

Calvert Trust 2026



Staff:

Mr Morris

Mrs Warburton

Other activity staff from
the Calvert Trust Centre.

2026 Calvert Trust

Monday 11th May

Come to school by 9:30am

If you are bringing your child to school that day - we are asking for all parents to be co-operative and say last goodbyes when asked to do so and leave their children onto the bus straight away so we can begin our adventure.

Please contact Norah over the weekend if there are any problems and concerns so they can be dealt with before we leave.



2026 Calvert Trust Monday 11th May

Wear:

- Comfortable clothes
- Loose Comfortable Pants
- Waterproof Coat - with a hood.
- Shoes with a good tread.



Where are we going?

- The Lake District Calvert Trust welcomes those with disabilities, alongside their friends, families and carers to our specialist outdoor activity centre in the heart of the Lake District. We offer residential activity breaks at Calvert Lakes, a variety of horse-riding sessions at Calvert Stables, and a modern hydrotherapy swimming pool which is available for public use.
- Overlooking Bassenthwaite Lake, our fully accessible centre caters to a wide range of needs, with adaptable equipment and inclusive activities designed to be safe and supportive for everyone.



Where are we going?



Activities



- Kayaking, Mountain Adventure, Gorge Walk, Orienteering, Ropes Course and Zip Wire, Problem Solving, Archery, Climbing.
- All physical activities organised and run by fully qualified instructors, supported by school staff.
- Centre, equipment and instructors vetted by AALA (Adventure Activities Licensing Association) and AMI (Association of Mountaineering Instructors).

Safety

- *Risk assessment completed by school.*
- *Qualified first-aider on site*
- *Staff member - fully qualified First Aider and Medication trained.*
- *Fire drill carried out on first day*

Medication

- Copies of medical forms taken with us to Calvert copies also held in school by Mr Swanston.
- All medication to be clearly marked and handed to the dedicated First Aider from school on the day we are due to leave. We will also ask you to fill in an 'administration of medicines' form.
- Centre staff will be fully informed about our groups medical requirements.

Medication

- Asthmatic children will be expected to be responsible for their own inhalers and keep them in their pocket at all times.
- Please make sure they are clearly labelled.
- Staff will also carry spares in case.

Rucksacks - On the coach

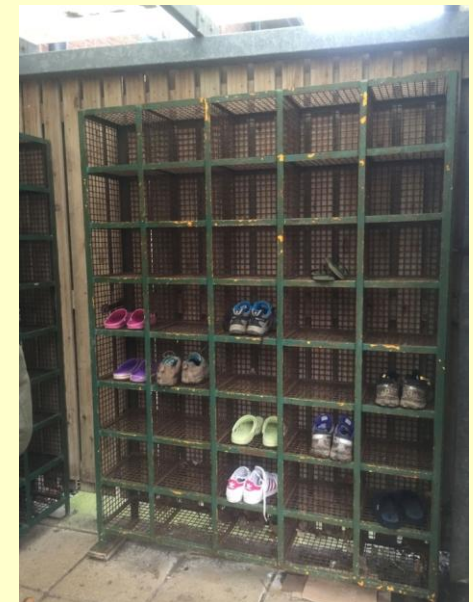
- For on the coach
- Comic, magazine or book
- Bottle of water not fizzy. Clearly labelled (not a throw away bottle).

Clothing List

- **Jumpers** – 2 or 3
- **Trousers** – giving freedom of movement e.g. tracksuit bottoms (preferably not jeans as they become uncomfortable and very cold when wet and can restrict movement)
- **Thick socks** – several pairs, and thin socks. Wool is warmest and most comfortable
- **Trainers** - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the centre.
- **Hat and gloves or mittens**
- **Swimming costume**
- **Toiletries** – including soap
- **Towels** – 2 recommended (1 for swimming)

The following items are also suggested

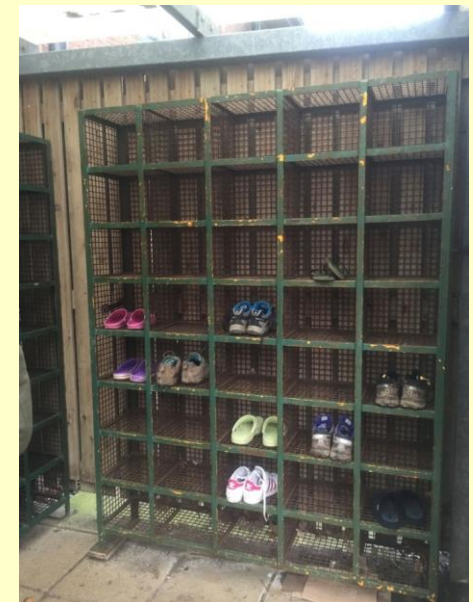
- **Changes of underclothes and T-shirts**
- **Casual wear for the evening**
- **Sun cream and sun hat**



