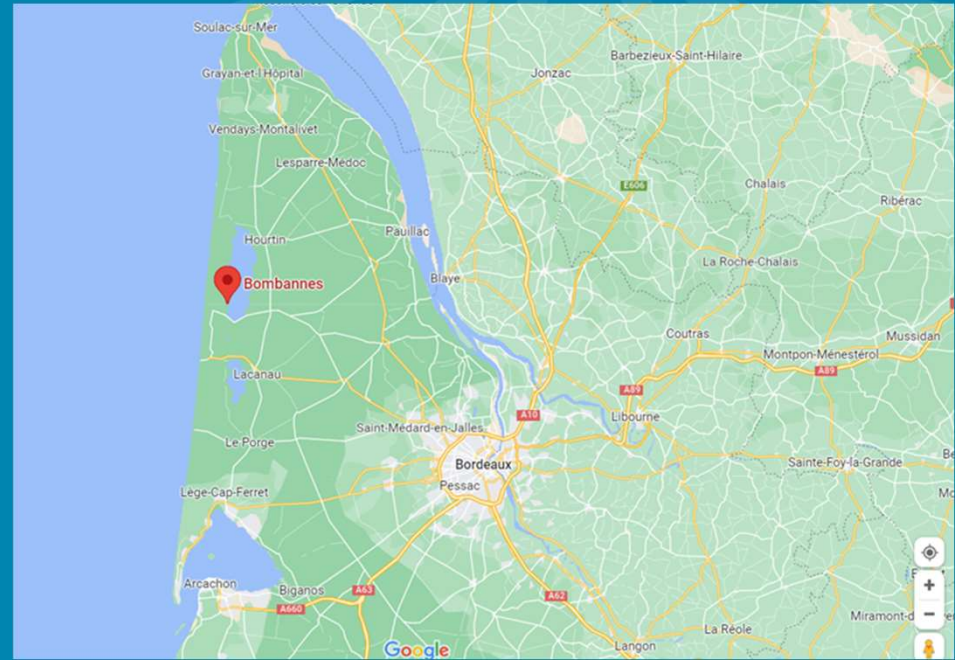
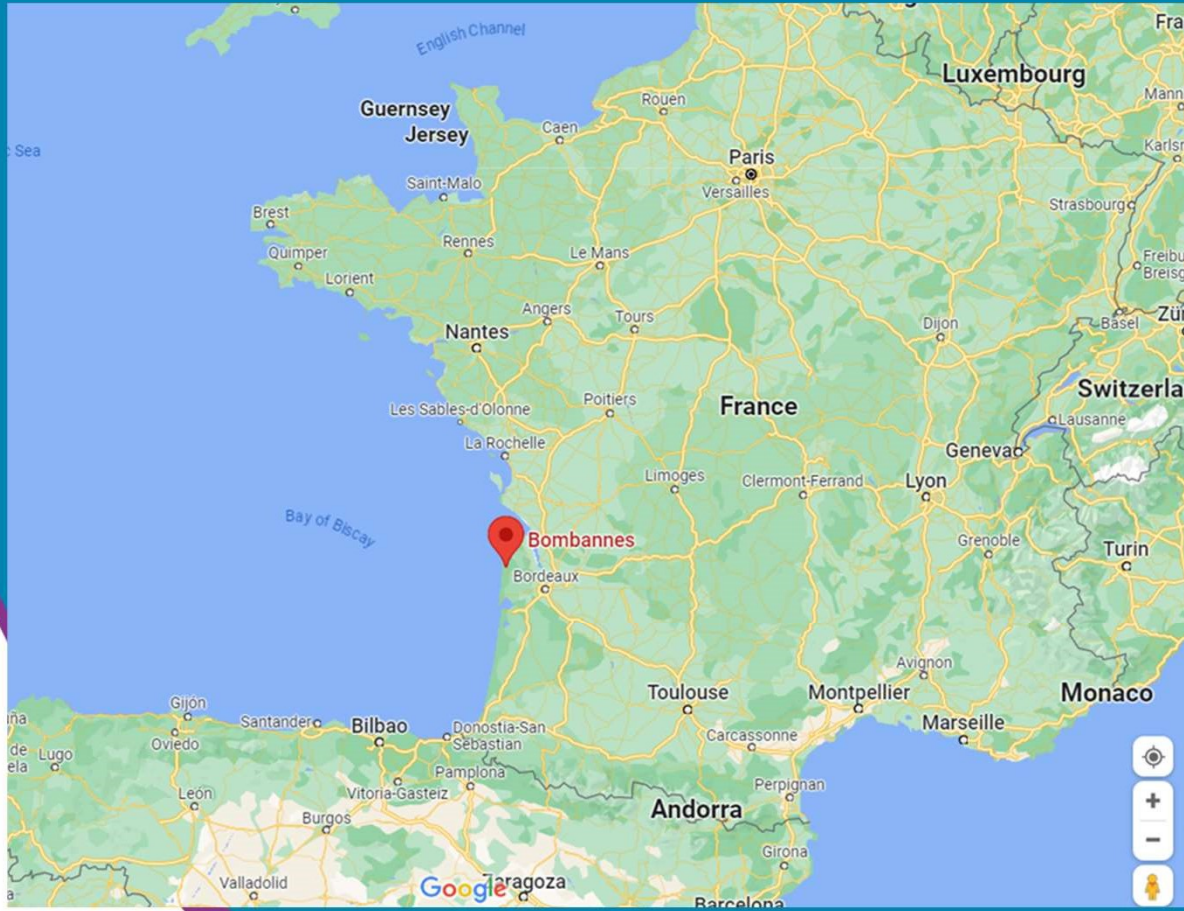


