Year 6 Residential – Grasmere



Day of departure…

- Arrive at school at **normal time** with a **packed lunch** (unless on school meals)
- Come to school in own clothes
- Register
- Coach will collect us from school at 9:15am

The weather



Lake District, **June 2025**



Lake District, **January 2025**

Arrive at YHA Grasmere

Check out our rooms
Lunch
Canoeing!
Evening meal
Explore Grasmere









Wednesday

- Breakfast around 8am
- I have a suggested packing list, but any essential items that children need will be provided
- Led by qualified instructors who have years of experience
- Canoeing, gorge scrambling, abseiling
- Back to the hostel for warm showers!
- Evening meal and party in the hostel









Thursday

- Explore Grasmere
- Coach home collects us at 12pm
- Back to school for home time, traffic permitting.

Canoeing





Fire lighting and bushcraft







Abseiling



Meals…

- Children will need a packed lunch for the day of departure
- All other meals will be provided (hot breakfast and evening meal, packed lunch in the day)
- Children will order meals before we go
- All dietary requirements catered for

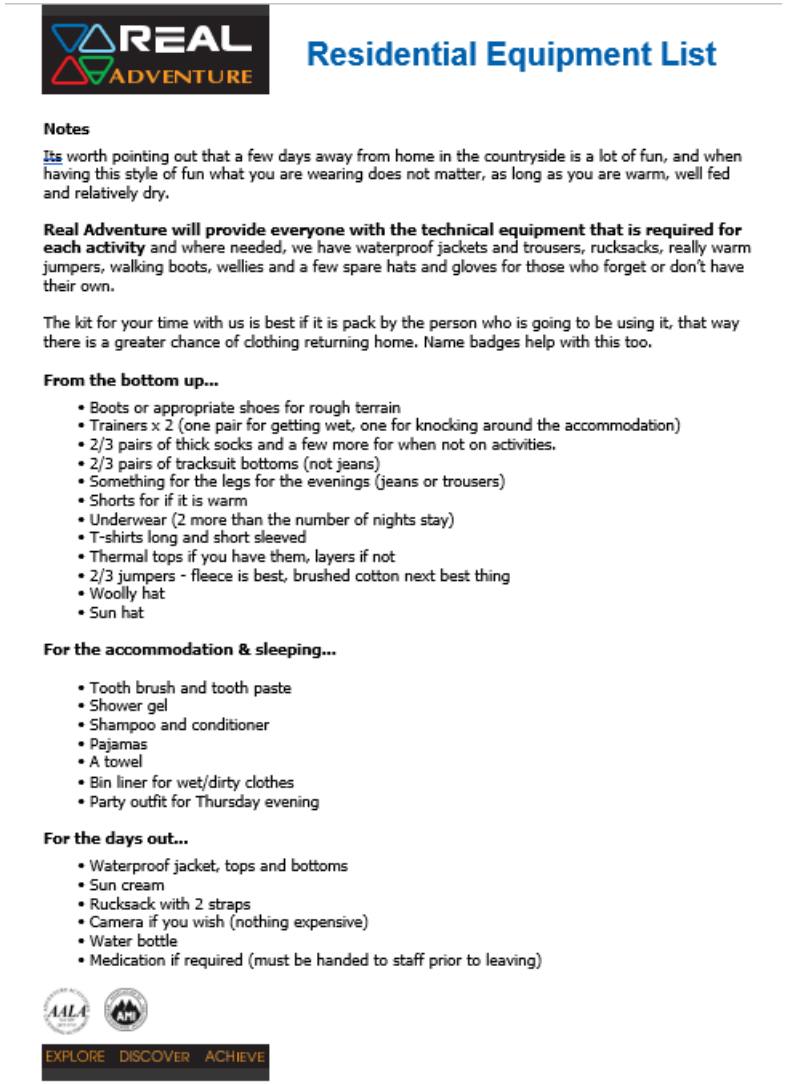






Suggested packing list…

- Please speak to one of us if you have a problem with any of the items on the suggested list
- Please ensure children's medication is handed to a member of staff
- Spending money – **up to £15**
- Snacks – non-refrigerated. Packaged and labelled.
- **No phones or electricals** (safeguarding)



REAL ADVENTURE

Residential Equipment List

Notes

Its worth pointing out that a few days away from home in the countryside is a lot of fun, and when having this style of fun what you are wearing does not matter, as long as you are warm, well fed and relatively dry.

