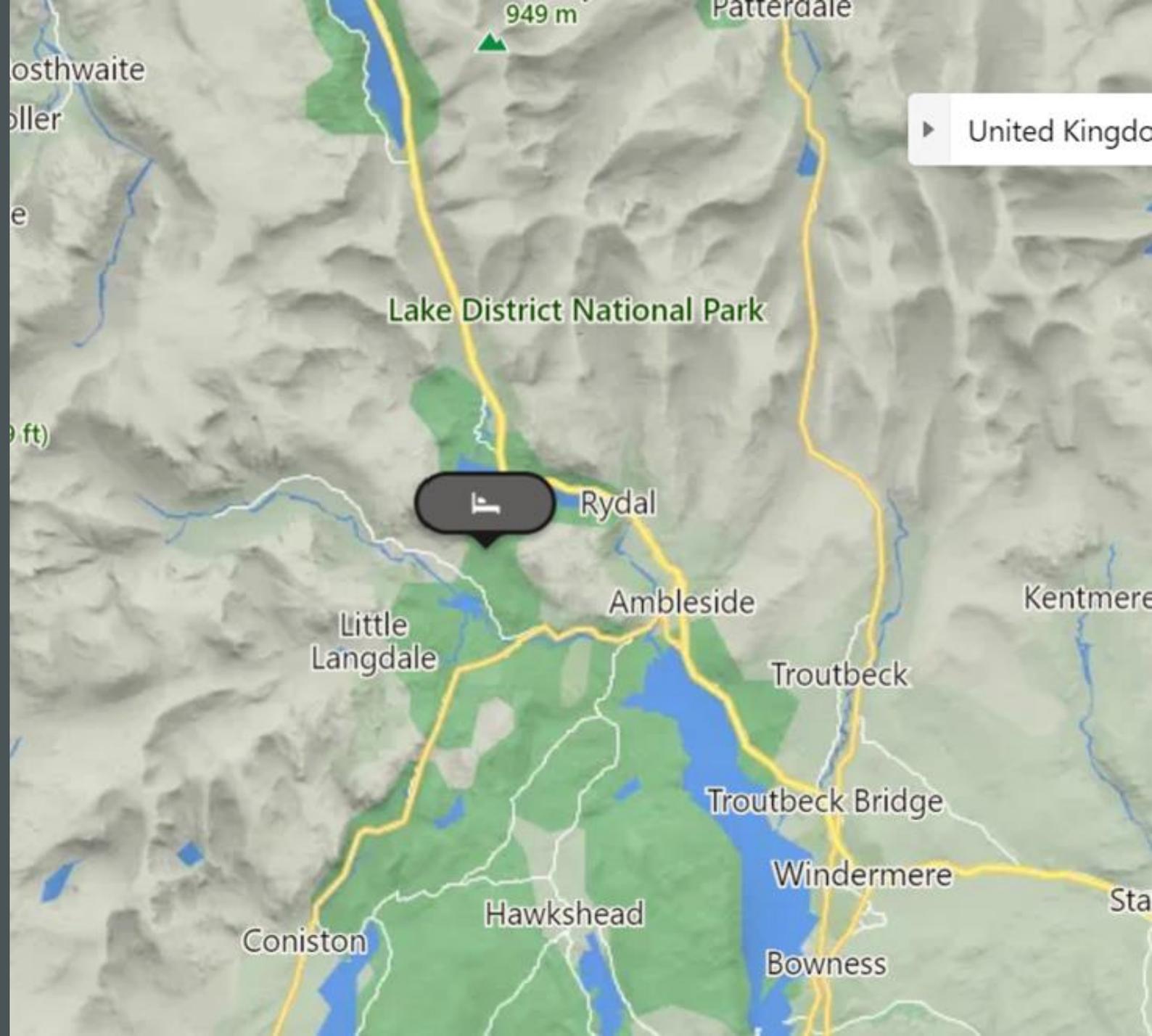




YEAR 6
LANGDALEYHA RESIDENTIAL
22ND MAY 23-25TH MAY 23



LOCATION-
LANGDALE IN THE
LAKE DISTRICT







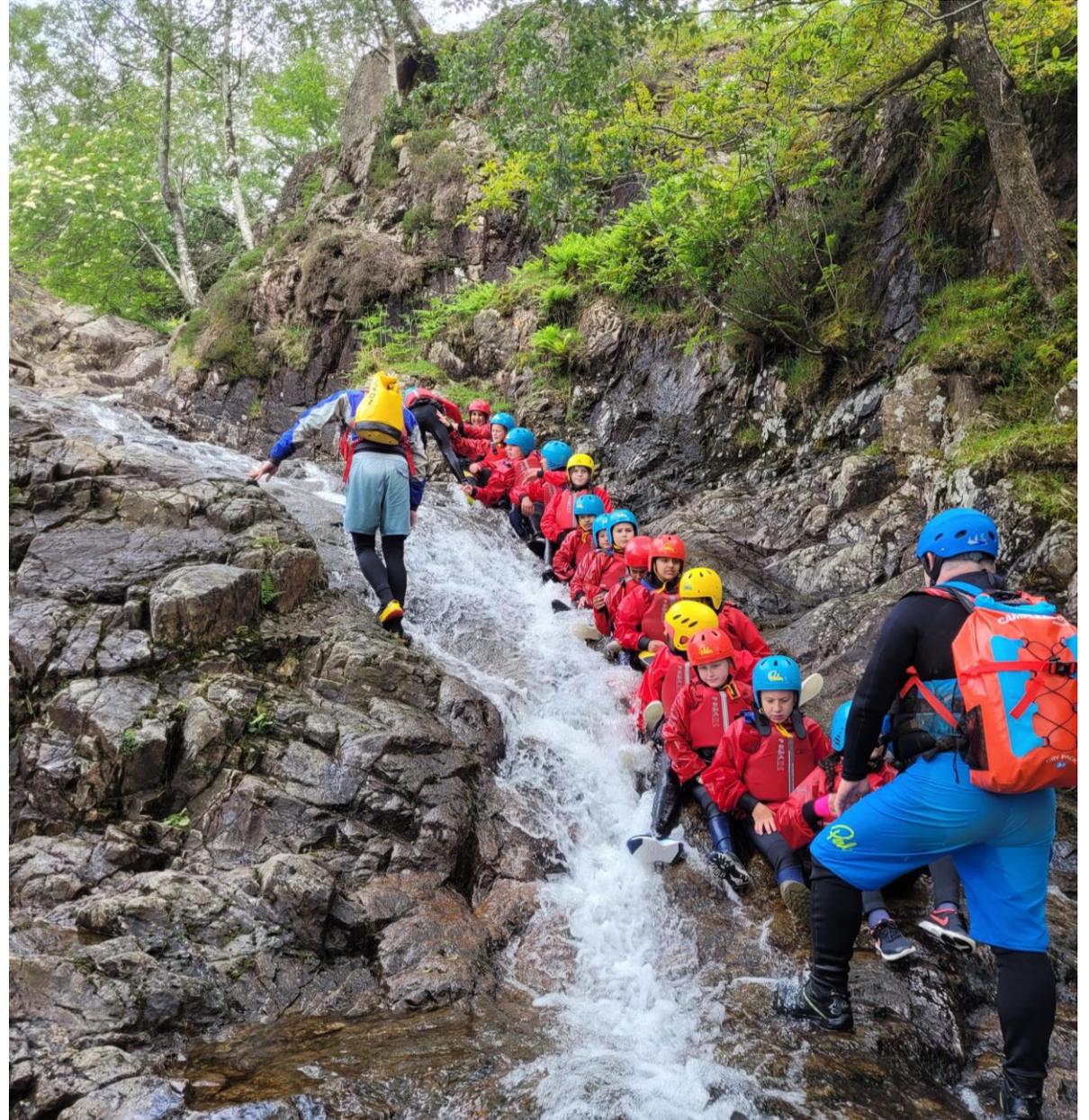
- CHILDREN'S BEDROOMS
- CHILDREN ARE IN SINGLE SEX DORMITORIES OF VARIOUS SIZES. SLEEPING IN SINGLE OR BUNK BEDS. ALL BEDDING IS PROVIDED.
- THE BOYS AND GIRLS ARE IN DIFFERENT CORRIDORS, WITH THEIR OWN TOILETS AND SHOWERS



DINING ROOM AND LOUNGES















ADULT SUPERVISION

The ratio of adults from Moorlands in 1 to 10

There is a team of adults at the YHA who look after the hostel and prepare the food. A team of instructors from Carnegies Great Outdoors run the adventurous activities.

