

### Gloves

Junior  
Senior from

£10	£15
£18.00	£25.00

### Goggles

Single Lens  
Double Lens  
Mirror Lens  
Over The Glasses

£15.00	£15.00
£20.00	£20.00
£25.00	£25.00
£30.00	£30.00

Sun Glasses

£15.00	£15.00
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### Ski Socks

Junior  
Adult  
Patterned  
Twin pack  
Triple Pack

£5.00	£5.00
£5.50	£5.50
£7.50	£7.50
£11.00	£11.00
£16.00	£16.00

### Thermals

Long sleeve top  
Pants

from £12	from £15
from £10	from £12

Necker/Snood ( Micro - fleece )

£6.50	£8.50
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Ski Tie

£2.00	£2.00
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Sun Cream/ Lip Salve Duo SPF30 or SPF50

£7.50	£8.00
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Micro Fleeces

£15.00	£18.00
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Wheeled Holdall

£30.00	£45.00
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# SKI TRIP PACKING LIST



## CLOTHING



**Ski/Snowboard Jacket**



**Ski Pants**

- Make sure they are water proof!



**Ski Socks**

- Stay away from cotton!



**Synthetic or wool base layers**

- To keep dry and warm



**Waterproof gloves or mittens**



**Winter Boots**

- These make walking in snow much easier



**Gaiter/Scarf**

- Protect your neck and your face

## ACCESSORIES



**Goggles**

- To help protect your eyes from the wind and sun



**Helmet**

- For warmth and safety!



**Ski hat**

- For after skiing!



**Ski poles**



**Sunglasses**

- for relaxing during lunch or after skiing



**Sunscreen**

- Wear this even on cloudy days!



**Lip Balm**

- Look for lip balm with SPF in it



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789 Ormskirk Road, Pemberton, Wigan, WN5 8HE

Tel/Fax: 01942 216537 Email: info@acsportshop.com Web: www.acsports.co.uk

It's so important that you have the correct clothing for your ski trip but it need not cost a fortune. Here's a list of the essentials, desirables and optional items.

### **Moonboots:**

Not essential although useful when walking in deep snow or sledging. Trainers with a good ridged sole or street hiking boots are commonly worn by the people living and working in the resort. Take a spare pair if you have one in case one gets wet.

### **Ski Suit or Pants/Salopettes and jacket**

Ski clothing is essential for your trip. Most people go for ski pants and jacket rather than a suit and there are many different styles available. Prices can vary enormously but as long as you have items designed for the purpose you will be fine.

### **Helmet, Boots, Skis and Poles/Snowboard**

All essential but will be supplied in the resort so you don't need to pack and carry them with you.

### **Hat/Bobcap**

Essential whenever you are outside and not wearing your ski helmet. There is no special type, just ensure it is thermal and is big enough to cover the top of your ears.

### **Gloves:**

Essential. These must be ski gloves or mitts with a snowproof outer layer and thermal insulation. Go for a pair with protected layers on the palm to avoid damage from your skis edges.

### **Goggles/Sunglasses**

Goggles are essential. Whilst shatterproof sunglasses are adequate to protect your eyes from the sun if there is wind or snow you cant manage without goggles. (Goggles should be anti fog and both must offer UV400 protection)

### **Socks:**

Essential for keeping out the cold. Ski socks are designed specifically for skiing and snowboarding and are long, thermal, lightweight and free from seams or ribs.

### **Base and Mid Layers**

Under your ski suit you will need a thermal base layer and a mid layer. We recommend a thermal base layer (long sleeve top and long pants), a T shirt( your normal T shirts are perfectly fine for this purpose) and a zip neck micro fleece (light weight and very warm) . Dependant on the weather you can add more or remove the T shirts.

### **Sun Cream / Lip balm:**

At least factor 30 sun cream is essential. The sun can be very bright at altitude and has the added reflection and glare from the snow. Apply Sun Cream and lip balm at least twice per day

### **Ski Ties:**

A very usefull addition. A simple velcro strap that holds your skis together when you carry them and helps identify them.

Our opening hours are 9:30am - 5:00pm Monday to Saturday. You can visit us in person or phone or email us with your requirements or queries

## YOUR SCHOOL TRIP PACKING CHECKLIST



- Passport
- EHIC or GHIC card
- Personal medication
- Spending money
- Mobile phone charger
- Plug adaptors
- Toiletries
  - Toothbrush
  - Toothpaste
  - Shampoo
  - Soap
  - Hairbrush
- Sun hat
- Sunglasses
- Waterproof jacket
- Waterproof sun lotion
- Backpack
- Comfy clothes that will allow you to take part in the activities on your itinerary
- Sensible shoes for walking (trainers, or walking boots if going out into the countryside)
- Jumper/hoodie/sweatshirt for the evening (even in 'hot' destinations it can get chilly in the evening)
- Underwear (including plenty of socks)
- Pyjamas
- Towel
- Swimwear
- Plastic bag/bin liner for dirty laundry
- And don't forget to pack a book or some other form of entertainment for the journey!





# AC Sports



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- Ski Jacket and Salopettes / Ski pants (hired for duration of trip)
- 3 Pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles
- 1 set of thermals (base layer)
- 1 micro fleece
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie

### Option 2

£95 (saving up to £10)

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£45 (saving up to £5)

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## Specialists in ski and snowboard clothing hire

## Ski Clothing Hire Services

## Prices

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Jacket	£25.00 per week	£25.00 per week

### Price List

Ski Pants/Salopettes	£30	£80
Ski Jackets	£40	£110
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### Gloves

Junior	£10	£15
Senior from	£18.00	£25.00

### Goggles

Single Lens	£15.00	£15.00
Double Lens	£20.00	£20.00
Mirror Lens	£25.00	£25.00
Over The Glasses	£30.00	£30.00

Sun Glasses	£15.00	£15.00
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### Ski Socks

Junior	£5.00	£5.00
Adult	£5.50	£5.50
Patterned	£7.50	£7.50
Twin pack	£11.00	£11.00
Triple Pack	£16.00	£16.00

### Thermals

Long sleeve top	from £12	from £15
Pants	from £10	from £12

Necker/Snood ( Micro - fleece )	£6.50	£8.50
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Ski Tie	£2.00	£2.00
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Sun Cream/ Lip Salve Duo SPF30 or SPF50	£7.50	£8.00
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Micro Fleeces	£15.00	£18.00
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Wheeled Holdall	£30.00	£45.00
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# Final Arrangements

There will be 2 meetings for students before departure.

1. Room allocation once the hotel has sent through the information
2. Final arrangements meeting

Emergency Contact details

\*\*\*Phone numbers will be sent out nearer to the time\*\*\*

**Skiing is a fantastic experience for all ages and abilities. If you've skied before, you know what a great time you will have! First timers, be ready for a great experience. If you are patient and have a positive attitude, you *will* have a great time!**

