



17 November 2021

Dear Parent/Carer

GCSE PE rock climbing residential

With the rock climbing residential fast approaching, I would like to highlight a few of the finer details. We will be leaving school on Friday 3 December at 15.30 and returning to school at approximately 18.00 on Sunday 5 December. Students will need to wear appropriate sportswear, preferably their GCSE PE hoody if they have one to travel in, as they will be having an evening meal on arrival and then beginning their activities. They will need to be in the school hall at 15.10 to take their bag onto the coach. They will have an evening meal on arrival, therefore they won't need food for the journey.

Please see below the kit list provided by High Adventure Outdoor Education Centre:-

- Lunch box - needed for pack up lunch
- Sweatshirts/hoodies/tee-shirts/trousers (tracksuit bottoms or similar (**no jeans**))
- Socks & underwear (plenty needed)
- Warm jacket
- 2 x large towels
- 2 pairs of outdoor footwear (that will get wet/dirty)
- Indoor footwear – trainers
- Comfortable indoor clothes
- Sleeping bag/pillow
- Waterproofs
- Toiletry bag – shampoo, soap, toothpaste & brush
- Pyjamas/similar
- Reusable drinks bottle
- Medication (clearly labelled)
- Small rucksack/day bag
- Gloves and hat
- Bin bags/carrier bags for wet clothes
- Money for the tuckshop (optional)
- Waterproofs (these can be provided by High Adventure, no need to purchase new ones)
- High Adventure will provide rock climbing boots/harness/helmet, but students are welcome to bring their own

Depending on the programme students could get wet each day if the weather is poor! We recommend they bring plenty of clothes to get changed into.

The address of the activity centre is High Adventure Outdoor Education Centre, 233 Keighley Road, Cowling, BD22 0AA.

The emergency trip phone number is 07497 706464 and will be available from 15.30 on Friday 3 December until our return at approximately 18.00 on Sunday 5 December.

If you any questions in the meantime, please do not hesitate to contact me, preferably by email at robertfretwell@heanorgatespencer.com

Yours sincerely

Mr R Fretwell
Curriculum Team Leader for PEPA