

# Enrichment Week 2020

## Adrenalin Rush



Name:

Adrenalin Rush

### Kit List

Students will not be expected wear College Uniform during this week. Students should feel comfortable for all their adventures during Adrenalin Rush Week.

The students should have the following items:

#### Monday – Tuesday (Stay 1 night)

- Small day bag
- Trainers – (they will need comfortable walking shoes/trainers)
- Light weight waterproof jacket
- Nightwear
- Toilet bag – toothbrush, toothpaste, shampoo, soap, hair brush, pack of tissues
- Jumper/sweatshirt
- Underwear and socks
- Swimming kit and towel
- Plastic bag for wet kit
- High factor sun cream/sun block
- Hat
- Watch
- Camera/phone
- Secure wallet/purse
- Money: students will need money for meals
- Packed breakfast/lunch for Monday and snacks for Tuesday
- Drinks bottle
- Change of clothes for the evening meal
- Change of clothes for Tuesday

#### Wednesday (Day activity)

- Practical clothing to be worn
- Swimming attire
- Day Bag
- Plastic bag for wet clothing
- Change of clothes
- Hoodie/jumper
- Water proof jacket/lightweight jacket
- Towel
- Shower items/washing bag
- Packed lunch and drinks
- Snacks

#### Thursday – Friday (Stay 1 night)

- Small day bag
- Trainers – (they will need comfortable walking shoes/trainers)
- Light weight waterproof jacket
- Nightwear
- Toilet bag – toothbrush, toothpaste, shampoo, soap, hair brush, pack of tissues
- Jumper/sweatshirt

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- Underwear and socks
- High factor sun cream/sun block
- Hat
- Watch
- Camera/phone
- Secure wallet/purse
- Money: students will need money for meals
- Packed breakfast/lunch for Thursday and snacks for Friday
- Drinks bottle
- Change of clothes for the evening meal
- Change of clothes for Friday

Students are responsible for all items taken.

#### Additional Money

The following additional money will be required for the below activities and meals:

- Monday night meal
- Tuesday lunch and meal (on way home)
- Wednesday locker money for Splashdown
- Thursday night meal
- Friday lunch and meal (on way home)
- Additional spending money for shops etc

