



**ULLSWATER AND  
HOWTOWN  
TWO WEEKS TO GO!!!**



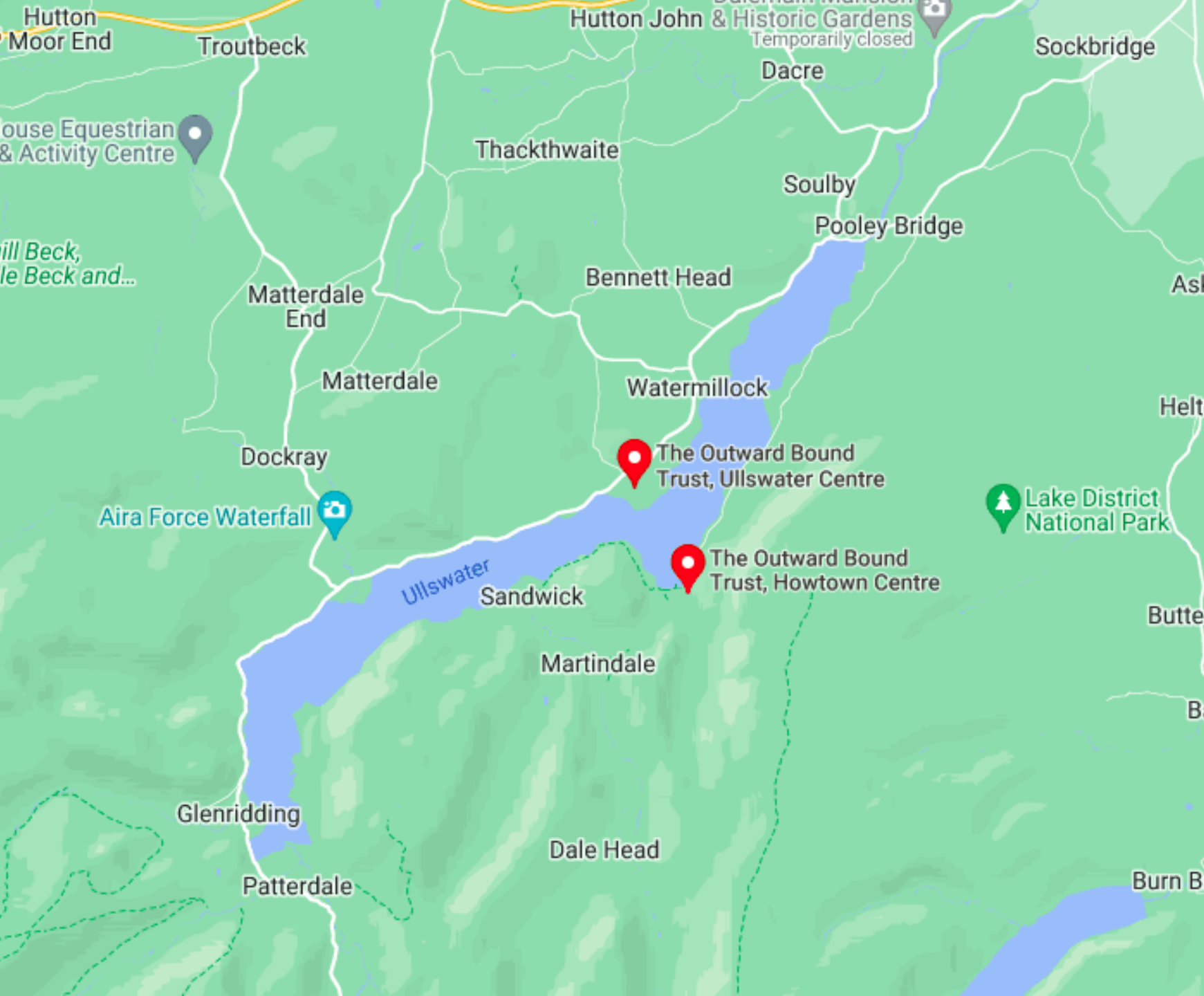
# OUTDOOR RESIDENTIAL TRIP IN DECEMBER FOR YEAR 9

- This experience comes at an important time in your school journey. You are coming to the end of Key Stage 3 and beginning to prepare for Key Stage 4.
- This outdoor residential will give us the opportunity to live out one of our core values “Adventure”.



**WHERE IS ULLSWATER AND  
HOWTOWN?**





## **LOCATION**

**Ullswater and Howtown are located on opposite sides of Ullswater**



# WHO IS GOING WHEN?

**Arbor has been populated with the dates you are expected to attend- please check your Arbor calendar.**

**Most are with your form.**



2-4 December 2024		4-6 December 2024	
Ullswater	Howtown	Ullswater	Howtown
9RJM	9EKT	9JDS	9AEB
9EGC	9JEH	9JLC	9MHJ
	9PLB		9SYJ





- Confidence
- Emotional wellbeing
- Improved relationships
- Resilience
- Confidence in learning
- Understanding of the natural environment

**WHAT DO WE HOPE TO ACHIEVE?**



# SAMPLE ACTIVITIES



**Jog and dip**

**Rowing**

**Gorge scrambling**

**Canoeing**

**Orienteering**

**Cutter sailing**

**Understanding nature**

**Shelter building**

**Mountain expeditions**

**Raft building**

**Rock climbing**

**Kayaking**

**Abseiling**

**Woodland exploration**



# ACTIVITY GROUPS



- You will be in activity groups of up to 12 students and each group will be led by an instructor from the Outward Bound Trust and supported by a HGS staff member.
- You will have friends from your dorm in your activity groups.





