

Hello Campers!

We are sure you are all beginning to gather your kit together ready for our residential next week, so we thought we'd just remind you of a couple of items to remember.

	<u>Activity and lunch arrangements (6P)</u>	<u>What to wear</u>
Monday	Sporty Stars Krispies Lunch	Appropriate non-uniform for sporty activities.
Tuesday	Haven Banks <b><i>Packed Lunch needed</i></b> Arrive back at school at 3.45pm	Clothes including trainers/water shoes to get wet and swimming costume. Please bring a complete change of clothes to wear home. (Kit List on reverse)
Wednesday	Dartmoor Training Centre (DTC) <b><i>Packed Lunch needed</i></b>	See Kit List on reverse
Thursday	DTC Packed lunch supplied	
Friday	DTC Packed Lunch supplied Arrive back at school at 5.15pm (Lowersite)	

1. For Sporty Stars and Haven Banks, the children can come to school in appropriate non-uniform to take part in activities.
2. For the Dartmoor Training Centre (DTC), you need have with you a packed lunch and drink, this will need to be in your small rucksack. You will not have access to your big bag/suitcase until later in the day, so make sure you pack anything you need for the journey in your rucksack.
3. Have any medication ready to give to your class teacher on the morning of DTC. This should be clearly labelled with your name and instructions for taking it. (keep blue/reliever inhalers in your own rucksack) If you need travel sickness medicine, take some before coming to school and remember to bring some for the journey home.
4. Don't forget to bring clothing for both warm and cold weather, the weather can change very quickly and we will be outside all day... whatever the weather!
5. Finally, for the DTC, could you please bring either a packet of biscuits or a small cake? We use these for snack time. Please hand these to an adult on the morning of DTC.
6. Parents- we aim to return on Friday 14<sup>th</sup> at 5:15pm. Should we be running late, a text will be sent via the office.

Try to have a good night's sleep on Sunday so that you are full of energy ready for an exciting week.

The Year 6 Team

What to bring on **ALL** sessions:

- Loose, comfortable clothing, (**not jeans**) or shorts and T-shirt if the weather is very warm.
- A lightweight anorak or cagoule – this will not only keep you dry but will keep the wind off.
- Footwear for both on and off the water. **Bare feet are forbidden**. Easily removed shoes are not ideal as they fall off in water and get lost.
- A full change of dry clothes/shoes and towel along with a plastic bag or bin liner to carry wet clothes home.
- On hot sunny days please ensure that you and your group have plenty of sun cream, drinking water and a hat (**The Centre cannot supply sun lotion**).
- On colder days, warm clothing which can be layered, a warm hat, gloves and scarf are advisable, as are warmer socks and a flask with a hot drink.

Individuals on **WHOLE DAY** activities should also bring:

- Sufficient spare clothes in case it rains or you get wet during the morning sessions.
- A lunch (**if not provided**) and a 1 litre water bottle.

## Dartmoor Training Centre Centre Residential Kit List

The number of items you need will depend on the length of stay and time of year. Your child will be staying for 3 days at the centre. It is worth thinking in terms of clothes to wear at and around the centre, the sort of things you'd wear at home. Then to add the clothes and equipment you'll need to take part in outdoor activities. Please be aware that the weather on Dartmoor, even in summer, can be colder and wetter than at home.

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### CLOTHING

Nightwear

Slippers or indoor shoes

Underwear

Socks (some thick pairs for wearing with walking boots or wellies)

Trainers

Tee shirts (long sleeved ones provide more protection)

Trousers (such as Nylon tracksuit bottoms or walking type trousers, Jeans are NOT good for activities but can be included for wearing at the centre)

Warm tops such as sweatshirts or fleeces

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### KIT

Sleeping bag

Pillow case

Single fitted bottom sheet

Personal wash kit including towel

Personal medicines

Torch

Camera

Reading book

Sunhat and sun cream

Carrier bags / bin liners to bring home dirty clothes

Lunch box

Tough water bottle at least 0.5 litres

Day rucksack big enough for lunchbox, water bottle and waterproof.

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### OUTDOOR ACTIVITY CLOTHING AND KIT

Waterproof coat

Waterproof trousers

Walking boots or tough trainers

Wellies

(These items can be borrowed from the centre but we would advise bringing your own if possible to ensure a good fit).

There is a high likelihood of getting wet and muddy during your stay! Please have a set of clothes you don't mind getting very dirty!