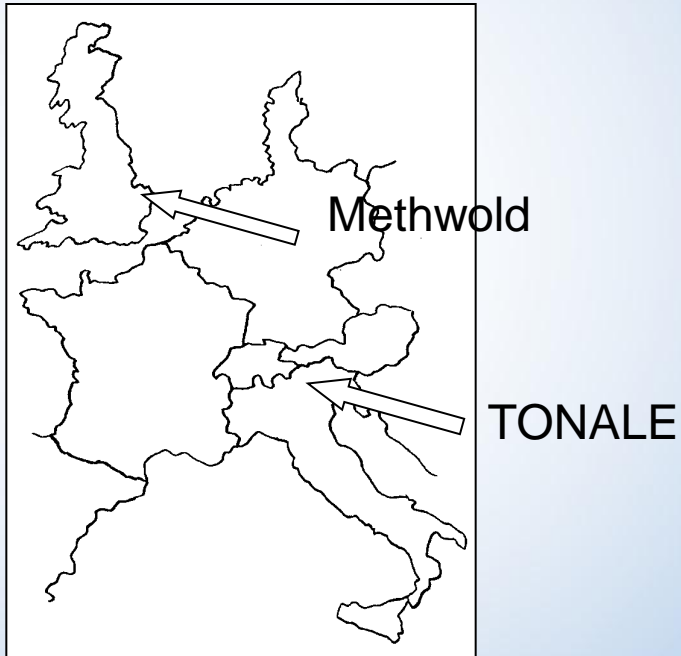


# ICENI ACADEMY SKI TRIP 2026 TONALE ITALY



Creating a Once in a Lifetime Sport Experience  
*Choose to Succeed: Choose to Exceed*

**NORFOLK TO TONALE 26 HRS!  
BE PREPARED!!**



# TRIP REGULATIONS

## **RULES OF THE BUS**

- Bus Pass
- Seat belts
- Distractions
- Noise – Sleep!!

## **RULES ON THE FERRY**

- Know where the bus is! Level and stair number /colour
- No one allowed outside
- Stay in groups of at least 3

# TRIP REGULATIONS

## RULES OF THE HOTEL

Know the fire drill / regulations

Don't run in hotel.

Ski / Boarding boots are not to be worn in building

- Boys may not enter Girl's bedrooms and vice versa
- Quiet in bedrooms and corridors by 10 pm. Show consideration for other guests and people in your room

## OTHER POINTS TO REMEMBER

- 1. VALUABLES.** Don't leave valuables and money lying around. Report losses to school staff immediately.
- 2. PUNCTUALITY.** Important at all times especially breakfast, other meals, ski lessons and returning to the bus
- 3. CONSIDERATION.** On the ski slopes, listen to instructions and obey them. **NEVER SKI ALONE.**
- 4. INJURY.** Report any injury to your instructor or a member of staff, as soon as possible.

## OTHER POINTS TO REMEMBER

- 5. DAMAGE.** Damage to the hotel must be paid for on the spot. Check rooms on arrival and inform staff of any damage noticed before you settle in.
- 6. BEDTIME.** 10.00pm - In Bedrooms, 10.30 pm - Lights out
- 7. Illegal Substances.** Drinking Alcohol, Vaping & Smoking are forbidden.

# GENERAL INFORMATION

## **BAGS**

- Space is limited on the coach. Don't bring more than one medium size 'soft' suitcase plus one small bag for the journey. If these guidelines are not followed, then the entire luggage might not fit in the coach.

## **STOPS: TOILETS / FOOD**

- The coach will stop for breakfast on the outward and homeward journeys. These will be at Motorway Service areas. We will also stop at regular intervals for toilet stops. Try to avoid using the onboard toilet and save it for emergencies.

# GENERAL INFORMATION

## **ENTERTAINMENT FOR THE JOURNEY**

- Download films onto your devices, this will help pass the 24 hour journey – POWER PACKS !

## **FOOD: FOR THE JOURNEY – NO NUTS !**

- Pack food for the outward journey but keep some for the next day. Hot food is available on the ferry for an evening meal. Don't forget drinks as well.

## **FOOD: ON THE SLOPES**

- There is a hot lunch provided for you. You can also buy food on the slopes.

# GENERAL INFORMATION

## **MUSIC**

- Headphones must be used on coach. NOT TO BE USED IN LESSONS

## **LIFT PASS:**

- These cost £100/150 but if you lose it and can't afford to buy another, it's effectively much more because your holiday has just ended..
- PUT IT IN A LEFT SIDE POCKET, ZIP UP THE POCKET AND DON'T OPEN IT

## **GHIC CARD**

- These are vital for safe skiing/boarding so to avoid losing them put them in the same pocket as the lift pass and leave it zipped shut for the week. You will not be allowed on the slopes without these two cards so look after them.

# GENERAL INFORMATION

## **ASTHMATICS**

- Bring an inhaler on the slopes with you EVERY DAY because if it's needed and you forget it then you're not safe skiing or boarding that day. Check you've packed a full one in the UK or even pack two.

## **ELECTRICS/PLUGS/CHARGERS**

- All appliances will require a continental adapter.