Real Adventure will provide everyone with the technical equipment that is required for each activity and where needed, we have waterproof jackets and trousers, rucksacks, really warm jumpers, walking boots, wellies and a few spare hats and gloves for those who forget or don't have their own.

The kit for your time with us is best if it is pack by the person who is going to be using it, that way there is a greater chance of clothing returning home. Name badges help with this too.

From the bottom up…

- Boots or appropriate shoes for rough terrain
- Trainers x 2 (one pair for getting wet, one for knocking around the accommodation)
- 2/3 pairs of thick socks and a few more for when not on activities.
- 2/3 pairs of tracksuit bottoms (not jeans)
- Something for the legs for the evenings (jeans or trousers)
- Shorts for if it is warm
- Underwear (2 more than the number of nights stay)
- T-shirts long and short sleeved
- Thermal tops if you have them, layers if not
- 2/3 jumpers - fleece is best, brushed cotton next best thing
- Woolly hat
- Sun hat

For the accommodation & sleeping…

- Tooth brush and tooth paste
- Shower gel
- Shampoo and conditioner
- Pajamas
- A towel
- Bin liner for wet/dirty clothes
- Party outfit for Thursday evening

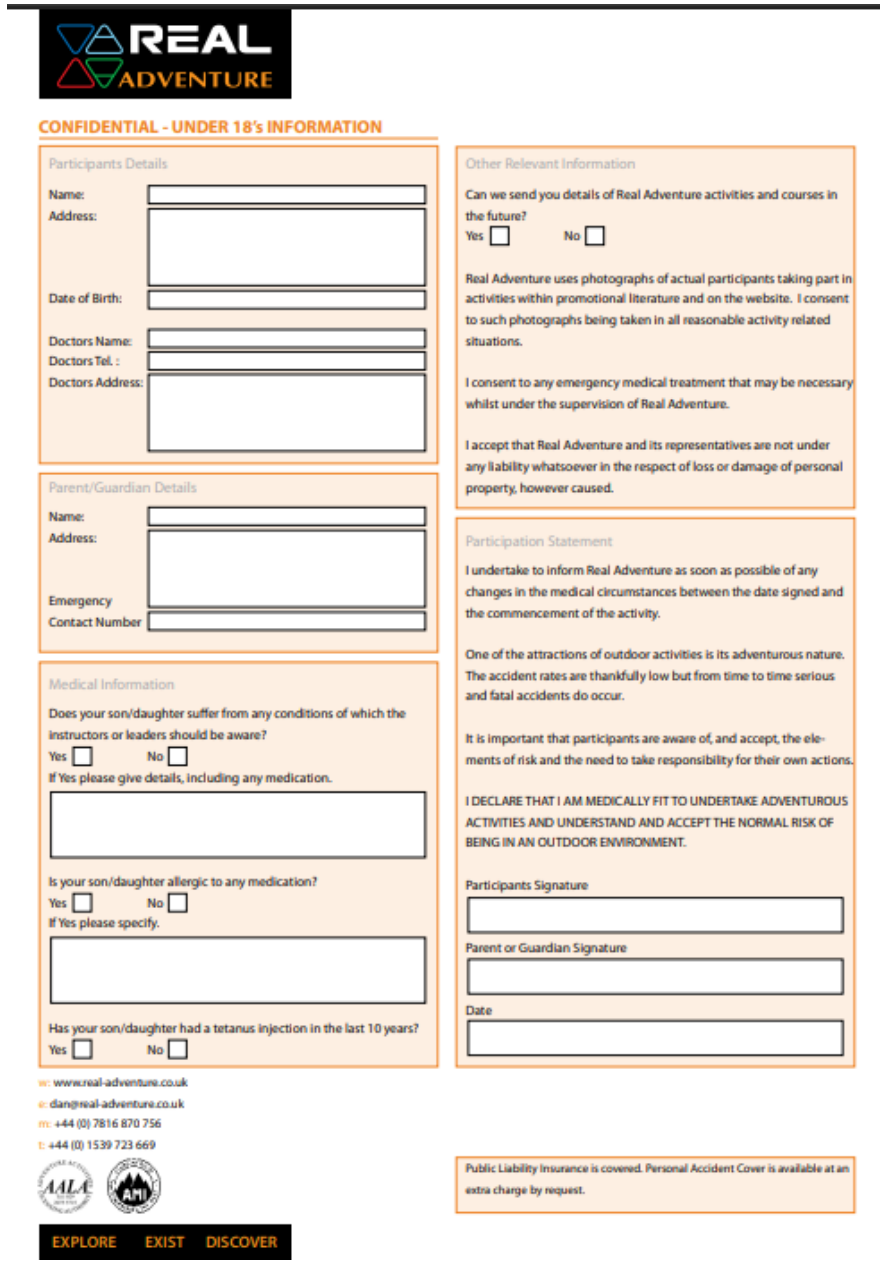
For the days out…

- Waterproof jacket, tops and bottoms
- Sun cream
- Rucksack with 2 straps
- Camera if you wish (nothing expensive)
- Water bottle
- Medication if required (must be handed to staff prior to leaving)

EXPLORE DISCOVER ACHIEVE

Medical form

- Please fill in a medical form. Either fill in and leave tonight, or take home and send in with your child
- If your child takes medication, please fill in a school medical form to give permission for us to administer it
- Please give any medications to Miss Deighan, Mrs Jagger or Miss Bekoe on the morning of departure. **Not to be kept in children's suitcases.**
- We will bring calpol for anyone feeling under the weather.



REAL ADVENTURE

CONFIDENTIAL - UNDER 18's INFORMATION

Participants Details

Name:
Address:
Date of Birth:
Doctors Name:
Doctors Tel. :
Doctors Address:

Parent/Guardian Details

Name:
Address:
Emergency Contact Number

