



St. Michael's Church of England Primary School



Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN · Tel: 01228 711544 · Headteacher: Mrs J Paisley
Our school values: *Respect · Kindness · Challenge · Forgiveness · Perseverance*

Ratlingate Essentials

We are all very excited about our upcoming trip so I thought it would be helpful to give you a list of a few essentials to send with your child to ensure they are well -equipped.

- Packed lunch
- Sleeping bag and pillow
- Waterproof clothes (including a coat)
- 2 pairs of old trainers or walking boots and one pair of indoor shoes or slippers
 - At least 2 changes of clothes
 - A warm jumper
 - Pyjamas
 - Sun cream and a cap (you never know!)
 - Water bottle
 - Torch
 - Towel
 - Toiletries

Optional extras:

- Sweets
- Disposable camera
- Teddy bear

Please do NOT bring

- Mobile phones
- Electronic devices

Medication

If your child requires any medication (other than an inhaler which they must carry themselves), please pass it to Mrs Hodgson on Thursday morning, labelled and with written instructions.

If you have any questions, I am carrying out a brief information meeting next Tuesday, in Year 4, after school, to run through our itinerary and reassure you that we will have an amazing time. In the meantime, please come and see me if you have any worries or concerns.

Miss Rowe