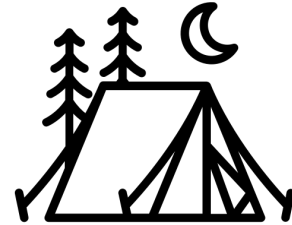




Year 7 Camp Activities Week

Monday 22nd – Friday 26th June

2026



Welcome

We are very much looking forward to our upcoming Year 7 camp and would like to share more about this experience with you.

Year 7 camp is a highlight of the year and provides students with a wonderful opportunity to build new friendships, develop their confidence and enjoy new experiences with their peers outside the classroom.

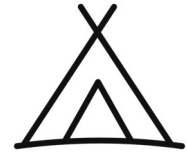
Carefully planned and fully supervised, the camp supports students as they continue to settle into school life at Trafalgar whilst creating memories that will last all the way to year 11 and beyond.



Key Information

- When: **Monday 22nd June—Friday 26th June 2026.**
- Where: **Lyons Copse Campsite, Shedfield, Southampton**
- Timings: **Arrive at school on Monday at 8:30 ready for a 09:00 departure, return to school on Friday, ready for a 12:00 pick up**
- All food will be provided Monday evening—Friday lunch (bring a packed lunch for Monday)
- What to bring? Check the kit list on page 8!

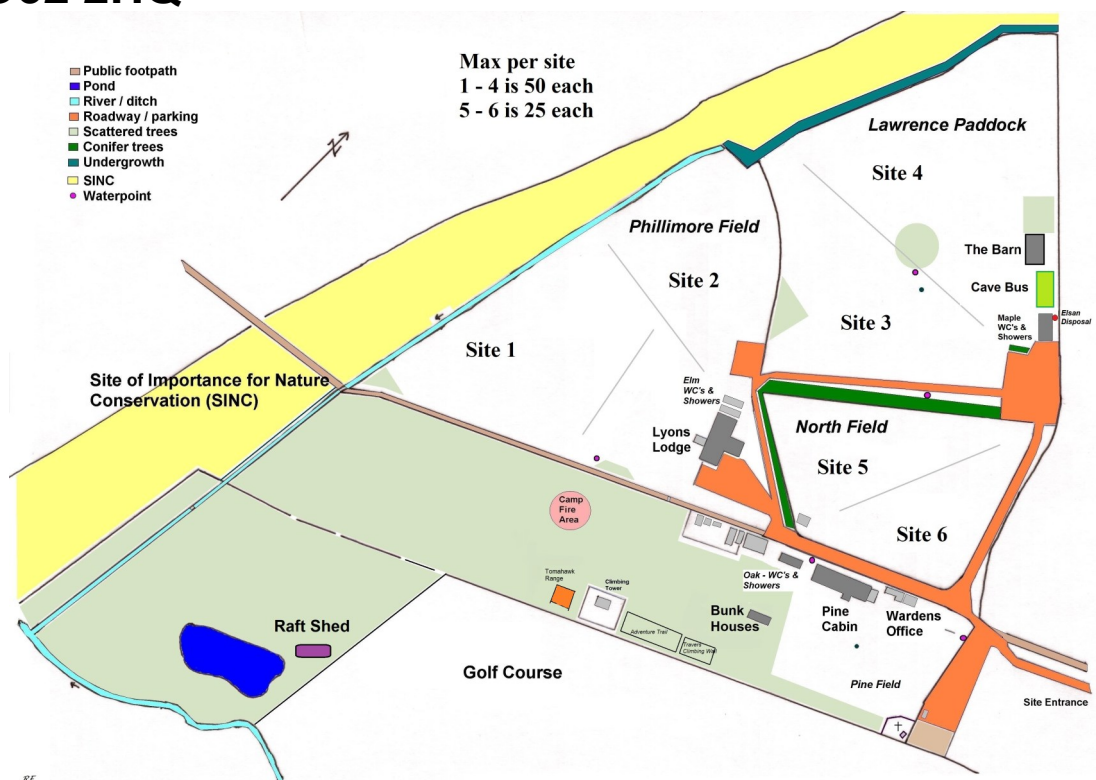




Campsite and Facilities

Sandy Lane
Shedfield
Southampton

SO32 2HQ



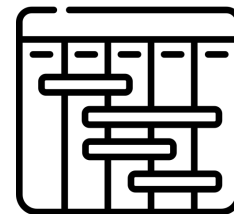
Trafalgar school will have exclusive use of the Lyons Copse campsite.

The site will be split into 4 House Camps

Students will need to access the Google Forms shared by tutors to make their preference of their tent mates.

