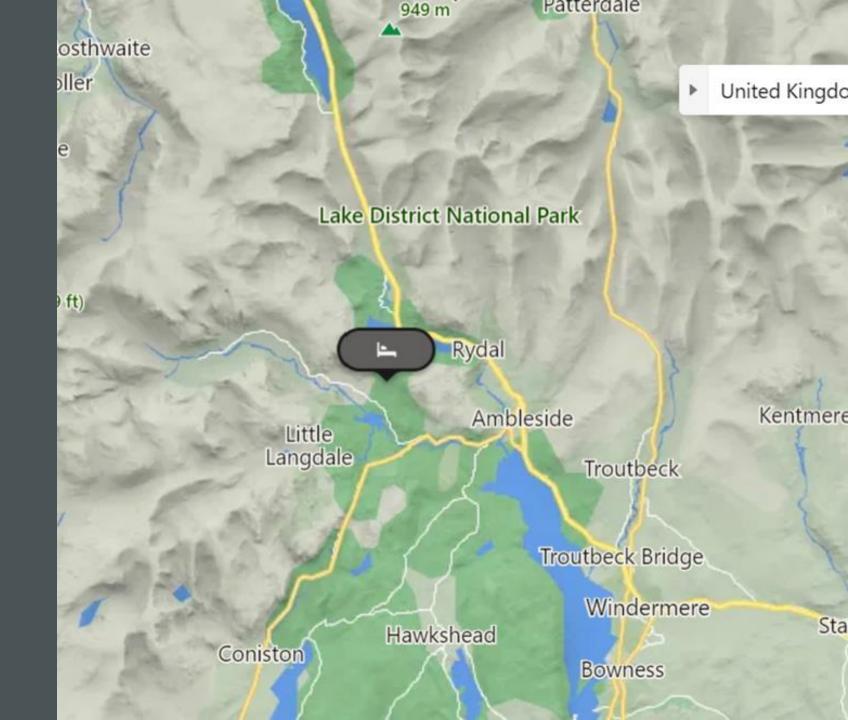


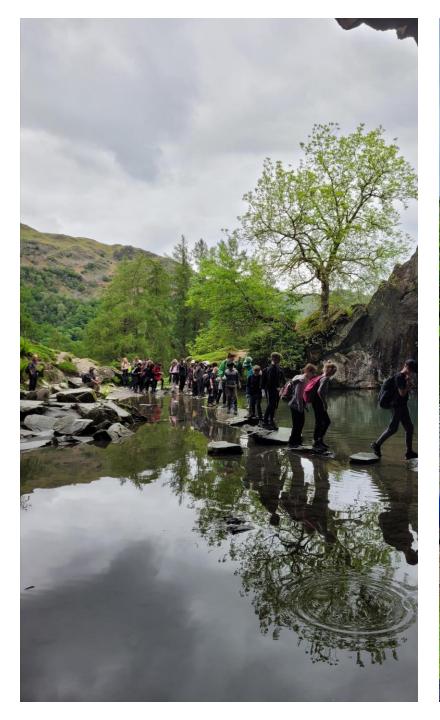
#### LOCATION-LANGDALE IN THE LAKE DISTRICT





- CHILDREN'S BEDROOMS
- CHILDREN ARE IN SINGLE SEX DORMITORIES OF VARIOUS SIZES. SLEEPING IN SINGLE OR BUNK BEDS. ALL BEDDING IS PROVIDED.
- THE BOYS AND GIRLS ARE IN DIFFERENT CORRIDORS, WITH THEIR OWN TOILETS AND SHOWERS



