

MCS Surf Camp

June 2010

Times:

Meet 9am on Mon. 28th June at MCS

Return on Fri. 2nd July at about 11:59am in time for Sports Day

Money

- Pupils would like pocket money. We recommend £5-£10 per day
- Entrance costs & Lessons & meals are included.

Contact Home:

We encourage children not 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).

We will try & keep you informed on how the trip is progressing.

Activities

- The campsite is practically on the beach, we will be making full use, we will be swimming, surfing etc. The children will always be supervised on the beach, RLSS have a very active presences on the beach, their surf lessons are conducted by Surf's Up surf School, we have been using them for a long time with our children & have always been thrilled with them.
- We intend to make use of our proximity to the coast to swim in the sea if the weather & sea conditions allow.
- The Sea Kayaking sessions are run by Cornish Rock Tors, again, it's a company we have used in the past.
- Water skiing & Banana boating are run by Camel Ski School, who we have also used before.

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, with a zip along their length, these store in the tents easily. Plastic bags are too flimsy. Hard Suitcase are difficult to store in the tents.
- Bin bag to put dirty clothes in. A little parcel of joy for you on their return!

Camping:

- Tents are being provided by the school.
- 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;
 - The school does not want pupils contacting home during the trip.
 - A tent offers no secure place to leave them.
- Wet suit if you have one, although during the lessons they will provide wet-suits.
- Tennis racket & ball for campsite tennis courts, they have 2.

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.
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.

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

Don't take:

- Mobile phones.