

Information Sheet – Loch Eil – 1-7 April 2017

Loch Eil Address	The Outward Bound Trust Loch Eil Centre Achdaliu, Nr Fort William Inverness-shire PH33 7NN	
	Tel: 01397 772 866 Fax: 01397 773 905 Website: www.outwardbound.org.uk	
Emergency Contact Numbers (out of school hours only)	Mr D Holdsworth Mr J Wood	07793 815 824 07791 462 250
School Office Hours	08:00-17:00	01423 885 814

Saturday 1 April 2017

06:50	Pupils arrive at St Aidan's School
07:00	Pupils depart St Aidan's for Loch Eil

PACKED LUNCH AND DRINK REQUIRED

Friday 7 April 2017

07:00	Students depart Loch Eil to return to St Aidan's at approximately 15:30 / 16:00
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Additional information

- Would each pupil please bring £10.00 to cover the deposits for refundable kit loss (this is only kept by Loch Eil if the pupils lose equipment).
- When the pupils go on the expedition, they will be supplied with a rucksack to carry their camping equipment and spare clothing. Attached is a copy of the kit list for your information (overleaf).
- It might be useful if pupils carry a small bag on the coach with their packed lunch / snacks / drinks for the journey etc. Their main bag / case will be in the luggage compartment of the coach until they arrive at Loch Eil.

KIT LIST – LOCH EIL

CLOTHING CHECK LIST

CASUAL T-SHIRTS

SWEATSHIRTS

THERMAL TOPS

JUMPERS

FLEECE TOPS

THICK AND THIN WALKING SOCKS

SYNTHETIC TROUSERS FOR WALKING (NOT JEANS)

JEANS (FROM AROUND THE CENTRE ONLY)

2 PAIRS OF TRAINERS

UNDERWEAR

PYJAMAS

SHORTS

HATS AND GLOVES

TOWEL AND SWIMWEAR

ALL COURSES AT LOCH EIL INVOLVE GETTING WET AT SOME POINT SO PLEASE MAKE SURE YOU HAVE PLENTY OF SPARE DRY CLOTHES TO CHANGE INTO.

USEFUL ITEMS (Depending on time of year)

NOTEPAD AND PEN

SUN GLASSES

SUN CREAM

BLISTER KIT

CAMERA

INSECT REPELLENT

BOOKS AND MAGAZINES

ALL SPECIALIST ACTIVITY AND SAFETY EQUIPMENT WILL BE PROVIDED. HOWEVER YOU ARE WELCOME TO BRING YOUR OWN KIT AND USE IT, PROVIDING IT MEETS OUR SAFETY STANDARDS. YOU WILL NEED TO BRING PERSONAL CLOTHING AND FOOTWEAR.

MONEY

You will only need to bring a small amount of money. All centres have a shop which sells confectionery, souvenirs and some items of clothing. We advise approx. £15 per week plus the £10 refundable deposit for equipment.