



BEDFORD
FREE SCHOOL

www.bedfordfreeschool.co.uk

Thursday 27th April 2023

Dear Parents and Carers,

Snowdon Expedition Update

Thank you for signing your child up for the Snowdon Expedition. I hope that they are starting to get excited about the trip, as there are lots of brilliant activities being planned for them to enjoy.

The Snowdon Expedition is fast approaching, and I am writing to give you a little bit more information to help you prepare your child for the trip.

This letter contains:

- Itinerary
- Pupil Form – to be returned to Ms Lehain by Friday 5th May.
- Kit List

The trip sets off from school on Monday 19th June and returns back on Thursday 22nd June.

On the day of the trip, your child will need to be in school **by 7.15am at the latest**. The trip will leave before the rest of the school arrive for their normal day – to avoid motorway traffic on the journey to Wales, it is vital we leave on time. We will not wait for later comers.

Pupils will be registered and given final instructions before departing for Melbourne Street Car Park to meet the coaches. They need to be able to carry their own luggage for the short walk to the car park – please ensure your child is dressed in comfortable clothing for the journey, and has plenty of food and drinks to last them until the evening meal time when they arrive at the Arete Centre.

The trip will **return on Thursday 22nd June at 6 pm to Melbourne Street Car Park**. We will update you on the day using the school messaging system if there are any major traffic delays affecting this – if you hear nothing from us, assume the pick-up is as planned. Please make sure you are on time for this – pupils and staff will all be very tired from a fun-filled few days and will appreciate a swift return home for a rest.

A copy of the kit list is attached. It is recommended that you go through this very carefully with your child a couple of weeks before the actual trip and ensure they have everything needed. You will see the list looks long – however, most things on it will not require you to buy anything. Clothing should all be old and comfortable. Any major technical pieces of kit – including walking boots and waterproofs – will be provided by the Arete Centre.

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R E S P E C T • H O N E S T Y • H I G H E X P E C T A T I O N S

Please make certain they have **two large 1 litre water bottles**, sun hats and sun cream – these items are essential for the day of the mountain climb. In previous years, some pupils have not bought enough water bottles from home to keep themselves properly hydrated during the walk. They will be responsible for carrying their own supplies of water – it is vital they have enough bottles to fill, particularly if the weather is hot. They will also need plenty of old spare clothing, trainers and swimwear for the water activities. Jeans are completely impractical for the activities we will be doing – as are new clothes – please do not pack any jeans. It is worth the investment in some good walking socks and blister plasters to help with comfort during the mountain climb. The walking socks need to be thick and come up high enough on the leg to be above the level of a walking boot. It is advised to have at least two pairs. As already mentioned, other equipment, such as waterproofs and walking boots can be provided by the Arete Centre – but we need to know your child's shoe size so that the Centre is prepared for everyone.

Your child will need to have a rucksack suitable for the daytime – and this should contain a large packed lunch box with extra snacks for the journey on the Monday – as well as a luggage bag for all the rest of their kit, which will be stored in the hold of the coach. **Please try and avoid solid suitcases**, as space is limited in the dormitories, and luggage will need to be stored in space underneath the beds.

The sleeping arrangements will be that the girls' and boys' areas are in separate parts of the Arete Centre, with shower and toilet facilities provided. Your child will need toiletries and a towel for showering, plus a spare towel for the water activities. Sleeping arrangements will be carefully planned so that everyone is as happy as possible, and may be subject to change if behaviour warrants it. The enclosed Pupil Form is for your child to express a preference over who they share with. They need to sign the bottom of that form. The activity groups will be mixed groups of ten pupils, and the intention is that these will be different from the accommodation groups, so that pupils will have a mixture of different company during the trip.

In my next letter, I will provide you with a medical and dietary form to fill out. This will be your opportunity to communicate to us any essential (and up to date) medical information about your child, along with any dietary requirements they may have (such as allergies and requests for Halal food).

Finally, please continue to help prepare your child for this trip. There are some great little videos on the Arete website, that will give you a better idea of what to expect with the activities. Please talk to them about mountain safety, and the importance of listening to instructions – we will of course reiterate this message, but it is important they hear it multiple times. We want everyone to have a great time, experiencing adventurous activities, but in the safest way possible for all. You can help them to be physically fit and mentally ready by encouraging them out on some long walks over the next few weeks.

