

Dear Parents,

You will be aware that the Spanish department trip to Gredos is coming up from Friday 23rd March until Tuesday 27th March. I write to give you some final details about the trip:

Timings

We will leave straight after final assembly on Friday 23rd and fly on BA0462 from Heathrow to Madrid. We return on BA0465 to London Heathrow and will be collected by a coach that, traffic permitting, will return to Eltham at **23:30 on Tuesday 27th**. I'm sorry this is late but you will appreciate that this enables us to make the most of our time in Spain. Please could you arrange collection for your child at 23:30 subject to us being on time?

Kit List

I have copied below the kit list that the centre have sent us:

The Gredos Centre is located in a sub-alpine environment; the children may do some activities in exposed situations at over 2.000 metres elevation. The children's clothing should provide utility, comfort and protection against possible bad weather. This list is general for all schools, please see the kind of activities you are doing in the programme (for example high mountain walk, etc) to know which things are necessary or not. We suggest you ask students/children to bring the following:

☑ *Clothing list: - Short and long-sleeved T-shirts (One T-shirt to paint in case your programme includes that workshop) - 2 Pair of long trousers (trekking trousers or gym ones try to avoid jeans) - 1 track suit - Puffer jacket/anorak/sweater - 1 water proof, rain coat - 1 warm jumper/jacket/fleece - Sun hat/baseball cap - Underwear, cotton socks, etc. - Pyjamas - Gloves, woolly hat, scarf.*

☑ *Footwear: - 1 pair of slippers or soft shoes for wearing in the centre. - Outdoor activities: (it's very important that your child brings these items as they may be at risk of being excluded from the programmed activity for their own safety).*

a) For activities in and around the centre, good sport shoes/trail runners.

b) For walks into the mountains, we strongly recommend lightweight walking/hiking boots or waterproof/breathable leather boots. It is very important that the boots be well "broken-in" before coming on the tour.

☑ *Kit list: - Shower towel - 1 pair of flip-flops - Wash kit *the following items are very important to bring because you are in the high mountains and outdoors most of the time: - Sun-screen - Lip protector - Small ruck-sack/backpack - One torch (flashlight) - Thermal water bottle (very important!!)*

DO NOT bring any food, chocolate, chips, etc. except those of you who have specific dietary needs. Please DO NOT include any item, which you consider to be of value. (Expensive watches, cameras or jewellery).

We understand that in today's world of mobile phones it is easy to communicate with your children when they are away on school trips. However so that they fully benefit from the outdoor experience and the learning environment we request that you refrain from contacting your child during the day for the duration of their stay. However if you feel the need please do so between the hours of 20:00 and 22:00 UK time.

The contact telephone for parents is: + 34 920 34 82 80 (option 3, students room) or the school mobile: 07534 321918.

Programme

I attach the programme from the Gredos Centre.

Please contact me directly with any questions at jhh@eltham-college.org.uk

Yours sincerely,

Jim Houghton