

# DEAN FIELD STUDIES CENTRE RESIDENTIAL VISIT INFORMATION FOR PUPILS & PARENTS

We hope you are looking forward to your visit to the Dean Field Studies Centre.

Your school staff will be able to tell you about the activity programme that has been agreed for your stay. Whatever your programme is, we can tell you that it will be fun, busy and challenging. All our instructors and staff really enjoy working with young people and will work hard to make your visit as enjoyable as possible. Don't worry - no one is forced to do any activities, but we will gently encourage and support you to challenge yourself.

To prepare for the trip you need to **fill out, sign and return the DFC 1: Confidential Medical Information & Consent Form to school** so that they can send it to us. This information is shared with DFSC staff to ensure your child's safety whilst at the centre, and is destroyed afterwards (please see our Privacy Notice for more details).

## Health

Please use the DFC1 form to tell us about any health issues (eg: medical condition, disability, recent accident etc) that may affect your child's ability to participate safely.

## Personal Clothing & Equipment – KIT LIST

The clothing you will need will depend on the time of year and type of activities you will be doing. All specialist equipment will be provided by the Centre. A waterproof jacket, waterproof trousers and wellingtons will be needed. If you already have your own, especially wellie boots, please bring them. However the Centre can provide these, *so don't go and buy them specially!*

The following list is a guide and is considered a minimum for a 5 day course at most times of year. Please note that jeans and other 100% cotton trousers are unsuitable for outdoor activities. All bedding is provided, but you will need your own towel. Make sure children know what has been packed to help them when it is time to pack to come home. A plastic bag for wet clothes is helpful. ***Please, Please, Please label belongings wherever possible so that lost property can be identified!***

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| <ul style="list-style-type: none"><li>• 3 x Tracksuit bottoms / manmade fibre trousers (NOT jeans)</li><li>• 3 x Fleece top / Jumper / Sweat top / Hoodie (all minimum 50% manmade fibre)</li><li>• 3 x Long &amp; short sleeve t-shirts (lots of thin layers are best)</li><li>• Thick walking socks</li><li>• Old trainers / wet shoes for canoeing</li><li>• Outdoor shoes / boots / trainers</li><li>• Hat &amp; Gloves (Autumn/winter)</li><li>• Sun cream, sun hat (Spring/summer)</li><li>• Toiletries and large towel</li><li>• Large plastic bag to take damp clothes home!</li><li>• Prescribed medication – <b>must be clearly labelled and handed to school staff</b></li></ul> | <ul style="list-style-type: none"><li>• Hair bands for long hair</li><li>• Underwear</li><li>• Night clothes</li><li>• Indoor shoes/slippers</li><li>• Dressing gown</li><li>• Torch</li><li>• Refillable drink container: 500ml +</li></ul> |
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**KIT LIST**

## Jewellery

We recommend that jewellery is left at home. For safety reasons students must not wear any jewellery for activities - studs that cannot be removed should be covered/taped.

## Valuables

As it is easy to mislay items on a large site, we recommend that students **do not bring valuables** such as handheld devices etc. Most schools have a "no electronic gadgets" policy – please check with your school. Students do not have access to wifi at the centre.