



Calshot Activities Centre – Year 5 2023

Staff: Mrs Ashby, Mrs Pryce, Mrs Miffling



Programme of Activities

Beach scavenge	07.00
Coastal study	08.00
Seine netting	09.00
Skiing	12.45
Climbing	13.45
Initiative course	17.45
Crate stack and peg pole	19.00
Lots of other exciting activities too!	21.15
	21.45

General Timetable

Rise, wash, tidy room
BREAKFAST
Morning session starts
LUNCH
Afternoon session starts
DINNER
Evening activity
Prepare for bed
LIGHTS OUT

Kit List

Please ensure all clothing and footwear is clearly named

Bedding	1 x pillow with pillow case 1 x single bottom sheet 1 x single duvet with duvet cover OR 1 x sleeping bag
Clothes	At least 4 changes of underwear and 4 pairs of socks (plus a thick pair of long socks for skiing) 2 pairs of lightweight trousers e.g. leggings/tracksuit bottoms for daytime activities 1 pair of jeans for evening activities (optional) 4 t-shirts 2 long sleeved t-shirts for skiing 2 warm jumpers/sweatshirts/hoody Warm, waterproof coat with a hood and waterproof trousers Gloves for skiing Hat, scarf and gloves to keep warm - essential 2 pairs of trainers or strong shoes Wellington boots (please check they fit and provide a bag to put them in) - essential Pyjamas Slippers
Toiletries and additional items	Toothbrush and toothpaste Comb or brush Soap Shampoo Flannel Towel Roll on deodorant, please do not bring any aerosols as they set off the smoke detectors Tissues

Cuddly toy (optional)
Small games e.g. cards, UNO (optional - not electronic)
Colouring pad and pencils (optional)
Reading book
Bin bag for wet and dirty clothes
Water bottle - **essential**
SMALL bag to carry items such as prescribed medicines which are needed for the day.

Additional Information

Rooms	Children will sleep in bunk beds in small rooms – bedding is not provided.
Food	There will be plenty to eat and drink. Please do not send any additional food or sweets.
Money	Do not send any money as there will be nothing to buy.
Electronic items	No electronic items are allowed and children must not bring mobile phones or cameras.
Luggage	Please ensure all cases/bags are named, are of a sensible size and children are able to carry them independently including up stairs
Medicines	Please hand all medicines to Mrs Ashby prior to departure and complete the administration of medicines form. This includes medicine of any kind e.g. cough sweets, travel sickness medication Any child with an inhaler or epipen will require a bum-bag or small bag to carry it
Emergencies	In an emergency, please call the school office who will contact staff at Calshot Activities Centre
Departure	Tuesday 28 th February around 9.15 a.m.
Arrival	Friday 3 rd March around 3.15 p.m. (exact time of arrival will be confirmed on the day)