Monday



Departure:

Arrive at the hall door for 8.45am prompt on Monday.

Find your group leader, who will take any medication required, and collect a luggage label to attach to their suitcase.

Departure from the top of the drive will be around 9-9.15am

Please make sure all medication handed over has a signed medical form. **Please take any travel sickness tablets needed before coming to school**

- Leaving at 9am
- Coach to Elterwater (2 hours)
- Meet the YHA staff, who will walk us up to the hostel. Luggage transferred by van.



Monday: Travel to the Lake District. Walk to the YHA from Elterwater. Eat lunch, tour the building and find rooms. Walk from Langdale YHA to Rydal Cave and back. Evening meal and games.



Tuesday/Wednesday: Adventurous activities led by Carnegie Great Outdoors: canoeing, ghyll scrambling, abseiling and rock climbing. (two activities per day over two days). Evening activities including den building, games and a campfire.



Thursday: Walking near Grasmere and trail. Lunch at YHA and returning home at 1pm. Arriving back at school around 3pm. Children can be collected from school at this point and will no doubt be very tired.

KIT LIST

	Tick list
Waterproof / warm coat – this is essential for evening activities and keeping warm after water activities	
Lunch for the first day	
Waterproof trousers (if possible)	
Outdoor walking boots/shoes	
Trainers or old shoes suitable for water-based activities	
Indoor shoes / pumps	
Hat/gloves (if necessary – for evenings) and sun hat	
Day rucksack for the journey and activities	
Water bottle – Children must bring their own water bottle, at least x 2 1 litre bottle	
Sun cream	
Sun hat	
6 pairs trousers (not denim) or tracksuit bottoms	
6 T-shirts or tops, including at least 2 long-sleeved	
4 jumpers/fleeces	
Large towel and hand towel for showering/washing	
Underwear and socks for 4 days with some spares (remember - clothes may get wet during activities!)	
Pyjamas	
Toiletries (no spray deodorants)	
Insect repellent	
Two plastic bin bags for dirty washing and wet shoes	

THE ESSENTIALS

As well as the kit list items, don't forget:

- « Every child needs to be carrying at least 2 large water bottles.
- « Bug repellent will be needed. The YHA is set in woodland and tends to get lots of midges.
- « Bring sun cream and a sun hat. Hopefully the sun will shine.
- « Old trainers will need to be worn when ghyll scrambling - they will get wet and will not be able to be worn for other activities other than canoeing. Beach shoes are NOT suitable, as we will be climbing over rocks.
- « Waterproofs - it rains a lot in the lake district.
- « Shoes for indoors.
- « Clothes that can get wet in the gorge (swimwear, old t-shirt, leggings/tracksuit bottoms/shorts).
- « Bring a sense of adventure, a good attitude and a willingness to step outside your comfort zone.
- « PLEASE ENSURE ALL CLOTHES ARE CLEARLY NAMED, including the clothes that your child will be travelling in. Children tend not to recognise items of clothing that belong to them.

WHAT TO LEAVE AT HOME

Do not
bring

Do not bring electrical devices.

