



Joining instructions

<i>Group</i>	Alameda Middle School – Group 1
<i>Date</i>	29 th June – 1 st July
<i>Time</i>	10:00am to 12:30pm
<i>Location</i>	Paxton Lakes Sailing Club, PE19 6EY

A place of tranquillity. A place to relax. A place to learn, and ultimately have fun and lots of adventure. Come and join us as we take you on a journey to new experiences, having 2.5 great days full of adventure.

What shall I bring?

Wash kit (with shower gel)	Pyjamas/ nightwear	4 pairs of socks and underwear
Towel	1 pair of trainers	3 t-shirts
Sleeping bag, pillow and roll mat	3 pairs activity trousers and shorts (not jeans)	Sun cream / cap / woolly hat and gloves / sunglasses
Torch / head torch and spare battery	Waterproof coat + trousers	Water bottle (750ml/ 1l size)
Swimming costume	Teddy bear (optional, but home comfort)	A sense of adventure
Shoes which can get wet (no crocs / flip flops)	A black/ plastic bag for wet clothes and dirty washing.	

Please ensure your child has clothes which can get wet. No child will be allowed to go on the water in just a swimming costume for safeguarding reasons.

- We will provide all safety equipment, e.g. a Buoyancy Aid.
- Do not bring clothing which is white.
- Do not bring brand new clothing.
- Please name everything!

Mobile Phones

Mobile phones and electronic devices should not be brought.

The plan





The time has come. You'll meet at school with all of your kit on the morning of the departure! Then, you'll get on the coach, head to the site, where your Instructors will be waiting for you.

We'll start off with a safety brief, and before you know it, you'll be doing a range of activities across the next two days, after you've built your tents. You're going to have a lot of fun and excitement, that's for sure!

You'll take part in a mixture of different activities from land activities like climbing, archery, and cooking on fire, to watersports including water orienteering, canoeing, paddleboarding and kayaking. In the evening, we'll be doing a further activity, which will be decided on the end.

Then, at the end of your time with us, we'll have a bit of a de-brief before seeing you off on the coach back to school, where you will most likely want to turn around and come back again!

Useful links

[Met office](#)

[Course Information](#) (more information for the parents is on our website)

What do I need to make sure I've done before turning up?

- That you've packed your kit in your bag! Not your parents...
- Filled out the Course Registration Form - [Group Booking Parent/Guardian Waiver - Residentials](#)

Emergency contact

Parents, please follow the emergency contacts as provided by the school first. If you cannot get through to anyone at the school, then please contact the Edusports team.

07910 809144

Please note that this number may not be on site with the actual activity. It may also be out of signal depending on the activity location or equally, we may be delivering activities and our participants safety must come first. Please text this number with your message and we will get in contact with you as soon as possible.

