



First Day and the Outward Bound Expedition at XP/ XP East (C32)

Students can be dropped off at XP/ XP East school from **7am** on **26th August 2024**.

Please use **Car Park 3**. We will be leaving school at **7:30am** to travel to **Ullswater**.

The journey to **Ullswater Outward Bound Centre** will take approximately 3 hours by coach and we intend to make a short stop at a service station (which will add time to our overall journey, becoming nearer 4 hours).

The stop at the service station will include a visit to the toilets only. Students will not be permitted to enter the shops in the service station or purchase fast food.

Students should bring a packed lunch in a plastic bag and this will be eaten on arrival at the centre. Meals will then be provided from that evening onwards.

All students need to bring their belongings in a suitable bag (e.g. a holdall or small suitcase) with their names displayed on a tag or written on the bag. Students may want to bring a small bag, wallet or purse to bring smaller personal items with them on the coach.

Personal Kit List:

Kit List:	Check
Packed Lunch	
Water bottle	
Hiking boots	
Waterproof Jacket	
Waterproof trousers	
Casual t-shirts (For evenings and non active times)	
Baselayer tops (non cotton for activities)	
Thermals (Top & bottoms optional)	
Hoody or similar (for evenings or non active times)	
Fleece tops	
Walking Socks	
Casual socks (for evenings and non-active times)	
Hiking trousers (non-cotton)	
Jeans or cotton trousers (For evenings and non active times)	
2 pairs of trainers (in case one pair get wet)	
Underwear	
Pyjamas	
Shorts	
Warm hat	
Gloves	
Swimwear	
Towels	

Sun hat	
Toiletries (Please note that aerosols are prohibited on the Outward Bound site.)	
Sun cream & lip balm	
Prescribed medication (see medication below)	
Blister plasters & insect repellent	
Notebook & pen, books or magazines	
Bin liner or plastic bags for dirty clothes & boots	
Phone or Camera (see communication below)	
£10 deposit	

Outward Bound will provide specialist equipment which includes:

- Rucksack
- Bedding
- Pillow

Optional to borrow:

- hiking boots
- waterproof jackets & trousers

Some of the activities will involve getting wet at some point, so please make sure your son/daughter has plenty of spare dry clothes to change into.

XP School Trust and Outward Bound encourage students to bring magazines and/or books for them to read in their dormitories at night before lights out. Each bed has a light allowing students to read whilst not disturbing other students in the room.

Medicine

If your son/daughter needs travel sickness tablets please ensure they take them before we depart school.

If your son/daughter needs to take medication during the course of the trip, or has travel sickness tablets for the return journey, please ensure the medication comes in its original packaging along with instructions for when the medicine needs to be taken and your son's/daughter's name written clearly on it. All medication except inhalers must be handed to your crew leader before departing from school.

All medication must have been documented on the medical consent form and signed.

Money

A refundable £10 deposit is required for each student for the use of the Outward Bound's specialist activity/safety equipment. This must be handed to crew leaders before departure in a sealed envelope with your son's/daughter's name on it.

Communication

At some centres the signal for mobile phones can be unreliable. Students will not be allowed to take their phones with them on their daily activities. They will be handed into crew leaders and left securely on site. The students will have access to their mobile phones at a specified point in the evening. If you need to get hold of a member of staff and/or get a message to your son/daughter please telephone the appropriate Outward Bound centre:

Ullswater on 017684 85000.

Return Journey

We aim to leave the centre after lunch and make our return journey to school. Again there will be a toilet stop. Updates regarding our return time will be shared via Facebook/ Blog Post.

Please contact myself njohnson@xpschool.org or your crew leader if you have any further questions.

X32 (Crew names yet to be decided) Year 7 at XP School				E32 (Crew names yet to be decided) Year 7 at XP East School			
Crew Leatham	Crew Boxall	Crew Norburn	Crew Booth	Crew Bowser	Crew Heslop	Crew Stephens	Crew Wilmot
sleatham@xpschool.org	cboxall@xpschool.org	mnorburn@xpschool.org	abooth@xpschool.org	abowser@xpschool.org	khislop@xpschool.org	cstephens@xpschool.org	mwilmot@xpschool.org