

Information Sheet - Sleep-Over

6th Nov (Yrs 7, 8 and 9) 13th Nov (Yrs 5&6)

The bushcraft club is planning to hold Sleep-Overs for the bushcraft club on the above dates. The girls will be building shelters and sleeping in them, supervised by the bushcraft instructor and staff. There are also some planned evening activities like a night walk etc. It is planned to make the sleep over as 'wild' as possible with minimum contact with the school building, apart from meals and getting ready for school on the Friday morning. The girls will be fully briefed at normal bushcraft sessions that day.

Personal Clothing & Equipment (pack in a small case)

The girls will require warm clothing (including hat & gloves)

Change of clothing to sleep in (needs to be warm - may be another set of outdoor clothes).

Waterproof jacket (and trousers if available)

Torch

Sleeping bag (school has some which may be borrowed - please book early)

Roll Mat (ditto)

Wash/shower kit and towel for the following day

School will provide

Supper & breakfast for those attending

Equipment to build shelters

Evening's activities

Access to school in case of foul weather / emergency

Shower/washing Facilities for Friday Morning

Kit storing facilities (common rooms)

For more information contact the school or Sharon (Bushcraft Instructor) on 07823 554771 or sh.trainingsolutions@hotmail.co.uk