



## Calshot Activities Centre 2023

Staff: Mr Goddard, Mrs Rhodes & Mrs Patey



### Programme of Activities

Water Sports	07.00
Snowboarding	08.00
Track cycling	09.00
Shooting/archery	12.45
Low Ropes	13.45
	17.45
	19.00
	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 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

<b>Toiletries and additional items</b>	<p>Toothbrush and toothpaste</p> <p>Comb or brush</p> <p>Soap</p> <p>Shampoo</p> <p>Flannel</p> <p>2 x towels – one for the shower and one for water sports</p> <p>Roll on deodorant, <b><i>please do not bring any aerosols as they set off the smoke detectors</i></b></p> <p>High factor sun screen – essential</p> <p>Tissues</p> <p>A waterproof bag for carrying swimming kit for water activities</p> <p>Cuddly toy (optional)</p> <p>Small games e.g. cards, UNO (optional - not electronic)</p> <p>Colouring pad and pencils (optional)</p> <p>Reading book</p> <p>Bin bag for wet and dirty clothes</p> <p>Water bottle (essential)</p> <p><b>SMALL</b> bag to carry items such as prescribed medicines which are needed for the day.</p>
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#### **Additional Information**

<b>Rooms</b>	Children will sleep in bunk beds in small rooms – bedding is not provided
<b>Food</b>	There will be plenty to eat and drink. Please do not send any additional food or sweets
<b>Money</b>	Do not send any money as there will be nothing to buy
<b>Electronic items</b>	No electronic items are allowed and children must not bring mobile phones
<b>Luggage</b>	Please ensure all cases/bags are named, are of a sensible size and children are able to carry them independently including up stairs
<b>Medicines</b>	<p>Please hand all medicines to Mrs Miffing prior to departure and complete the administration of medicines form. This includes hayfever and travel sickness medication</p> <p>Any child with an inhaler or epipen will require a bum-bag or small bag to carry it</p>
<b>Emergencies</b>	In an emergency, please call the school office who will contact staff at Calshot Activities Centre
<b>Departure</b>	Tuesday 27 <sup>th</sup> June around 9.15 a.m.
<b>Arrival</b>	Friday 30 <sup>th</sup> June around 3.15 p.m. (exact time of arrival will be confirmed on the day)