## **POCKET MONEY**

- You bring it, you look after it, you spend it! Pre paid debit card, "Go Henry"

## USE OF MOBILE PHONES

- Emergency Contacts for trip put into your phone.
- STAFF CONTACT 07591044116
- ONLY TO BE USED IN EMERGENCIES
- Your phone is your responsibility,
- Check your provider for details of cost to use abroad.
- No phones / airpods at meal times.
- We will be encouraging **limited** use of phones.

## SUGGESTED CLOTHING / KIT LIST

- We shall be skiing at a high altitude so it's important to keep warm and be prepared for the cold conditions.
- Warm muscles work more easily and are less prone to injury. You can bring a back-pack for carrying extra layers and other kit. This can be kept on the bus whilst you ski.

## CLOTHING LIST

### **TWO BASIC PRINCIPLES OF SKI WEAR ARE:**

- **OUTER GARMENTS** such as jackets, salopettes and gloves, should be wind-proof and snow-proof and sealed at the extremities with collar and cuffs.
- **THE LAYERS SYSTEM.** Variations of temperature during the day can easily be controlled by the wearing of layers of thin clothing. Sweaters can be discarded or replaced according to the weather.

# **NECESSARY GARMENTS OF SKI WEAR:**

## **JACKETS / SALOPETTES**

- Preferably with hood and zip pockets. Jeans and tracksuits are neither warm nor protective enough to be worn on the slopes.

## **HAT/HEAD-BAND**

- Most heat is lost through the head. Ears can suffer in the cold too. Lunch time you will not be wearing your helmet.

## **GLOVES**

- Tough, waterproof and warm, Not wool.

## **GOGGLES**

- Eye protection is essential, as good vision is vital in poor conditions. Equally, reflected sun off the snow can be very damaging.

## **SUN CREAM/LIP PROTECTION**

- To protect against sun burn & wind chapping.

# **NECESSARY GARMENTS OF SKI WEAR:**

## **SOCKS**

- They need to cover your calves.

## **POLO NECK**

- Good for keeping the neck warm and heat in.

## **SWEATERS/SWEATSHIRTS**

- Providing JACKETS and SALOPETTES are padded, windproof and warm, several thin sweaters are warmer than thick bulky ones.

## **NECK WARMER/FACE MASK**

- A useful item in cold, windy conditions.

## **BACK-PACK/BUM BAG**

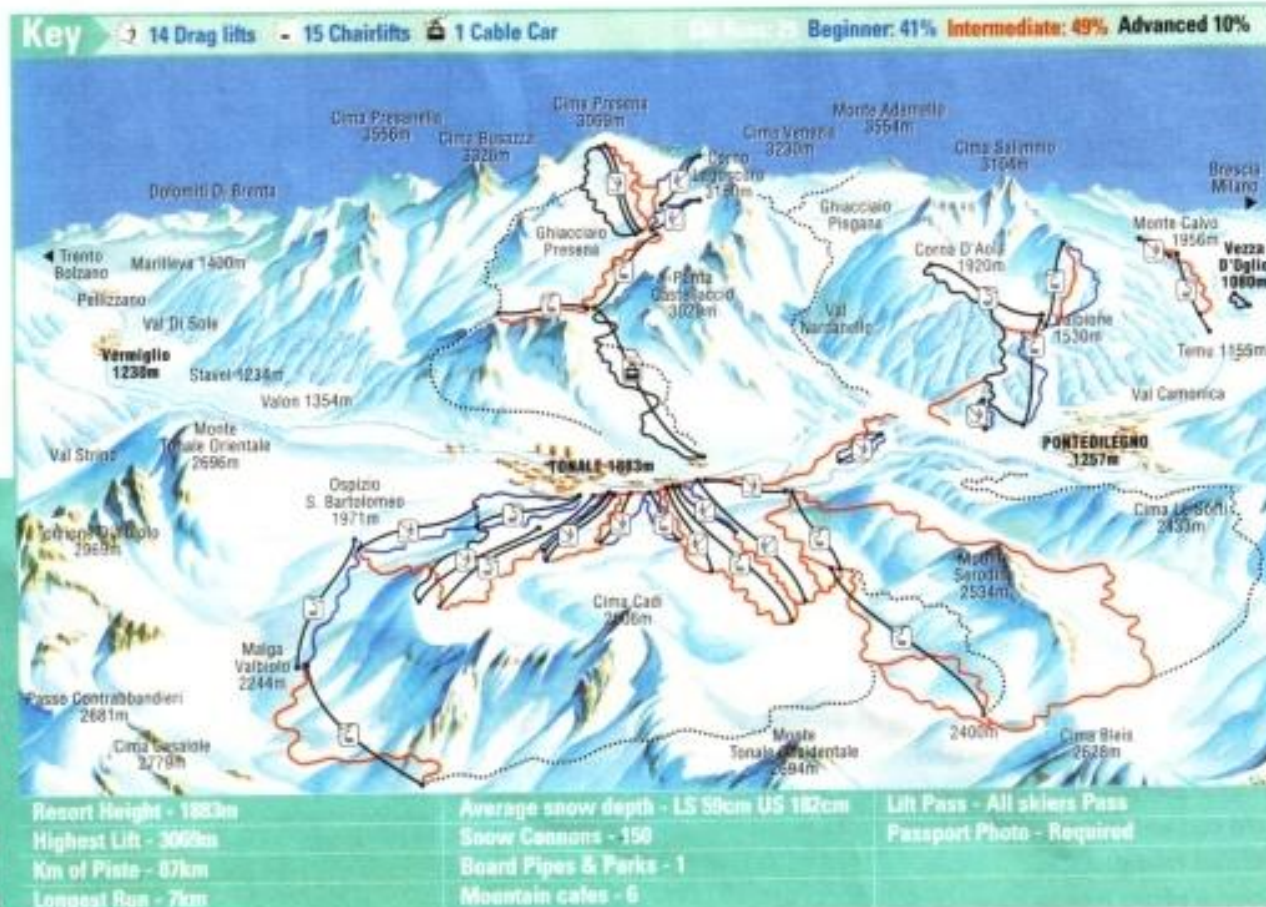
- For carrying water / spare clothes, extra layers.

