

Norfolk Lakes

Wednesday 29th-Friday 31st March 2023



What to pack:

- Luggage – please restrict this to one case plus one piece of hand luggage;
- Sleeping bag and pillow (with a pillowcase);
- A refillable drink bottle;
- A torch for activities;
- A rucksack;
- Toiletries including shower gel (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – long-sleeved shirts/jumpers, trousers/jogging bottoms, shorts. T-shirts and closed-toe shoes are required for nearly all sessions so bring plenty.
- Comfortable clothes, shoes and underwear for other times. **No jeans.**
- A waterproof jacket;
- Large plastic bag for dirty clothes;
- Bath towels x 2;
- Hairbands if your child has long hair;
- Sunglasses, suncream and hat (if the weather is kind!);
- Nightwear and slippers/flip-flops.



Items pupils **may** bring if they want to:

- Books, playing cards and other quiet activities;
- Money for snacks (sweets & drinks), souvenirs etc.
Please bring coins (rather than notes) - maximum of £5.
- A wet suit for some of the water-based activities.

What to not bring:

- No jewellery (except for stud earrings);
- No wellies;
- No mobile phone or other electronic devices;
- No cameras – we will be taking plenty of pictures!

Please remember:

- To name all clothing;
- Norfolk Lakes have heavily advised against denim jeans as they are not ideal for outdoor use in potential weather conditions.

Our plan for 29th March:

- Luggage to be put onto the stage in the main hall;
- We will leave after lunchtime to arrive around 2pm;
- Each activity lasts around 90 minutes, beginning at 3pm and finishing at 8.30pm on day 1.
- 5 activities on day 2;
- 2 activities on day 3;
- We should return (slightly grubbier and more exhausted) by the end of the school day on 31.03.23 - if we are going to be late, we will let you know.

Food at Norfolk Lakes:

- All dietary requirements are catered for with lots of choice.
- Allergies and intolerances should be noted on forms (see following slide) and these will be given to the centre so they can accommodate everyone's needs.

Medicines:

- Medicines need to be in a named bag on departure day;
- A medical form will need to be completed to state doses and times etc.
- Complete ahead of time – the office will be sending this out as a paper copy in the next day or two so please send back as soon as possible.

Accommodation:

- We will decide on the groupings for rooms and be as accommodating as humanly possible;
- We will try and make sure everyone is happy and will talk to pupils in the coming weeks about their preferences.
- We will inform the children on the day of leaving to give us the chance to make any changes necessary.

Thank you for listening!

- If you have any questions, we have some time now for you to come and chat to us.
- We will use ClassDojo to share further information as and when necessary, as well updates ahead of our trip so please check it when you can.