

Midlothian Outdoor Learning Team

Activity Information Sheet

Land-Based Activities (Low level walk, orienteering, rock climbing, cycling, hill walk, beach walk etc.)

MEET You will be collected from your class on the morning of the activity.

BRING

- A **complete** change of clothes
- Wear loose warm clothes (no jeans)
- A packed lunch and a drink (in a plastic bottle)
- Towel
- Poly bags for carrying home wet clothes
- Sun screen and sun hat – if sunny!
- A completed (both sides!) **PC form**

EQUIPMENT You will be supplied with all the equipment you need for the activity from our well-stocked Equipment Store.

REMEMBER If you require medicine like an asthma inhaler, you **must** have it with you on the day of the activity otherwise **you will not be allowed to attend.**

SHOW Your parents/carers this sheet when you go home

The benefits of outdoor activities far outweigh possible risks. All activities involve an element of risk and pupils are encouraged to learn how to manage risks effectively during their time out of school. Managing risk is a life skill and skills acquired by children and young people, while learning outdoors, can be used as they progress through life.