Do not
bring

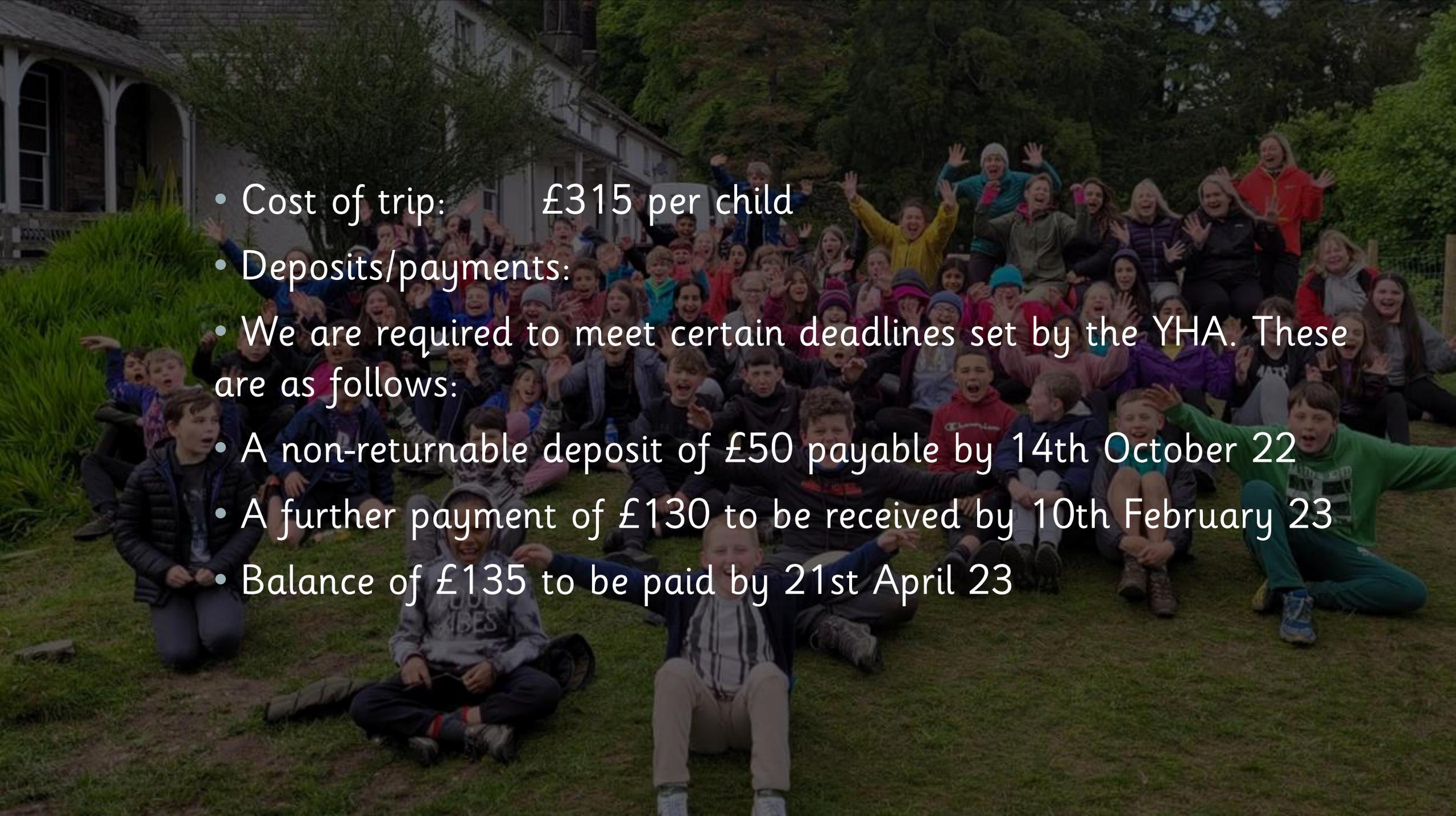
Do not bring mobile phones - any phones will be taken off children for safe keeping and returned at the end of the trip.

Do not
bring

Do not bring your favourite/best clothes. You will be getting wet and muddy, playing out, building dens and generally having outdoor fun. Fashion will be going out of the window next week.

Do not
bring

Do not bring cropped tops, short skirts, expensive trainers that you can't get muddy.

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- Cost of trip: £315 per child
 - Deposits/payments:
 - We are required to meet certain deadlines set by the YHA. These are as follows:
 - A non-returnable deposit of £50 payable by 14th October 22
 - A further payment of £130 to be received by 10th February 23
 - Balance of £135 to be paid by 21st April 23

LANGDALE
YHA