Medical Information

Does your son/daughter suffer from any conditions of which the instructors or leaders should be aware?
Yes ☐ No ☐
If Yes please give details, including any medication.

Is your son/daughter allergic to any medication?
Yes ☐ No ☐
If Yes please specify.

Has your son/daughter had a tetanus injection in the last 10 years?
Yes ☐ No ☐

Other Relevant Information

Can we send you details of Real Adventure activities and courses in the future?
Yes ☐ No ☐

Real Adventure uses photographs of actual participants taking part in activities within promotional literature and on the website. I consent to such photographs being taken in all reasonable activity related situations.

I consent to any emergency medical treatment that may be necessary whilst under the supervision of Real Adventure.

I accept that Real Adventure and its representatives are not under any liability whatsoever in the respect of loss or damage of personal property, however caused.

Participation Statement

I undertake to inform Real Adventure as soon as possible of any changes in the medical circumstances between the date signed and the commencement of the activity.

One of the attractions of outdoor activities is its adventurous nature. The accident rates are thankfully low but from time to time serious and fatal accidents do occur.

It is important that participants are aware of, and accept, the elements of risk and the need to take responsibility for their own actions.

I DECLARE THAT I AM MEDICALLY FIT TO UNDERTAKE ADVENTUROUS ACTIVITIES AND UNDERSTAND AND ACCEPT THE NORMAL RISK OF BEING IN AN OUTDOOR ENVIRONMENT.

Participants Signature

Parent or Guardian Signature

Date

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e: dan@real-adventure.co.uk
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t: +44 (0) 1539 723 669

Public Liability Insurance is covered. Personal Accident Cover is available at an extra charge by request.

EXPLORE EXIST DISCOVER

Tuesday 9th to Thursday 11th February 2026

- Ensure school have your most up-to-date phone number as you will receive regular texts and updates
- Follow the school Instagram for regular photos @stfrancisgorton
- Medical forms