



CALSHOT ACTIVITIES CENTRE 2022



Staff: Mrs Miffling, Mr Goddard, Mr Fay

Programme of Activities

Water Sports – sailing, windsurfing and kayaking

Snowboarding

Track cycling

Shooting/archery

Low Ropes

General Timetable

07.00 Rise, wash, tidy room

08.00 BREAKFAST

09.00 Morning session starts

12.45 LUNCH

13.45 Afternoon session starts

17.45 DINNER

19.00 Evening activity

21.15 Prepare for bed

21.45 LIGHTS OUT

Departure	Monday 27th June around 9.15 a.m.
Arrival	Thursday 30th June around 3.15 p.m. (exact time of arrival back at school will be confirmed on the day)
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
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 Miffling prior to departure and complete the administration of medicines form. This includes hayfever and travel sickness medication. Any child with an inhaler or epipen will require a bum-bag or small bag
Emergencies	In an emergency, please call the school office who will contact staff at Calshot Activities Centre

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 snowboarding)

2 pairs of lightweight trousers e.g. leggings/tracksuit bottoms for daytime activities

1 pair of jeans for evening activities (optional)

2 pairs of shorts in case of good weather

5 t-shirts including 2 long sleeved t-shirts for snowboarding

2 warm jumpers/sweatshirts/hoody

Warm, waterproof coat with a hood

Gloves for snowboarding

1 pairs of trainers (land wear)

Pyjamas

Slippers

Sun hat/cap (even if bad weather is predicted)

ESSENTIAL Water Sports equipment

Girls - one piece swimming costume (no bikinis or tankinis) to wear under wet suit

Boys - swimming trunks (not shorts) to wear under wet suit

Rash vest (optional)

Wetsuit/sand/pool shoes (these dry out quickly after use) **or** an old pair of trainers that you are happy to throw away (they will smell horrible by the end of the week as they do not dry out)

Sunglasses with retaining strap

Children do not need to bring their own wet suit

Toiletries and additional items

High factor sun screen – *essential*

Water bottle – *essential*

Toothbrush and toothpaste

Comb or brush

Soap and shampoo

Flannel

2 x towels – one for the shower and one for water sports

Roll on deodorant - please do not bring any aerosols as they set off the smoke detectors

Tissues

A waterproof bag for carrying swimming kit for water activities

Reading book

Bin bag for wet and dirty clothes

SMALL bag to carry items such as prescribed medicines which are needed for the day.

Cuddly toy, colouring pad and pencils, small games e.g. cards, UNO (optional - not electronic)