

KIT LIST



We will provide each participant with all specialist activity and safety equipment (a refundable £10 deposit is required on arrival). However, participants are welcome to bring their own kit and use it, providing it meets our safety standards. Participants will need to bring personal clothing and footwear.

CLOTHING

(Please note this is only an idea of what is required, do not buy things specifically)

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- Jeans (for around the centre only)
- 2 pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hat and gloves
- Towels and swimwear
- Prescribed medication (where necessary)

All courses will involve getting wet at some point, so please make sure your child has plenty of spare, dry clothes to change into.

MONEY

Participants only need to bring a small amount of money, as all our courses are fully inclusive. However, all centres include a shop, which sells confectionery, souvenirs and some items of clothing. So we advise approximately £15 per week, plus the £10 refundable deposit for equipment.

USEFUL ITEMS

Notepad and pen, sun-glasses, sun-cream, blister kit, camera, insect repellent, books and magazines.

WHAT NOT TO BRING

Our advice is to leave valuable watches, jewellery, iPods and stereos behind. However, if participants really can't live without them, access to a safety deposit box is provided at the centre. For those travelling from abroad, please ensure that passports or important travel documents are given to an instructor on arrival to be placed in the safety deposit box. Aerosols and penknives are prohibited.

SAFETY

The safety of our course participants is of paramount importance to us at The Outward Bound Trust. We have been welcoming young people to our centres and accompanying them on adventurous journeys in the wild for over 60 years. As a result, we have accumulated considerable experience in managing all aspects of safety and enjoy an enviable record in this area. We comply fully with all relevant legislation and all of our centres are licensed under the Adventure Activities Licensing Regulations 1996. Detailed risk assessments are available on request.

TRAVELLING TO AND FROM OUR CENTRES

For school groups, travel is arranged through the group leader.

For individuals, we offer all participants a free pick-up service from the train station nearest the centres. Included in your course package is a free coach transfer service is available from Birmingham International Train Station to our centre in Aberdovey and from Glasgow International Airport and Glasgow Buchanan Bus Station to our centre at Loch Eil.

Please call **01931 740000** for full details or visit our website **outwardbound.org.uk**. You will also find directions to our centres plus other travel information.

CONTACTING COURSE PARTICIPANTS

If you wish to contact a participant during their course, our advice is that you do this by mail and not by telephone (unless in an emergency), as centre life is extremely busy and they will more than likely be engaged in activities. When sending a letter, please be sure to mark the envelope with their name and name of school, or course (for individuals).

+ A FANTASTIC ADVENTURE. OUR YOUNG PEOPLE WENT ON A REAL JOURNEY AND WE'VE SEEN A MIRACULOUS CHANGE IN THEM. YOUR INSTRUCTORS ARE AN ASSET TO YOUR ORGANISATION AND BUILT A REAL RAPPORT WITH THE GROUP. THE ACTIVITIES PUSHED OUR STUDENTS TO THE LIMIT AND THEY ALL WENT HOME BUZZING. **+**

**JO DUNN, GROUP LEADER,
HIGHTOWN YOUTH CENTRE**

CENTRE CONTACT DETAILS

Address:

The Outward Bound Trust, Ullswater Centre
Watermillock, Penrith, Cumbria CA11 0JL

Tel: 01768 485000

Fax: 01768 485039

Emergency: 01768 485001

Address:

The Outward Bound Trust, Howtown Centre
Howtown, Penrith, Cumbria CA10 2ND

Tel: 01768 485000

Fax: 01768 485039

Emergency: 01768 485001

Address:

The Outward Bound Trust
Aberdovey Centre,
Aberdovey, Gwynedd, Snowdonia LL35 0RA

Tel: 01654 767464

Fax: 01654 767835

Emergency: 01654 767464

Address:

The Outward Bound Trust, Loch Eil Centre,
Achdaliu, nr. Fort William,
Inverness-shire, Scotland PH33 7NN

Tel: 01397 772866

Fax: 01397 773905

Emergency: 01397 772866



THE HOLY SPIRIT CATHOLIC PRIMARY SCHOOL

Cotterill, Halton Brook, Runcorn, Cheshire. WA7 2NL

Tel: 01928 563148 Fax: 01928 566792

Email: sec.theholyspirit@halton.gov.uk www.holyspirituncorn.co.uk

Headteacher: Mr J McDonald BEd (Hons) NPQH

The Diocese of Shrewsbury In Partnership with Halton Borough Council

Thursday, 12 September 2019

Dear Parents;

We are looking forward to our trip away we will have an amazing time. Here are the last preparations for Ullswater Outward Bound. Children arrive at school normal time of 8:55 am the coach has been booked for 10:30 am

- Please could you make sure if your child has medication that it is handed to Mr McDonald labelled with your child's name and instructions.
- Don't forget your £10 deposit (this is returnable at the end of the trip)
- There is a small tuck shop but our children are not encouraged to use it as it is expensive and only stocks healthy options. Therefore, it is okay for children to bring items such as cereal bars and biscuits. Please no sweets.
- Please bring a packed lunch for the journey in a plastic bag so we can throw away any rubbish. We will stop off for lunch in Penrith half an hour before we arrive at the centre.
- Sandwiches, fruit, crisps, and a biscuit, and a drink is fine, please do not bring fizzy drinks, or yogurts.

Just a few more details.

Please remember that whatever you pack your child will need to carry themselves.

Mobile phones / electrical equipment are not allowed on the trip.

Mrs Connolly will be my first contact whilst on the trip, I will ring her when we arrive at the centre so a text message will be sent to you to let you know when we have arrived.

I will speak (check in) to Mrs Connolly each day to let her know how the trip is going.

Returning home, we will leave the centre after lunch around 1 o'clock and depending on the traffic we should arrive between 3 and 4 o'clock on Sunday afternoon. I will update you by the school messaging system and check twitter @holyspiritwa7 for updates. They will be regular but dependent on a good signal to send.

Please ensure all inhalers are in date and any medication is given to Mr McDonald at the latest on the morning of the trip.

Mr J McDonald

