

## Y4 AMBLESIDE RESIDENTIAL KIT LIST

A large part of both days will be spent outdoors on the lake and the fells. Due to the changeable weather in the Lakes you are likely to become cold, hot, wet and/or sunburned all in the same day. Here is a list of things you are advised to bring for two days in the outdoors. Brathay will provide the specialist kit required for canoeing and ghyll scrambling on the Thursday. **REMEMBER: Please don't rush out and buy new things unless you want to; pre-loved borrows and swaps are best; we may be able help out from our Expedition Club store although the kit is mostly Y5/6 sized!** Items in bold are absolutely essential to keep you safe, well and happy in the outdoors:

- Wellies or old trainers for getting wet canoeing (come wearing these on the Tuesday morning)
- Dry trainers
- Slippers if wanted
- **Walking boots (well worn in) or very sturdy walking shoes with rugged grip suitable for hill walking on wet grass and rock**
- **Waterproof coat**
- **Waterproof trousers**
- **Hat + spare**
- **Gloves + spare**
- **Thermal base layer (moisture wicking ) if possible – failing this football shirts make good thermal base layers!**
- **Sun hat (must cover necks if hair is short) and sun cream**
- Three jumpers/fleeces
- Three t shirts (long or short sleeve dependent on weather forecast)
- Two pairs trousers (joggers/tracksuit bottoms/running tights) suitable for hill walking/ (jeans not suitable for outdoor activities)
- Three pairs of thick socks
- Three pairs ordinary socks
- 4 changes of underwear
- Sleepwear, toiletries and small towel
- Large black bin liner with name label (to take home gift of wet/muddy clothes)
- Plasters, tissues, toiletries, torch, sun hat, sun cream (yes really!)
- Prescribed medicines to be labelled and handed to staff prior to departure
- Refillable drinks bottle (500ml to 1 litre – enough for a few hours hill walking)
- **Teddy or cuddly (mandatory!)**
- Reading book for bedtime
- Small card games (Top Trumps, Uno etc)
- Rucksack (to take on hill walk so check it is comfortable for the child and can hold: waterproof coat and trousers, hat, gloves, sun cream, spare fleece/jumper, lunch, water bottle and spare socks)

Phones and devices are not allowed on the visit. Children may bring a small digital camera if they wish. Please ensure it is clearly named. We will not be visiting any shops but we do hope to have ice cream or hot chocolate (weather depending!) in Ambleside after our hill walk on Wednesday. Children may bring a maximum of £5 in a named wallet or purse to spend on this.

## Y4 AMBLESIDE RESIDENTIAL ITINERARY

### TUESDAY 21<sup>st</sup> APRIL

8.45 Arrive Ghyllside (wear your clothes and trainers for getting wet as it will save time and leave more time for FUN 😊). Bring overnight bag and day rucksack to class.

Day rucksack to hold:

- waterproof coat and trousers
- hat and gloves
- inhaler if required
- sunhat and sun cream
- spare fleece or jumper
- dry change of clothes including socks, underwear and trainers
- drinks bottle (water only please)
- healthy snacks
- packed lunch and additional drinks (water/juice only). Substantial and healthy as we have a full on day of outdoor fun to fuel

9.05 Depart Ghyllside

9.40 Arrive Brathay. Greeted by Brathay staff.

10.00 Canoeing or ghyll scrambling

### **LUNCH**

1.30 Canoeing or ghyll scrambling.

6.00 Dinner and play out

8.15 Ready for bed. Bedtime story.

9.00 Lights out

### WEDNESDAY 22<sup>nd</sup> APRIL

8.00 Breakfast (hot and cold buffet). Hill walk rucksacks packed. Overnight bags left at Brathay. **Adult Briefing Meeting whilst children are packing**

9.30 Depart for hill walk over Loughrigg and picnic lunch

2.00 Arrive back at Brathay.

3.30 Arrive Ghyllside. Staff will contact School if delayed.