

Final Information for Loch Eil

Saturday 24 March – Friday 30 March 2018

Loch Eil Address	The Outward Bound Trust Loch Eil Centre Achdaliu, Nr Fort William Inverness-shire PH33 7NN	
	Tel: 01397 772 866 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 24 March 2018

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

Please bring a substantial packed lunch and plenty of drinks. Please do not pack any food items containing nuts of any kind or anything marked "made in a factory handling nuts" or "may contain nut traces

Friday 30 March 2018

07:00	Students depart Loch Eil to return to St Aidan's at approximately 16:00/16:30 (packed lunch provided)
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Additional information

- Please remember to bring **£10.00 to cover the deposit for refundable kit loss** (this is refunded at the end of the trip if all the equipment is returned by each student)
- Spending money (approximately £15.00 in addition to above) for tuck shop/services
- Pupils should bring a small bag onto the coach which contains their lunch and anything else that is required for the journey. Please ensure that any medication needed, such as inhalers, is in the hand baggage and is not stored in their kit bag, which will be placed in the coaches' lockers.
- Pupils will be supplied with a rucksack when going on an expedition to carry their camping equipment and spare clothing. Attached is a copy of the kit list for your information (overleaf).

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 (no jeans)
- Jeans (for 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 and 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 the Centre's 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 **approximately £15.00 per week plus the £10.00 refundable deposit for equipment.**