



Fulford School

Fulfordgate, Heslington Lane, Fulford, York. YO10 4FY

T : 01904 633300 E: office@fulford.york.sch.uk W: www.fulford.york.sch.uk

SJ/CM

April 2018

Dear Parent/Carer

Ardeche 2018

I am writing to inform you that your child has the opportunity to purchase a Hoodie for the above trip.

The hoodie, which will be in royal blue, will have your child's initials on the front and Ardeche 2018 on the back. The cost of the hoodie is **£18.00**. If you would like to purchase one please follow the link below and order by **Thursday 10th May**.

A free T-shirt, in turquoise, will be provided for your child to wear on the trip. Please order through the same link. You will not be charged for this.

https://www.sportsbulk.co.uk/category_s/701.htm

There will also be a meeting held at 6:00pm on Tuesday 1st May in the hall to discuss kit requirements, copy attached, and any queries you may have about the trip.

Please note that all payments for the trip should now be in. If you have any outstanding payments please make sure they are paid as soon as possible.

Yours sincerely

Mrs J Jagger

Head of Girls PE



KIT LIST - Two Centre Adventure

Please note that all party members including staff will need a **SLEEPING BAG & PILLOW** for use at Segries & Mimosa. We suggest that these be kept with you on the coach, not with your luggage (unless you are flying) for added comfort. There is no need to bring lots of new and expensive gear - old clothes are often more suitable than new. **We advise everyone to mark ALL belongings, especially their bag/suitcase, with their name and the name of the school/group with which they are travelling.** In the event of things being left behind we then have a chance of returning them to their owner!



Below is a suggested list of items which we recommend *as a guide* of what to pack on our activity courses.

- **SLEEPING BAG (essential)** and sheet in case very warm at night
- Pillow if required (or pillowcase which can be stuffed with jumpers etc not in use)
- Casual, comfortable clothing for journey and evening wear
- Goggles or waterproof/windproof top (even when the weather is warm the wind can make you cold when wet)
- Woollen Jumper/Sweatshirt/Fleece
- Track suit – jeans can be uncomfortable when soaking wet
- Trousers or knee length shorts for sessions please - no short shorts (i.e. no hotpant style!)
- Shirts/T-shirts – please note that you will be required to wear a t-shirt with sleeves (not vest tops) while on activities
- Long sleeved lightweight t-shirt (essential for Mountain Biking if taking part)
- 3 quarter length trousers/lightweight trousers (essential for Mountain Biking if taking part)
- Socks and underwear
- Footwear: One old pair of plimsolls/trainers for watersports and activities (not Crocs, flip flops, jelly shoes or wellies). Large basketball-type boots will not be allowed on some activities but closed-toed footwear is *essential* on all activities – walking shoes (if applicable) should be sensible.
- Swimming shorts (with liner), trunks or swimming costume – cut-off jeans will not be allowed in swimming pools
- Toiletries
- Towels: BATH & BEACH
- Water resistant suntan lotion/sun block, protective lip salve, sun hat and insect repellent
- Torch (advisable)
- Camera (optional – see below). Disposable cameras are advisable
- Small rucksack/easy to carry shoulder bag for packed lunch/extra jumper etc if out on full day excursion
- Plastic bag/bin liner to store wet/dirty clothes

WE CANNOT STRESS STRONGLY ENOUGH HOW IMPORTANT IT IS NOT TO TAKE VALUABLE ITEMS SUCH AS VERY EXPENSIVE CLOTHES, CAMERAS, IPODS, MOBILE PHONES OR JEWELLERY WITH YOU. IF YOU WANT TO TAKE THESE ITEMS THEY MAY NEED A SEPARATE INSURANCE. If any item is lost or stolen, a police report must be obtained at the time otherwise you will not be able to claim through the insurance.