## **WRIST GUARDS FOR SNOW BOARDERS**

# ADDITIONAL ITEMS

- Tidy casual wear for evenings
- Outdoor shoes for after Skiing/Boarding
- Nightwear and changes of underwear
- Games/cards/
- Toiletries – toothbrush, shampoo, etc.
- Towel
- Personal medical requirements
- Food for journey
- Indoor shoes for the Hotel

# TONALE PISTE MAP



# SKI / BOARD CODE ON THE PISTE

- Never ski/board alone or when tired.
- Do not ski/board through ski school groups.
- Learn to stop.
- When you stop keep to the side of the piste.
- Do not ski/board across ski tow except at marked crossings.
- Look before starting off.
- Do not stop on a bend or a narrow spot.
- Obey signs e.g. PISTE CHIUSA.
- Ski/board within your ability.
- Slow skiers/boarders have right of way.
- Do not do anything unpredictable.
- Always dress for poor weather conditions.
- You are responsible if your ski/board injures someone.

## SKI / BOARD CODE ON THE LIFT

- Keep skis/board in tram lines when on ski tow.
- Do not weave from side to side.
- If you fall get out of the way quickly.
- Move away from the top of the lift quickly to avoid congestion.
- Do not swing from side to side on chairlifts.

# SKI / BOARD CODE OFF THE PISTE

- Remove snow from bindings – it might freeze.  
Take care of equipment. It is expensive to replace.  
Carry equipment carefully – take care of those behind you!  
Ski boots must not be worn in the hotel.

# DAILY ROUTINE

- 07.30 Get up, wash and dress
- 08.00 Breakfast. Everyone must be up and eat. (Times will vary)
- 08.30 Be ready to ski. Check equipment: back pack, hat, gloves. Bus departs
- 09.00 - pass, money, GHIC card, sun cream, packed lunch, boots.
- 08.30 - 16.00 Ski School and Supervised skiing (1 hour for lunch)
- 16.30 - 18.30 Shower/sleep (not compulsory or necessarily in that order!)
- 18.00 Evening Meal (Times will vary)
- 20.00 Evening Activity (Times will vary)
- 22.00 Bed and rest
- 2230 Lights out and Quiet

# TIMINGS - DEPARTURE

		Outbound Journey	
THU 26 MAR	15:15	Coach arrives ICENI IP26 4PE	
	16:00	PICK UP X 46	
	19:10	Check in at Dover meet main drivers	
	21:10	Ferry sails	
FRI 27 MAR	00:10	Ferry docks in DUNKIRK (local time)	
	00:10	Coach departs DUNKIRK	
	12:45	Coach arrives in resort bags SCIATORI	
	13:30	SKI FIT - AVIO TAVERNA	

*Students to come to school uniform*

*They will drop their bags in the community building and go to lessons as normal.*

*At the end of period 4, 1230 they will get changed if they are in school uniform. Leave uniform in a bag and collect on return to school.*

*At the end of school we meet at the community building, collect bags and go to the toilet!*

# TIMINGS - RETURN

Return Journey				
WED 1 APR	17:00	Shower / Load coach SCIATORI		
	18:00	Evening meal		
	19:30	Coach departs resort		
THU 2 APR	12:00	Check in at DUNKIRK		
	14:00	Ferry sails		
	15:00	Ferry docks Dover (local time)		
	15:15	Coach departs Dover		
	18:15	Arrive ICENI IP26 4PE		

# CONTACT

- STAFF CONTACT **07591044116**
- ONLY TO BE USED IN EMERGENCIES

Email [james.spurgeon@attrust.org.uk](mailto:james.spurgeon@attrust.org.uk)

**TM Ski - 07920 097 418**

**HOTEL SCIATORI s.n.c.**

Via Roma [77 - 25050](#) TEMU' BS

# CHECKLIST.....

## I need the following from everyone

- Passport
- GHIC
- Any changes in contact details, emergency numbers.
- Write down who you would like to share a room with and sit next to on the bus



ANY QUESTIONS ?