



Year 10 Outward Bound  
Leadership Skills Course  
Parental Information Booklet  
Loch Eil, Fort William, Scotland



**THE  
OUTWARD  
BOUND TRUST**



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Thank you for supporting the schools commitment to outdoor education. Our students will be gaining important skills by taking part in this residential. In this booklet you will find important information about the forthcoming trip.

Our students will be staying at The Outward Bound Trust  
Loch Eil Centre, Achdaliu, nr Fort William PH33 7NN



Set in extensive grounds on the shores of Loch Eil, this is our most remote outdoor education centre and a former shooting lodge once owned by the Chief of the Clan Cameron. Close to Fort William

Should you need to contact a student whilst they is away please call the school on 0161 912 2949

If there is an emergency, the centre contact number is **01397 772866**  
PLEASE ONLY USE THIS NUMBER IN AN EMERGENCY

### **Food + Water + Sleep = High energy levels.**

Students will be participating in activities that are not part of their usual routine, we expect all students to eat some breakfast to be able to complete the activities to the best of their ability. Students who don't eat breakfast might be excluded from activities for health and safety reasons.



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## **Timings**

### **Departure**

Please arrive at school for 6am on the day of departure.

Students should bring their bags to the community reception at the front of school, they will register in the hall.

We plan to depart no later than 6.30am

### **Arrival Home**

We will be leaving Loch Eil at 12 noon and hope to arrive back at FGS by 7pm, traffic permitting.

If there are any issues with traffic, a text will be sent home informing you of arrival times.

If you would like to follow the students progress on Outward Bound follow us on FGS school website and twitter @FGSCareers.

## **Things to remember on the day of departure**

- \* Please ensure students bring a packed lunch and drink for their lunch.
- \* Students must wear their PE kits to travel in.
- \* If a student has any **medication** please provide a signed note stating what they are taking, dosage and whether you would like a member of staff to look after the medication or if you are happy for the student to be responsible.
- \* There will be no electronic devices allowed on the trip.
- \* If a student requires travel sickness medication, please make sure that they takes it and the correct time before travel.



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## **Kit List**

Essential:

- \* T-shirts (long and short sleeve)
- \* Sweatshirts/hoodie/jumper/jogging bottoms
- \* Socks (including plenty of spare)
- \* Trousers (not jeans) – you may wear leggings however please make sure that they are not see through
- \* Two pairs of trainers (one which will get wet)
- \* Underwear
- \* Pyjamas
- \* Hat and gloves
- \* Towel x2
- \* Swimming costume/leggings/t-shirt/trainers that will get wet
- \* Toiletries and any medication
- \* A cheap watch

Outward Bound will provide students specialist kit when needed e.g. walking boots, waterproof coats and trousers. Students will be doing activities in which they may get wet so please make sure they have enough items to change into.

## **Banned Items of clothing**

Hotpants, see through leggings, cropped tops, low cut tops – if staff deem any clothes inappropriate students will be asked to change.

## **Money/personal belongings**

Students do not require any money, however we do suggest some spending money for service stations and the tuck shop in the centre which sells souvenirs and treats. We suggest no more than £25.



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## **Outward Bound Learning Outcomes**

- \* Increased awareness of own skills and abilities
- \* Improved confidence and self-belief in own abilities
- \* Improved ability to listen and communicate effectively with others
- \* Increased awareness and concern for the natural environment
- \* Increased resilience and determination
- \* Improved understanding of leadership

## **Expected Behaviour**

Expectations will be discussed with students at school. However we would also like you to reiterate this at home.

- \* Mobile phones and electronic devices are not allowed on Outward Bound.
- \* FGS and Outward Bound cannot be responsible for any damaged or missing valuables.
- \* Be polite to FGS staff, OB staff, peers and students from other schools
- \* Keep your rooms tidy
- \* Look after Outward Bound equipment (any purposeful damages will be charged)
- \* School rules apply
- \* Lights out means sleep – you have busy days and you need rest (as do your teachers!)
- \* Stay safe – do not run around during any free time
- \* If you are worried about anything come and speak to us
- \* At meal times you are expected to wipe your tables so that it is clean for the next group.
- \* Do not touch other peoples belongings Any inappropriate or disruptive will be dealt with firstly by FGS staff and then Outward Bound staff. Sanctions are put in place to combat unacceptable and/or disruptive behaviour. This means the students may be excluded from the activity or even parents asked to collect a student from the centre.

## **Sweets and Food**

You may bring one pack of sweets for the journey to share with your friends. FGS is a healthy eating school and Outward Bound encourages this. There is plenty of food provided at the centre. You will not need sweets.

If we feel that any student has an unhealthy amount of snack food with them, we will confiscate it until we arrive back at school.