# How to survive your school trip

Research shows that school trips and outdoor learning can improve academic achievement while making students more willing to learn. The itineraries are designed so that no matter what a child's needs, background or ability they will be taken out of their comfort zone. They'll learn to work in groups, trust themselves and one another, when they take on challenges they never thought possible – an experience they will treasure for the rest of their lives!



#### WHAT TO PACK



- 1) **Wet wipes**. There's always someone who'll still open their drink after dropping it, without figuring out that it'll explode. Nobody wants to be sat on a coach for hours with a sticky head.
- 2) **An extra jumper** to use as a pillow, so you can feel like a king when everyone is straining their necks to take a nap.
- 3) **Snacks.** A roaring belly might sound hilarious, but maybe pack something like grapes so you can share (or not) with your mates!

# What to do if you're homesick

To combat homesickness, ring home and chat with your family (if you're allowed). Plus you'll probably get updates on whatever silly things the family cat has done while you've been away. Then just really try to enjoy what you're doing on the trip. You probably won't stay homesick for too long if you're having too much fun!



Features of a non-chronological report checklist		
Introduction		
Factual information		
Paragraphs		
Headings		
Pictures		
Diagrams		
Sub-headings		
Page numbers		
Conjunctions		
Formal language (Polite, how you would speak to Mr Jolley!)		
Informal language (Very friendly, chatty, how you would speak to your friend)		



Being correctly equipped is essential not only for Safety but also your enjoyment. In general terms make sure you have a few changes of clothes adequate for your stay at lakeside with us. As an outdoor education provider, we ask that you bring clothes that you don't mind getting wet and muddy in.

## OUTDOOR WEAR

### Things you don't wind getting wuddy in!

2 Pairs of Trainers	One that you don't mind getting wet when you're on lake-based activities, and one for land activities that will still get muddy!
Socks	You will need at least 2 pairs of thick socks to keep your feet warm whilst out on activities Anything other than Nylon is perfect! You will also need other socks for when you aren't on activities.
Long leg trousers	Tracksuit pants, fleece and Poly-cotton are all great choices! JEANS ARE NOT SUITABLE! So please don't bring them. They will get heavy and uncomfortable when wet. Plus they take a long time to dry.
Tops	Warm long sleeves tops are a must - Fleece is best! Acrylic, Wool and Poly-Cotton are good choices too. Also bring plenty of T-shirts!
Hat and Gloves	Keeping your head and hands warm is essential! Wool or Fleece does the job, this is especially important during the colder months of the year
Waterproofs	We are based in the lakes, and there's a constant chance of rain, so waterproof jacket and trousers are crucial to fighting off the elements