If you have any trip related queries, please email me at school and I will do my best to respond when not teaching a lesson – jlehain@bedfordreeschool.co.uk

Yours sincerely,

Ms Lehain

Snowdon 2023 Trip Itinerary

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|----------------------------------|--|---|
| Monday 19 th June | Arrive at school by 7.15am. | Rucksack for the journey packed with plenty of drinks, lunch and snacks. Also, card games, note book and pen etc to keep entertained on journey, as electronic devices will not be allowed. Arrive at the Arete Centre. Unpack. Pupils will have their phones given back so they can call home. |
| Tuesday 20 th June* | 8 am All day Evening | Pupils will have cooked breakfast and make their own packed lunches. Activities. These will range from water and land-based activities and will be led by the Arete instructors, with BFS teachers alongside them. See www.aretecentre.co.uk for examples of the activities on offer. Dinner back at the centre, and time to call home before an evening activity. |
| Wednesday 21 st June* | 8 am All day Evening | Pupils will have cooked breakfast and make their own packed lunches. Climb Mount Snowdon Dinner back at the centre Packing and cleaning ready to leave the next day, and time to call home before an evening activity. |
| Thursday 22 nd June | 7.30 am Morning 1 pm 6 pm | Pupils will have cooked breakfast and make their own packed lunches for journey home. Water activities Leave Arete Arrive in Bedford |

**It is possible that the activities for these days may be swapped, depending on the weather conditions at the time – we will be guided by the Mountain Leaders as to the best day to climb the mountain.*

Pupil Form

Name _____ Form _____

This form is a chance to tell us your preference over who you might like to share a dormitory with. It doesn't guarantee anything – our job is to make sure everyone is as happy as possible, and, that behaviour is good.

Don't put the names of people you know you might be silly with if sharing with – you will all need plenty of rest at night so you have enough energy for all the activities you will be doing each day! If you know you have a friend you would be better off being with during the day, not at night, then put them on the activity wish list instead.

1st preference _____ Form _____

2nd preference _____ Form _____

3rd preference _____ Form _____

Do you need to borrow boots? Y/N

If yes, please tell us your shoe size _____

How confident are you feeling about climbing a mountain and your general fitness?

Confident / Average / Not very confident

Is there anything else you think your teachers need to know prior to you coming on the trip?

I understand that I will be expected to act in accordance with the school code of conduct throughout the trip. I promise to conduct myself in a way that will make myself and my parents proud of me. I understand there will be consequences if I fail to do so.

Signed by pupil _____ Date _____

Signed by parent _____ Date _____

Parent contact number _____

Snowdon Kit List 2023

Bedford Free School students will be staying at the Arete Centre – visit www.aretecentre.co.uk for more information. This kit list is from the Centre. The Centre is brilliantly equipped and has all the big items you need – such as waterproof clothing, walking boots, wet suits and safety gear for adventurous water activities. Please don't worry about having to buy any expensive items for the trip. The Arete activity courses are held at outdoor venues across the mountains of Snowdonia and along the coastline of Anglesey. The changing weather adds to the beauty of the area and the sense of real adventure. For this reason, it is important to pack and be prepared for all eventualities, to ensure a comfortable stay.

We have drawn up a recommended kit list below. At the Centre we do have specialist kit for the outdoor activities that includes waterproofs, fleeces, walking boots and wetsuits. These can be used by all course members, but feel free to bring any of your own items too. Please don't bring along any new or expensive items of clothing that aren't designed for the outdoors. Be prepared to be muddy and wet at times.

Note the Centre isn't responsible for any expensive or treasured items, and we recommend such items are left at home.

- FOOD – Plenty of food for the journey! **ABSOLUTELY NO NUTS OR SESAME SEEDS**
- Duvets and pillows are provided but you must bring your own duvet covers, fitted sheet and pillow cases as we haven't paid the extra charge to hire the linen from the centre. A sleeping bag will do instead of using the duvet, but still bring a sheet and pillow case.
- At least two pairs of walking socks with a 'loopstitch'. Thin socks are hard on the feet and cause sores and blisters. **Good socks are key to comfortable feet on the long mountain climb. They need to be long enough to go over the height of the boots.**
- Blister plasters – it's worth buying proper blister plasters as these are a life saver!
- At least two warm jumpers or fleeces with long sleeves – the Centre has plenty.
- Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate. Please don't bring jeans for activities as they aren't suitable.
- A different T-shirt or similar to wear each day during activities. Thermal tops are ideal if you have any.
- A warm hat and a pair of gloves plus sun hat and sun cream to cover all weathers.
- 2x shorts and swimwear. VERY old shorts to wear over the top of the wetsuits.
- Underwear and nightwear.
- A set of casual clothes (and sliders?) to wear around the Centre during the evenings.
- Toiletries and two large towels (one large enough to preserve modesty whilst changing outside after water activities, one for the bathrooms).
- Pocket money (£5-10 max.) if you wish to use the onsite souvenir and tuck shop.
- Torch with spare batteries.
- At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes. Not football AstroTurf shoes as the rubber is too hard and slippery on rock.
- Sandwich Box and 2 x litre LARGE water bottles (any plastic bottle will do).
- Medication if necessary.
- Carrier bag to return wet/dirty clothing.
- If you have your own waterproofs, walking boots, wetsuit or wellies please feel to bring them along to use on activities.