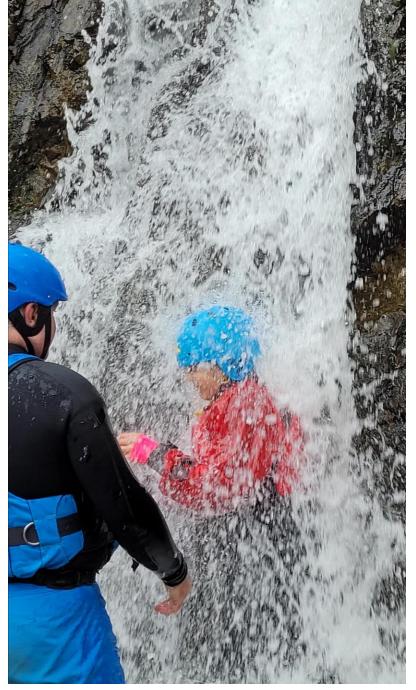








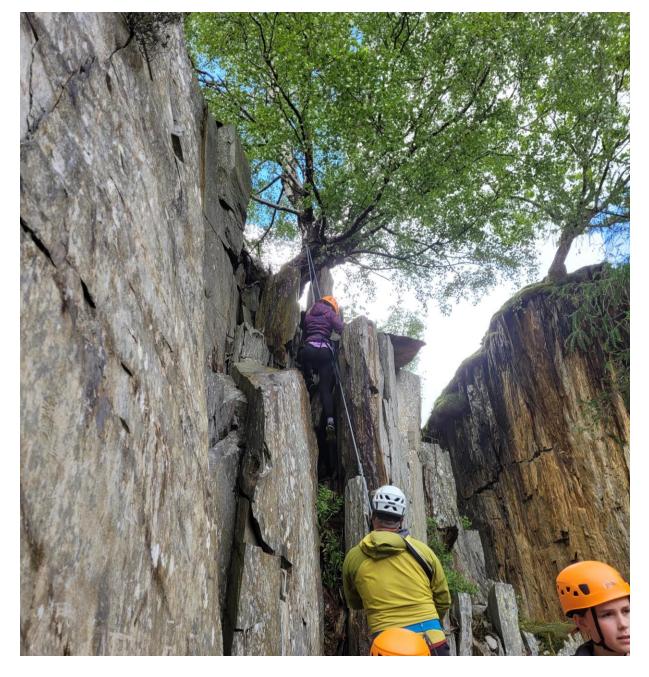








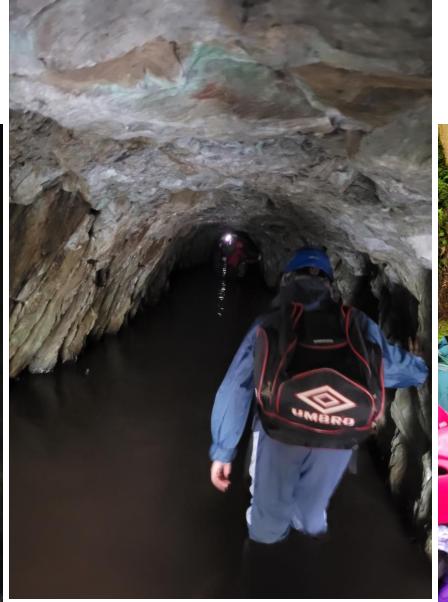






















ADULT SUPERVISION

The ratio of adults from Moorlands in I to 10

There is a team of adults at the YHA who look after the hostel prepare the food, and run activities on site. A team of instructors from Carnegie Great Outdoors run the adventurous activities.

## Monday



#### Departure:

Arrive at the hall door for 8.45am prompt on Monday.

Find your group leader, who will take any medication required, and collect a luggage label to attach to their suitcase. Departure from the top of the drive will be around 9-9.15am Please make sure all medication handed over has a signed medical form. Please take any travel sickness tablets needed before coming to school

- Leaving at 9am
- Coach to Elterwater (2 hours)
- Meet the YHA staff, who will walk us up to the hostel. Luggage transfered by van.



**Monday:** Travel to the Lake District. Walk to the YHA from Elterwater. Eat lunch, tour the building and find rooms. Activities on site run by the YHA staff Evening meal and games.



**Tuesday/Wednesday**: Activities led by Carnegie Great Outdoors and YHA staff: such as ghyll scrambling, raft building canoeing, orienteering, archery and team building. Evening activities including den building, games and a campfire.



**Thursday:** More activities and returning home at Ipm. Arriving back at school around 3pm. Children can be collected from school at this point and will no doubt be very tired.

### KIT LIST

	Tick list
Waterproof / warm coat — this is essential for evening activities and keeping	
warm after water activities	
Lunch for the first day	
Waterproof trousers (if possible)	
Outdoor walking boots/shoes	
Trainers or old shoes suitable for water-based activities	
Indoor shoes / pumps	
Hat/gloves (if necessary = for evenings) and sun hat	
Day rucksack for the journey and activities	
Water bottle – Children must bring their own water bottle, at least x 2 1 litre	
bottle	
Sun cream	
Sun hat	
6 pairs trousers (not denim) or tracksuit bottoms	
6 T-shirts or tops, including at least 2 long-sleeved	
4 jumpers/fleeces	
Large towel and hand towel for showering/washing	
Underwear and socks for 4 days with some spares (remember - clothes may get	
wet during activities!)	
Pyjamas	
Toiletries (no spray deodorants)	
Insect repellent	
Two plastic bin bags for dirty washing and wet shoes	

# THE ESSENTIALS

#### As well as the kit list items, don't forget:

- « Every child needs to be carrying at least 2 large water bottles.
- « Bug repellent will be needed. The YHA is set in woodland and tends to get lots of midges.
- « Bring sun cream and a sun hat. Hopefully the sun will shine.
- « Old trainers will need to be worn when ghyll scrambling they will get wet and will not be able to be worn for other activities other than canoeing. Beach shoes are NOT suitable, as we will be climbing over rocks.
- « Waterproofs it rains a lot in the lake district.
- « Shoes for indoors.
- « Clothes that can get wet in the gorge (swimwear, old t-shirt, leggings/tracksuit bottoms/shorts).
- « Bring a sense of adventure, a good attitude and a willingness to step outside your comfort zone.
- « PLEASE ENSURE ALL CLOTHES ARE CLEARLY NAMED, including the clothes that your child will be travelling in. Children tend not to recognise items of clothing that belong to them.

### WHAT TO LEAVE AT HOME

Do not bring	Do not bring electrical devices.
Do not bring	Do not bring mobile phones - any phones will be taken off children for safe keeping and returned at the end of the trip.
Do not bring	Do not bring your favourite/best clothes. You will be getting we and muddy, playing out, building dens and generally having outdoor fun. Fashion will be going out of the window next wee
Do not bring	Do not bring cropped tops, short skirts, expensive trainers tha you can't get muddy.



LANGDALE YHA

