

Action and Adventure Programmes

Information for Parents and Guardians



What you can expect from us

Mere Mountains provide high quality, safe and fun sessions for groups visiting the Lake District. We are an experienced family-run outdoor activity provider based locally in the South Lakes. All of our instructors are suitably qualified and experienced to run the sessions they lead and hold up to date first aid certificates. Mere Mountains are inspected by the Adventurous Activities Licensing Authority and hold an up to date AALA Licence as well as an “Adventure Mark” and “Learning Outside the Classroom” Quality Badge, we are also a group member of the Institute for Outdoor Learning.

What you need to do before the residential

Please read this document, the consent form and the kit list; complete and return the consent and medical form with all relevant information. Please fill in accurately and do not be afraid to include any information you think would be useful; we do not exclude people because of disabilities or other issues which may affect the session but the more prepared we are the better for everyone.

Below is a list of kit suitable and unsuitable for activities. Please read and make sure your young person has the right sort of clothes to bring. There is no specialist clothing or expensive items but it is important everyone turns up wearing the right things for the session so they are safe and comfortable.

Most of the things on the list you may well have in one form or another so don't go rushing out to buy things. Old clothes are best so you don't mind getting them wet, dirty or scuffed! If you do not have something and it cannot be borrowed please don't spend a fortune unless you seriously intend to get some good wear out of the item afterwards. Most things can be easily obtained from a supermarket clothes outlet, cheaper sports store (Sports Direct, Intersport, Decathlon etc.) or local charity shop.

When packing remember that your child will be outside most of the time, it may rain (a lot!) or they may be doing activities where they are likely to get wet. Even in the summer months the water can be cold and the breeze chilly. The key is to pack thin layers, clothes that will be warm and comfortable even when they are wet and will dry quickly; fleece, polyester and synthetic clothes dry much more quickly than heavy cotton ones.

Clothing...

<p><u>Waterproof jacket and trousers...</u> Thin layers are great. Make sure they are waterproof; the water runs off and doesn't soak in.</p> 	<p>Thick layers are bad; they dry slowly and are heavy when wet.</p> 
<p><u>Jumpers...</u> Thin layers are good, fleeces are the best. They don't hold water and they keep you warm.</p> 	<p>Anything, thick heavy or cotton is generally bad. Although warm when dry, when wet they hold the water and take ages to dry.</p> 
<p><u>Tops...</u> T-Shirts are fine. Sports tops like football shirts are great. Thin base layers keep you warm.</p> 	
<p><u>Trousers...</u> Thin walking trousers or tracksuit bottoms are good. Things that are made out of nylon and will dry quick are also great. Leggings keep you warm. Shorts are OK for some sessions but we will sometimes need you to wear trousers to protect your legs.</p> 	<p>Jeans and heavy cotton trousers are awful; soak up water, get heavy and fall down, chafe and are very slow to dry.</p>

Shoes...

<p>A pair of sports trainers or walking boots is perfect. It is best to have one pair for “dry” activities and one for “wet” activities. Trainers are better than boots for wet activities as they dry quicker.</p> 	<p>Avoid any “fashion” shoes, shoes with thin soles and/or no grip. Also things that won’t stay on your feet or protect them.</p> 
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Other bits...

<p>A good rucksack with 2 padded straps for carrying things about in the day.</p>  <p>Things to protect from the sun or cold. If glasses or sunglasses are required you should have a strap to keep them from getting lost if they fall off during sessions.</p>  <p>Any medication is essential.</p> 	<p>Avoid bags with one strap, thin straps that will dig in the shoulders when full of wet kit and bags you have to carry in your hands</p> 
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Getting dry...

A bin bag or plastic bag *to go in your rucksack* with wet kit in (remember there may be a “wet” session in the morning and a “dry” one in the afternoon so the wet clothes might have to stay in the bag for a few hours).

A towel.



Don't forget...

<p>Enough underwear, socks and pyjamas (for sleeping only; for all sessions including indoor evening sessions we will expect you to wear proper clothes not pyjamas or onesies!). You might also want a swimming costume to wear under your clothes for wet sessions.</p> 	<p>Avoid socks that are too fluffy or too small, they tend to rub and cause blisters.</p> 
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