Clothing List

- 3 pairs of shoes – it is important that your child has shoes that can get wet and muddy, and a clean pair for dormitories and traveling. Children are allowed to bring one pair of wellies/walking boots if they prefer.
- Bath towel and a toiletries bag containing: toothbrush, toothpaste, soap, hairbrush etc.
- Night clothes, Socks and underwear
- 4 T-shirts and jumpers/ hoodies/ fleeces (warm layers)
- 3 spare pairs of trousers and/or tracksuit bottoms
- 1 pair of shorts (more if the weather is sunny)
- Waterproof jacket WITH A HOOD!
- Large plastic bag for dirty clothes
- Water Bottle
- Hat and gloves- no scarves needed.
- Swimming costume

**PLEASE PUT YOUR CHILD'S NAME IN ALL CLOTHES –
YOUR CHILD MUST BE ABLE TO CARRY THEIR OWN BAG!**



Clothing List

- The centre can also provide the following if required:
- Waterproof jacket and overtrousers
- Day rucsac
- Fleece jumper
- Hat
- Walking boots
- Specialist equipment for activities will be provided

What not to take

- What not to Take: Jeans are not suitable for activities, as they are cold and restrictive when wet and difficult to dry.
- Please do not bring any aerosol sprays.
- Please do not pack too many sweets, the meals and snacks provided at the centre are sufficient to keep everyone going.

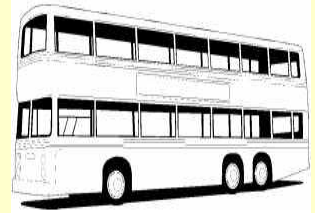
Accommodation

- Children sleep in dorms of 2,4,8.
- Dorms allocated on arrival.
- Girls and boys in separate rooms with own toilet/ shower facilities.
- Children will be shown where staff rooms are in case of emergencies during the night.
- Separate dining room and meeting room.
- Wet room and drying room for kit.
- Video/DVD available for wet evenings - children can bring suitable copies (PG or U rating)

Food

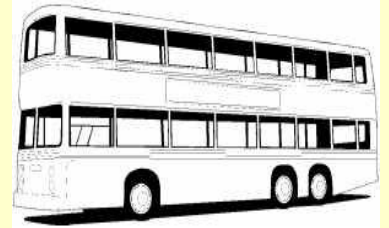
- All food is prepared on site.
- Food is of an excellent standard.
- Hot and cold options for breakfast and dinner.
- Packed lunch provided (children need their own drinks bottle).

Monday 11th May



- Meet in the school hall no later than 9.30am
- Hand all medication (apart from inhalers) to the dedicated first aid member of staff.
- All travel sick children must have had tablets before departure.
- Travel time is approximately 3hrs (inc. stopovers).

Monday 11th May



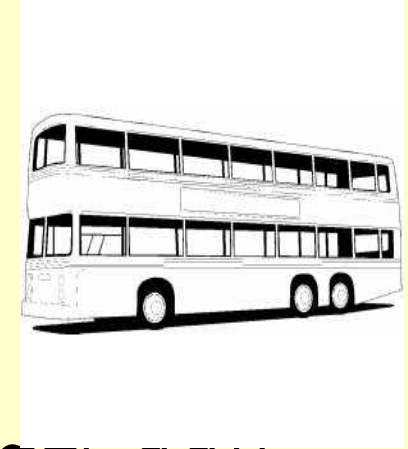
- Medication:

To be handed on arrival.

Please make sure it is clearly marked with child's name along with 'administration of medicines form'.

. Any other problems then please speak to Mr Morris.

Friday 15th May



- We return for the end of the school day as normal. 1pm
- Please provide travel sickness tablets for the return journey.

Other Information

- Children will be given their phones/tablets/ devices during the evening so they can enjoy their activities and phones don't get broken. Daily updates on Instagram.
- Medication to be handed in prior to departure.
- Pack luggage sensibly (children must move their own luggage & take it upstairs!).
- Children can bring a disposable camera.

Any questions?