# ROOMING



- Important part of the residential experience
- You will be in a dorm with friends.
- You will need to make your own bed on arrival.
- Organise and take care of your own possessions.
- Please respect lights out at 10pm



# What to bring



<b>TRAINERS</b>	<b>1 indoor 1 outdoor</b>
<b>WET ACTIVITY FOOTWEAR</b>	<b>1 pair</b>
<b>SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES</b>	<b>3</b>
<b>TROUSERS</b>	<b>2</b>
<b>T-SHIRTS</b>	<b>3</b>
<b>LONG SLEEVED BASE LAYERS/ TOPS</b>	<b>1</b>
<b>SHORTS</b>	<b>1</b>
<b>NIGHTWEAR AND PYJAMAS</b>	<b>1</b>
<b>CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL</b>	<b>1 set</b>
<b>UNDERWEAR INCLUDING SOCKS</b>	<b>5</b>
<b>THICK WALKING SOCKS</b>	<b>2 pairs</b>
<b>WARM HAT AND GLOVES</b>	<b>1 pair</b>
<b>TOWELS</b>	<b>1</b>



# What to bring



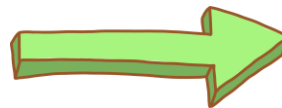
£10 kit deposit



Maximum £10 spending money

<b>WATCH (WITH ALARM IF POSSIBLE)</b>	Yes	Don't just bring a phone for telling the time - the battery won't last long enough.
<b>SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER</b>	1	This is a minimum number. Bring a rash vest if you have one. It's also a good idea to bring a couple of bin bags with you to carry any wet clothes in.
<b>TOILETRIES</b> , inc. blister kit, plasters, insect repellent, personal medication, lip salve, hand sanitiser, wet wipes, talcum powder (for your feet), etc.	Yes	Don't bring aerosols. Miniature toiletries would work well for saving space on the Ultimate Expedition. Don't forget asthma inhalers or epipens if needed.
<b>£10 KIT DEPOSIT PLUS SPENDING MONEY</b>	£	You won't need more than :        £10        for spending money. All centres have a small shop which sell healthy snacks and souvenirs.

Thank you for completing the PIF form with your families



**Please remember to bring personal medication and ensure school records are up to date..**



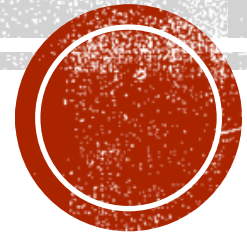
# What to bring



**STUDENTS WILL NEED  
A PACKED LUNCH ON  
DAY 1**

Students need to bring a packed lunch on day 1. They will eat their lunch on arrival at Howtown and Ullswater.

Sandwich grab bags will be provided for those eligible for free school meals. Please email Mrs Ellenthorpe if you do not need one.



# GROUP EQUIPMENT STORES

- Each group will be assigned a cage that contains all the specialist outdoor equipment for the trip.
- Everyone must bring £10 that is taken as a deposit for this store.
- As a group you are to take responsibility for the equipment you are borrowing. Ensure you return everything you use.
- If you can return the store as you found it, your deposit will be handed back on the final morning.





## WHAT NOT TO BRING!

- You will be provided with walking boots and waterproofs as part of the £10 deposit. If you would prefer, you are welcome to bring your own.
- No jewellery
- No iPads
- No aerosols
- No penknives
- **No vapes or cigarettes**



# TIMINGS- DEPARTURE DAY



- On day 1 (Monday or Wednesday) please go straight to the Hub and sit sensibly in your form groups to be registered.
- Once registered we will board the coaches.
- Coach registers will take place to ensure that everyone has boarded the correct bus.
- We will aim to depart by 10am
- On arrival we will be allocated somewhere to sit and eat lunch. Remember to bring a packed lunch.
- You will be introduced to your instructors and split into your groups at 1pm.



# TIMINGS- RETURN DAY



- On Wednesday or Friday, you will get back to school for 3pm.
- You may walk home or be collected.
- For those waiting for the school bus, staff will be supervising in the Hub.





# MOBILE PHONE POLICY

- Bus ✓
- In common room/ social space-  
Students will have their phones  
(if they want them) for 1 hour  
each evening to message home. ✓
- On activities ✗
- At the dinner table ✗
- Dorms ✗

Phones will be taken in  
and safely stored by  
each group leader.





# BEHAVIOUR

REACH values

Be kind to others

Be respectful

Be excellent

Have fun

