

# MCS French Trip

June 2007

## Other details:

- We are going to use a collective passport this year for children, parents will need to fill in a short form.
- European Health Insurance Card (EHIC) formerly the E111 form (from the post office).
- Personal insurance is recommended.  
The school takes out medical insurance for the group, but this will not cover personal possessions or financial reimbursement above medical expenses for injury, a copy of the insurance details are available upon request.
- Pupils would like pocket money (in Euros). We recommend 10€(about £6) per day
- Entrance costs & meals are included.
- Packed snack needed for ferry crossing to France only.

## Money

- Money can be in pounds sterling if you wish. Please do ensure that all money is handed to me before we leave school. I can then better monitor, what it is spent on, and this avoids upsets when cash is lost, or inappropriate items are purchased & disposed of. We recommend 10€(about £6) per day

## Contact Home:

Children will not be allowed to phone home, or bring mobile phones. This helps avoid homesickness. My mobile phone number is: 07970-434199 (if you feel the need to contact me, before or during the trip). I will allow pupils to send a phone photo message from my phone & will get them to send you a few postcards during the week.

## Activities

- The campsite has a very large pool complex, water slides & rapids which the children will use, under the supervision of the campsite lifeguard & one of adults from MCS.
- We intend to make use of our proximity to the coast to swim in the sea if the weather & sea conditions allow.

These activities requires your child to be a competent swimmer (be able to swim at least 25m), if you do not wish your child to take part in water activities please drop a note in the office & inform me.

## Leave these at home:

- Walkman, game boy, mobile phones etc.  
We have nowhere to keep them secure!
- Camping gas, cooker or gas camping light, matches, lighters
- Pen knives, kitchen knives or similar.
- Pots, pans, frying pans, kettles, cooking spatulas.
- Cutlery, crockery & mug (the school will provide these).
- Washing-up liquid, pan scrub.
- Your own tent. (the school will provide these).

# What to take?

This is only a guide & not a definitive list. You may want/need to take more or less.

## Bags:

- Soft material bags are best or rucksack, these store in the tents easily. Plastic bags are too flimsy. Hard Suitcase are difficult to store in the tents.
- Your main bag will be transported on the minibus roof rack to France. The roof rack does have a fitted waterproof cover, but can't be guaranteed to keep your kit dry. You could put your clothing in a bin liner inside your bag, incase the weather is foul on the trip over. Sleeping mats & sleeping bags, can be packed separately & will be transported in the caravan.
- Your bags need to be packed & left in school on the Friday before the trip to allow us time over the weekend to get it all packed.

## Camping:

- **NEW**, tents are being **provided by the school**. 2 tents for the boys & 2 for the girls.
- Ground mat, those rubber roll-up things!
- Sleeping bag  
(it can be cold at night, especially if the sleeping bag is not purpose made for tents, most are only caravan sleeping bags. You can tell, if this is the case, by the season ratings. 2 season is fine for summer camping. If it is not a purpose made sleeping bag, ensure they take warm clothing to sleep in as well).
- Rucksack to carry packed lunch & raincoat etc.

## Misc:

- Washing kit: shampoo/shower gel, toothbrush + paste, hairbrush etc.
- Suntan lotion, suitable for your child's complexion & water sports.
- Medication you regularly take: e.g.: Hay fever. (Please hand these into Mrs. K.Jenner, with a note about dosage etc, before departure).
- Travel pills, not a bad idea, even a relatively calm crossing can upset some pupils.
- Camera, not essential but desirable.  
I think these disposable cameras are great for this sort of trip!  
Mobiles are probably not the best idea, the photos they take are great, but;
  - They wont be able to use them in France (unless you take the international bar off, & then even receiving a call is expensive on a mobile).
  - The school does not want pupils contacting home during the trip.
  - A tent offers no secure place to leave them.
- Inflatable for rapids in pool, you are not allowed them on the slides though.
- Tennis racket & ball for campsite tennis courts, they have 2.
- Goggles, diving mask, snorkel are fun things to take if you have them.

## Marking all items with name:

Please try and name everything please.

Some methods of doing this:

- Iron on or sew on material name tags.
- Indelible pen.
- Scratch/engrave names.
- Zinc oxide plaster tape around them & write on that with permanent marker pen.

## Clothing:

Please ensure every item is named, I can then try & find a home for the contents of my lost property bag.  
(I end up with on every trip!)

I can't ensure they will bring all their belongs home, we do try, but if they leave something on the ferry or at one of the locations we visit, its gone.

We constantly remind them, but we all know children have selective hearing when they want & they have to take responsibility for their belongings & actions.

- Sunshine, yes take that! If all goes well we shall see plenty & then we have the challenge keeping the children adequately protected, especially when they are swimming a lot.

The following will help us:

- Sun hat, Oh! I hope we see lots of sun.
- Shirts, which at least cover their shoulders, full length arms with a collar are even better. Needs to be cool to wear though.
- Rash vest, designed to protect the wearer from UV rays. It's much more effective than us applying sun-tan-lotion while they are swimming. (T-shirts are uncomfortable & offer far less sun protection when wet)
- Wet suit shoes, the rocks & limpets are sharp on the beach.

Sainsburys Pinhoe & Trago sell Rash-Vests.  
As well as any surf shop.  
or on the internet from RLSS  
<http://www.rlssdirect.co.uk/catalogue/browse/pid/288/>

- x5 socks, pants, vests etc
- x3 trousers/jeans/tracksuit bottoms
- Sleeping gear (pyjamas, night-dress etc)
- Shorts (lets hope the sun shines!)
- x4 t-shirts or similar all covering their shoulders.
- x1 jumpers or fleece
- Sweat shirt or thin jumper
- Swimming costume.

It's easier to keep warm with lots of layers,  
rather than a few very thick things!

Boys must NOT have swimming shorts (they won't be allowed in the pool)  
they must be swimming costume/pants.

- x1 towels
- Raincoat (an absolute must)
- Warm hat for the evenings, the hotter the day the colder the nights!
- Spare pair of comfortable shoes/trainers.
- Small rucksack to carry day goods; swimming costume, towel, drink, snakes, etc.