



GET OUTSIDE
THE CLASSROOM

*Camping Residentials:
Advice and Helpful Hints
for Participants and their
Parents / Guardians*

This guide has been put together by staff using the knowledge and experience within the GOTC team.

It is designed to help you prepare for your trip.

Equipment we provide

All specialist equipment for activities

Tents

Sleeping Mats

We also have supply of waterproof tops and bottoms. If you have your own then great, bring them along, but we will do our best to kit you out if you don't. Please don't go through the expense of purchasing some just for this trip.



Suggested Kit List- (Participants checklist)

Come dressed to head out on activities (most schools have programmes where you are on land for day one and then water for day two) and bring two full changes of clothes for a one night residential. If the weather looks glorious then you may only need one change, if its sadly forecast a bit wet then maybe three changes of some items may be a good idea.

(Participants checklist)

- o Packed lunch for first day
- o Water bottle (1 litre if possible)
- o Old trainers/wellies/water shoes (3 sets of footwear)
- o Leggings, tracksuit trousers, shorts
- o T-shirt
- o Fleece
- o Changes of underwear & socks
- o Night clothes
- o Water-proof jacket & trousers
- o Sun-cream, sunglasses, hats, inhalers, gloves etc.
- o Sleeping bag (just stuff all the spare clothes in the bag it comes in and you have a pillow too)
- o Small wash kit (toothbrush & toothpaste, roll on deodorant (no aerosols please)
- o a black bin bag (for any wet clothes)



Kit Advise

There is no need to make things complicated and expensive, but it is worth putting some consideration in to what you will wear.

Look at the weather before you go on the trip, if it's forecast cold, take a warm hat, if it's sunny bring a cap and sun cream.

Old trainers and walking boots are great for activities on land, but you may find that wellies are really useful, not just for rain but frequently the grass will be wet with dew in the morning and wet feet by breakfast isn't great.

Bring something warm to wear but a large bulky coat usually isn't that useful in every situation. An extra fleece usually works better as it can get colder in the evening when the sun drops away and you are tired from the day's activities. Remember, you can always add the waterproof for warmth. You will be surprised how much warmth it adds as a layer. They aren't just for rain.

Lightweight t-shirts like a sports top are ideal, polo shirts are also great as they protect your neck from the sun, cotton tends to take ages to dry and won't help keep you warm if wet.

Leggings or tracksuit bottoms are perfect for activities, shorts too if it's warm enough, but beware nettles are likely to be found in places.

They are a bulky item, but you can get through footwear pretty quickly. Old trainers in general are great. You must wear something on your feet when taking part in water activities (wellies and sandals/flipflops not so good) so a set of water shoes (if you have them) or sacrificial trainers are great for this job. The grass can be dewy in the morning, so crocs or wellies are good to avoid trainers being soaked by breakfast.

That all said, you will need to be able to pack and carry your own bag so don't go overboard and try to cut out excess baggage and non-essential stuff. In fact a wise person may once have said; 'the explorer with the fewest possessions is the freest' so make sure you pack the bag yourself and take responsibility for its contents. If somebody else does it for you, you will not find the important bits you need, will carry too much and struggle when you have to repack it yourself before you go home.

Top Tip

Pack (by yourself or in partnership with a helper) in two phases. Gather everything you plan to take into a washing basket. Next day, check the weather forecast for Whitchurch, Shropshire and go through it all again. Be ruthless, remember what the wise person may have said and now pack your bag. Not just all in but think about the order which you might need things.

Anyone helping to organise and pack.

Please help with decisions and compiling the items but it's best for the child if you try to avoid the urge to do it all for them. The bag will need to be packed by the young person, not only so they know where everything is, but once it's all been used it won't be neatly folded out of the cupboard when trying to repack their bag. Knowing what went in and how it fitted in the first place will all help with the packing task at the end (and hopefully reduce lost property too – as will labels!).

We know you love them and we know you care but it's all got to be carried by the young person. The little extra 'just in cases' tend to be added by well-meaning others.

Food

Please bring your own packed lunch with you for day one. Try to keep packaging to a minimum. Ensure you have a drinks container which is refillable.

From then on, we'll do our best to supply what you need. We wouldn't claim to be catering experts, but staff have all taken level two food hygiene courses and avoid nuts within our menu as a matter of course. Please liaise with your school if there are any allergies, we should be aware of or you require halal, vegetarian options etc... We'll always do our best to work with the school and parents to ensure everyone enjoys their food.

Food is ordered online in advance and is delivered to us early on the morning of your arrival.

We Typically Provide

Breakfast

Choice of cereals, fruit, brioche/croissant

Lunch

Choice of fillings to make your own sandwiches, carrot sticks, small cake bar, packet of crisps, yogurt/fruit.

Dinner

We use wood fired pizza ovens to make margarita and pepperoni pizza and serve this along with garlic bread, plain & tomato pasta, sweetcorn, tomatoes, cucumber and lettuce. For dessert we usually have deconstructed Eaton mess. It's served all in buffet style with everyone able to avoid pollutants if necessary and there's always plenty to go round.



We look forward to welcoming you to Alderford lake soon.