# Bombannes 11<sup>th</sup> – 17<sup>th</sup> June









# The Coach (and Ferry) journey

We depart school on the Sunday evening and arrive Monday morning at approx. 8am.

We suggest the students bring food and drink for the coach journey but note that since Brexit we aren't allowed to take dairy or meat products into the EU so no cheese or ham sandwiches etc

# Arrival and departure

**ETA: 08:00am – Monday morning**

**Check-in time: 08:00am**

**Departures**

**Check out time: 14:00pm – Friday afternoon**

**ETD: 20:00pm – Friday evening**

**Check out of the tents at 2pm on Friday.**

**The last activity will finish at 18:00pm, allowing everybody 1-hour to change and shower before your last dinner**

## TYPICAL ACTIVITY DAY

08:00-09:00	10:00-12:00	12:15-13:30	14:00-15:30	16:15-18:15	19:30-20:30	20:45-21:45
Breakfast	UCPA activity	Lunch	Rockley activity	UCPA activity	Dinner	Rockley evening entertainment

## Amenities

There are various free access activities. Please note that these operate on a first come, first-served basis. (\* please ask a member of Rockley staff for the applicable bats & balls)

- 3 basketball courts\*
- Pétanque courts\*
- Picnic area
- 2 beach volleyball courts\*
- Ping-pong tables\*
- Swimming

## MEALS

Located near the tent village, meals are served in the large collective marquee with a shaded terrace available.

There is a buffet offering of:

- Starters
- Hot dishes (choice of 1 meat or 1 fish + 1 vegetable offering & 1 carbohydrate offering)
- Desserts (choice of fruit, dairy products, ice cream, etc.)



## WATERSPORTS SESSIONS CAN INCLUDE:

- Dinghy sailing
- Catamaran sailing
- Windsurfing
- Stand-up Paddle boarding
- Kayaking
- Mega SUP
- Canoeing





# KIT LIST

## ESSENTIALS

- Waterproof sunblock SPF50
- Reusable drinks bottle
- Sleeping bag
- Pillow & pillowcase
- Wash kit - soap, shampoo, toothbrush & toothpaste, roll on deodorant (**no** aerosols)
- Towels - 1 x washing & 1 x beachtowel
- Bin liner/plastic bag for wet/dirty clothing & shoes
- Insect repellent
- Sunglasses (with strap)
- Small torch & batteries
- Small backpack



## CLOTHING

- Jumpers & sweatshirts
- Tops - longsleeved & t-shirts (6/7)
- Tracksuit trousers & Jogging bottoms
- Shorts (3/4 pairs)
- Jeans / long trousers (1 pair)
- Pyjamas / nightwear / bed socks!
- Underwear
- Light weight rainproof jacket (for the occasional shower & evenings)
- Sun hat



## FOOTWEAR

- Trainers - 1 pair for land activities  
- 1 pair for water activities (if you don't have wetsuit shoes)  
- 1 dry pair for the evening



DON'T FORGET TO LABEL ALL YOUR ITEMS!

## KIT LIST

### WET STUFF

- Swimming costume / board shorts
- Rash vest - advisable
- Shortie wetsuit - optional depending on the weather
- Wetsuit shoes **OR** an old pair of trainers

RASH VESTS DRY  
QUICKER THAN  
OTHER MATERIALS  
& ARE INEXPENSIVE



### OTHER

- Passport
- Global Health Insurance Card (GHIC card)
- Approximately **50** euros advised for extras (ice-cream / souvenirs)
- Label **ALL** medication

## MOBILE PHONES AND OTHER GADGETS

-Mobile phones are permitted but must be handed in at the start of the activities and returned later that afternoon/evening. We will update you on this.

Any questions, please email Mr Wren  
[dwren@carringtonschool.org](mailto:dwren@carringtonschool.org)