



Dear Parent/Guardian,

I am writing to confirm the details of our Outdoor and Adventurous Activities trip to High Adventure, Yorkshire later this month. High Adventure have very kindly offered to put us up for an extra night, free of charge to allow us to travel to Yorkshire on the Thursday afternoon. This will allow students to get a proper nights' sleep at the venue before we start our activities on Friday morning.

Departure – Thursday 21st September -12:30pm from Bexhill Academy.

Return – Sunday 24th September - We will be leaving Yorkshire at approximately 3:30pm and hope to arrive at the Academy at around 10:30pm.

Whilst at High Adventure students will have the opportunity to take part in either or both of road cycling and rock climbing, depending on each students individual and course needs.

Each student will need to bring the following items with them.

Warm outdoor-clothing such as long sleeve t-shirts, hoodies, tracksuit bottoms and leggings. (Conditions are likely to be muddy, so please don't bring your best clothes to wear outside)

Waterproof jacket/coat

Thick socks

Gloves (particularly important for climbing)

2 pairs of shoes suitable for outdoor wear (sports trainers, walking shoes)

1 pair of trainers suitable for indoor climbing wall

Everyday clothing for 'downtime' and meals

Sleepwear

Towel

Toiletries (shower gel, shampoo, toothpaste, toothbrush, deodorant)

Small amount of cash (advised maximum £20)

Packed lunch for outward journey (we will have a rest stop where students can purchase food)

Black bin liner for dirty washing.

If you require any further information regarding the trip please don't hesitate to get in contact at Christopher.Steward@bexhillacademy.org.

Kind Regards

Mr C Steward (Director of Sport and Well-Being, Bexhill Academy)