

# Parent Handout

## 2 Day Trip



**They will have so much fun!**

DAY 1	DAY 2
Pre-arrival call	Breakfast
Arrival, Safety Brief and Welcome	Activity
Snack	Snack
Activity	Activity
Lunch	Lunch
Activity	Strike Camp, Leave No Trace & Depart
Snack	
Activity	
Dinner	
Evening Games	
Night Time Routine & Bed	

Each itinerary is bespoke and designed with the school. Not all activities seen in this presentation will be included in this adventure, but there will be plenty to keep them entertained.



Inbetween activities  
we play woodland  
games, sing around the  
camp fire and tell  
camp stories

We always respect  
the countryside code

### The SERIOUS stuff...

- ✓ When on camp, we ask all students pay attention to their activity leaders and school staff
- ✓ They need to follow all rules on camp to ensure everybody's safety
- ✓ Teachers will remain in loco parentis – they will be legally responsible for your child whilst on this trip, as they would be at school
- ✓ We are all responsible for keeping camp clean and tidy – they will even do some of their own cooking and washing up, hopefully they bring these skills home!
- ✓ Leave no trace – it is always important to leave the woodland as you found it



### Tribe Buddies

The school decide on all groupings, including tribes and tents. Tents are single sex and day time groups are mixed.



### They won't go hungry!

- We cater for dietary requirements. Please ensure all the information is on the dietary and medical forms you will be asked to fill in by the school before the trip.
- We know that some children are very particular about what they eat and if the meals on offer don't suit them we can provide an alternative. Fussy eaters are not catered to on an individual basis but we will endeavour to find something for them to eat on camp. In the event of a student declining a particular dish, a plain alternative of pasta, rice,
- vegetables and/or potatoes will be offered. There are also tasty snacks throughout the day!



### Wildest Kid Award

Please be prepared for your child to come home dirty – we say the grubbier they are, the more fun they have had! Have the bath ready and the washing machine open, and don't be surprised if they come home in the same clothes you sent them in. We encourage them to change clothes everyday, but sometimes they are too distracted by the fun!



# Kit List

## The Essentials

- Large rucksack or holdall
- Small rucksack to carry the essentials
- Warm sleeping bag (season 3 recommended)
- Roll mat
- Tracksuit or hardwearing trousers
- T-Shirts
- Jumper or fleece
- Waterproof jacket and trousers
- Socks and underwear
- 2 pairs footwear e.g. walking boots and old trainers
- Wash bag including toothbrush, toothpaste, soap and face wipes
- Towel(s)
- Medications (labelled with clear instructions and dosage required)
- Water bottles or hydration system
- Torch (with fresh batteries) - a head torch is ideal
- Alcohol hand gel




Make sure they have everything they will need for day one in their day bag, for example, jumper, coat and water bottle. They may not receive their main luggage until the evening.



Tip: bring a pillow for extra comfort, or be creative and make a pillow from your hoodie!

## Do I need to buy everything on the kit list?

- Not all the equipment needs to be new or state of the art – they aren't climbing Everest! 
- Ask friends, family and others at the school gate if they have anything you can borrow
- Look at the weather forecast! – if its going to rain, pack rain clothes, if it is a heatwave, pack suncream and a hat!
- They are not going on a 2 week holiday! – only pack what they need.
- We prefer a large rucksack or holdall, but if all you have is a suitcase this will be okay. They will need a reusable water bottle to fill up at our hydration station

## What to leave at home...

- ✗ Technology! We want them to fully embrace the adventure away from technology. Our staff and school staff will have phones if we needed to get in contact with you for any reason.
- ✗ Snacks! No snacks are brought from home so we can monitor and control any allergies. Plus, the creepy crawlies enjoy snacks so we want to avoid having these in our tents and bags!
- ✗ Parents! - These trips are a great opportunity for the children to build independence and grow in confidence. We evaluate any cases of home sickness on a case by case basis, but hopefully they will be having too much fun to miss home!
- ✗ Money! You won't need any money on this trip. We don't have a gift or tuck shop so everything is included once on site.

They sleep in the tents with their luggage, so the smaller and squishier the bag the better.



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This should answer most of your questions but if there is anything further you can take a look at our website and social medias to see more photos and FAQ's!

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