



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

April 2016

Dear Year 11 Pupils and Parents

PGL Ardèche/Mediterranean Adventure Holiday - 2016

Dates: Coach A, C 7 – 15 July 2016

Coach D, E 14 - 22 July 2016

I would like to take the opportunity to inform you that there will be a meeting for pupils and parents during which we will give information on various aspects of the trip. The date for this meeting is **Monday 27th June at 7.00pm, finishing at approx 8.15pm and will be held in Constance Green Hall.** Matters such as travel arrangements, insurance, clothing and equipment, spending money and behaviour will be dealt with. **All party members on all coaches A – E must attend and I would be grateful if parents could also come along.**

There are bars at the centres we shall visit - please note that St. Aidan's pupils will not be allowed to drink alcohol or smoke and I would ask that parents reinforce this point with your son/daughter.

As a reminder, the students will be travelling on their own passports, please ensure that your son/daughter has a valid passport for the visit. If he/she holds a passport other than one issued by the UK Passport Agency it is your responsibility to check if you require a Visa to travel to France. He/she will need to have a European Health Insurance Card (EHIC). Please check the validity of the EHIC card as it only lasts 5 years before it requires renewing. The quickest and easiest way to get an EHIC is to apply online at **www.dh.gov.uk/travellers**.

Yours faithfully

D Holdsworth
Outdoor Education Co-ordinator

Headteacher: Mr J Wood

St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR

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ARDECHE KIT LIST FROM PGL

OVERSEAS ADVENTURE

Please note that all party members including staff will need a **SLEEPING BAG** for use at all centres/campsites. We suggest that these be kept with you on the coach, not with your luggage for added comfort. There is no need to bring lots of new and expensive gear – old clothes are often more suitable than new. One old pair of plimsolls or plastic shoes ("jellies") will be useful for watersports – walking shoes would be sensible.

We advise everyone to mark ALL belongings, especially their bag/suitcase, with their name and the name of the school/group with which they are travelling. In the event of things being left behind we then have a chance of returning them to their owner!

Essential Items

Sleeping Bag
Passport / EHIC Card (Free of charge, order online or pick up leaflet at the post office)
Food/Drink for the journey
Spending Money 80 – 100 Euros maximum

Below is a suggested list of items we recommend as a guide of what to pack on our activity courses in France.

Pillow if required (or pillowcase which can be stuffed with jumpers etc when not in use)
Suitable nightwear
Casual, comfortable clothing for journey and evening wear
Warm jacket/waterproof
Sweatshirts/Fleeces
Track suit
Trousers
Shorts – no hot pants or denim
Shirts/T-Shirts
Socks and underwear
Cagoule or waterproof/windproof top
Shoes: Old Trainers - games/watersports (these may get wet/muddy)/shoes suitable for walking
Swimming Costume / trunks
Toiletries/washbag
Towels: Bath and Beach
Suntan Lotion (min 30 SPF)/Sun Block, protective lip salve and insect repellent/bite cream
Sun Hat / Baseball hat
Torch (advisable)
Camera (optional)
Drinks bottle
Small rucksack/easy to carry shoulder bag, for packed lunch/extra jumper etc if out on full day excursion.

WE CANNOT STRESS STRONGLY ENOUGH HOW IMPORTANT IT IS NOT TO TAKE VALUABLE ITEMS SUCH AS VERY EXPENSIVE CLOTHES, CAMERAS OR JEWELLERY WITH YOU.

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