



January 2026

Dear Parent/Carer

GCSE PE rock climbing residential

Thank you to those that have paid the most recent payment of £85 for this trip. A reminder that the deadline for the final balance is the 16 January as per the table below. Please be aware that after this date the trip is 100% non-refundable (as per conditions of High Adventure Climbing Centre).

Date	Payment	Amount non-refundable
07/11/25	£50 deposit	£50
17/12/25	£85	£135
16/1/26	£85	£220

A few reminders regarding the trip are below:

Please login to ParentPay to give consent for your child to participate in this trip and any medical/dietary information we need to be aware of. Please complete this by **Friday 16 January**. Thank you to those of you who have already done this.

On the day of the trip, we will be departing from HGSA at 6.00am. Students will need to be in sports clothing (preferably their GCSE PE hoodie/t-shirt if they have one), as they will be arriving and beginning their activities promptly. Students will receive a meal in the evening after they have finished climbing activities. They will, therefore, need to have breakfast prior to departure or bring snacks for the journey/morning session, as well as a packed lunch for lunchtime. If your child is in receipt of free school meals and would like one on the day, please email waterfall@heanorgatespencer.org.uk **Students will need to be at school and ready to board the bus at 5.45am for a 6.00am departure time.**

Below is the packing list provided by High Adventure Outdoor Education Centre so that students can prepare:-

- Breakfast/snacks for the first morning and a packed lunch for the first day
- Sweatshirts/hoodies/t-shirts/trousers - tracksuit bottoms or similar **(NO JEANS)**
- Socks & underwear
- Warm jacket
- 2 x large towels
- Indoor footwear – trainers
- Comfortable indoor clothes
- Sleeping bag/pillow (optional as bedding will be provided)
- Waterproofs
- Wash bag – shampoo, soap, toothpaste & brush
- Pyjamas/similar



- Reusable drinks bottle (may wish to bring a hot drink container as these will be available free of charge)
- Medication (clearly labelled)
- Small rucksack/day bag
- Gloves & hat – for the cold weather
- Bin bags/carrier bags for wet clothes
- Waterproofs can be provided by High Adventure, no need to buy any
- High Adventure will provide rock climbing boots/harness/helmet but students are welcome to bring their own

Additional Notes

Depending on their programme, students could get wet each day if the weather is poor. If weather permits, students will be doing some of their climbing on outdoor walls. We recommend they bring plenty of clothes to get changed into.

The address of the activity centre is:

High Adventure Outdoor Education Centre
233 Keighley Road
Cowling
BD22 0AA

The emergency trip phone number will be sent out prior to departure. This will be available from 6.00am on Friday 13 February through to approximately 7.00pm on Saturday 14 February.

I would like to emphasise that excellent behaviour is expected from all students throughout the duration of the trip. As rock climbing requires careful attention to safety protocols and adherence to group rules, it is crucial that our students demonstrate responsible and respectful behaviour at all times. This includes following instructions from the centre's trained instructors, being supportive of their peers and taking responsibility for their own safety. All skills and climbs that students demonstrate during the course of the weekend will go towards their final GCSE grade.

If you have any questions in the meantime, please do not hesitate to contact me, preferably via email at cdukes@heanorgatespencer.org.uk

Yours sincerely

Mrs C Dukes
Head of PE