



Clothing & Equipment List

Some of the activities can be very wet & muddy. We recommend you bring adequate hard wearing, warm clothing (old or borrowed) rather than new or expensive items.

Specialist outdoor equipment is provided as part of the activity (helmets, harnesses etc). We have a small stock of waterproofs and boots for customers to borrow from the stores but you may prefer to bring your own.

GENERAL CLOTHING ESSENTIALS	RECOMMENDED/OPTIONAL ITEMS
<ul style="list-style-type: none"> • sweatshirts/hoodies/jumpers/microfleeces or similar • casual trousers/jeans (for when you aren't doing activities) • t-shirts & shorts • socks & underwear (plenty of changes) • suitable nightwear • indoor shoes/trainers • something to tie back long hair for activities • swimwear (for underneath clothes for watersports activities) 	<ul style="list-style-type: none"> • sunglasses • insect/midge/insect repellent • midge net if coming to Dounans May-October • sunscreen, after sun & sun hat/cap • torch • inexpensive/disposable camera • bin bag for bringing wet or muddy kit home • small rucksack • small amount of cash for souvenirs
<h3>OUTDOOR CLOTHING ESSENTIALS</h3>	<h3>WHAT NOT TO BRING</h3>
<ul style="list-style-type: none"> • fleece/warm sweatshirts • suitable coat (waterproof and warm) • old trousers/tracksuit bottoms (Not jeans) • long/soft socks • hat, gloves, neck gaiter or scarf • trainers (old pair – they will get muddy and wet) • wellies or walking boots that can get wet (if you have them). Should have good grip, be waterproof and cover the ankle. • waterproofs (if you have them) 	<ul style="list-style-type: none"> • expensive electronic devices • expensive clothing • mobile phones • MP3 Players • hair straighteners/hair spray • large amounts of cash • sweets/extra food • jewellery
<h3>OTHER ESSENTIALS</h3>	<h3>PACKING TIPS</h3>
<ul style="list-style-type: none"> • towels x2 • wash kit, including shampoo, toothbrush toothpaste etc • water bottle (non-breakable) 	<ul style="list-style-type: none"> • make sure your belongings are clearly named • tick off the items on the list as you pack them so there is a record of what you brought • bring this list with you to help repack at the end of the visit



HYNDLAND PRIMARY SCHOOL

PUPIL CODE OF CONDUCT - PRIMARY 7 DOUNANS TRIP 2020

Your health, safety and welfare on this visit are of paramount importance to the School. This code of conduct will help ensure our visit is successful and enjoyable.

YOU MUST

- Not take unnecessary risks e.g. wear seatbelts on the bus
- Stay with group leader during activities and co-operate/show respect/ follow instruction
- Use personal safety skills should you be approached by someone you don't know
- Be responsible for you own belongings - money, (label purse/wallet/camera etc.)
- Behave sensibly at all times
- Must always be on time (getting up, having meals, attending activities)
- Show courtesy at all times to both adults and school children (e.g. no bad language/violence) and respect the centre's property
- Dress appropriately and bring everything you need for activities
- Clean up after yourself and participate in all tasks and activities to the best of your ability
- Respect lights out and let others sleep
- No girls in boys' dorms, no boys in girls' dorms
- Not bring any electronic devices including mobile phones, tablets or any technology (if pupil is found with any such device it will be confiscated and parents will be contacted)
- If pupils are unable to follow the code of conduct parents will be contacted and asked to come and collect their child

NO PUPIL SHOULD EVER BE ON THEIR OWN

PUPIL CODE OF CONDUCT P7 Trip 2020

I have read the Code of Conduct for the School Residential Trip to Dounans and agree to abide by it all times.

Signed _____ (Pupil) _____ Date

Signed _____ (Parent/Guardian) _____ Date