Students will only camp in same-sex tents, with a maximum of 3 students per tent.

Staff will camp centrally to each site.



Sample Itinerary

This is a guide only, to provide an overview of how each day may look for the students.

Monday

- Depart for camp (9:00-9:30)
- Set up camp, camp tour, camp rules
- Packed lunch
- Welcome activity
- Activities
- Dinner
- Evening activity
- Free time / talent show practice
- In tents and lights out (22:30)



Tuesday, Wednesday and Thursday

- Out of tents and get ready (7:30)
- Breakfast
- Activities
- Lunch
- Activities
- Dinner
- Evening activity
- Free time / talent show practice
- England vs Ghana World Cup match (Tue) / Movie night (Wed) / Talent show (Thu)
- In tents and lights out (22:30)



Friday

- Out of tents and get ready (7:30)
- Breakfast
- Write a postcard to themselves in year 11
- Camp awards
- Final packing up
- Depart camp (11:00-11:30)



Activities Overview



This is a guide only. Activities may change due to weather or other circumstances.

Daytime of activities

- Welcome activity: white t-shirts
- Group hiking
- Adventure course
- Climbing
- Den building
- Scavenger hunt
- Orienteering
- Bouldering
- Low ropes course
- 'Cave bus' adventure course
- Teamwork and trust exercises
- Team games such as rounders, volleyball and capture the flag
- Arts and Crafts
- 'Camp Olympics'

Evening activities

- Trangia stoves cooking
- Campfire and marshmallows
- Nature bingo
- Group games
- England vs Ghana in the World Cup
- Movie night
- Talent show
- Stargazing

Safety and supervision

- All activities will be led by Trafalgar School staff who have the appropriate experience and, where required, the relevant qualifications to deliver activities safely and effectively.
- Appropriate staff-to-student ratios are maintained throughout the visit.
- Full risk assessments are completed in advance
- Safety briefings are given to students before each activity
- First aid trained staff and first aid kits will be easily accessible throughout the camp and for all activities.

Inclusion and Accessibility

- All activities are designed to be as inclusive as possible, and adaptations will be made where needed to ensure every student can take part.

And many more...



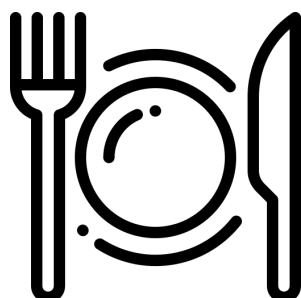


Food



- All food will be provided for students whilst on camp, with the exception of lunch on Monday. **Please prepare a packed lunch for your child for Monday** (*If your child is a recipient of free school meals, a packed lunch from school will be provided to them before departing for camp*)
- Meals will be prepared for students by dedicated catering staff.
- Students should bring their own plastic plate, cutlery and cup for mealtimes.
- All allergies and dietary requirements (including gluten free, vegetarian/vegan, religious requirements) will be catered for.
- Please ensure your child's dietary requirements are up to date with the school.




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		A selection of: Cereals, Toast & Jam, Crumpets, Fresh fruit, Yoghurt, Crossaint, Pain au chocolate, fruit juice			
Lunch	Packed lunch <i>FSM provided</i>	Baguette or wrap filled with: Ham, cheese, tuna or chicken mayonnaise Salad, cake, cookies, crisps, fresh fruit			Lunch at school
Dinner	Beef or vegetarian chili with rice and nachos	Chicken or mixed bean fajitas	Meatball pasta or macaroni cheese & garlic bread	Chicken tikka masala or sweet potato and chickpea curry with rice and naan bread	





Kit List

See below for what your child should bring and what to leave at home.

<p>Clothing</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Suitable shoes for walking (trainers/walking boots) <input type="checkbox"/> Fleece jumper/hoodie <input type="checkbox"/> Clothing suitable for being active in for five days (no jeans) <i>Camp activities can be muddy and active, so we advise against bringing expensive or sentimental clothing items.</i> <input type="checkbox"/> Underwear & socks for 5 days <input type="checkbox"/> Nightwear <input type="checkbox"/> Waterproof jacket <input type="checkbox"/> Spare footwear for around camp (trainers/flip flops/crocs etc.) <input type="checkbox"/> Spare clothes in case we get wet weather <input type="checkbox"/> Sun hat
<p>Other personal items</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Larger bag to hold all belongings <input type="checkbox"/> Smaller rucksack for day use <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Roll mat (Not air beds will not fit in the tents) <input type="checkbox"/> Plastic camping plate, cutlery and cup <input type="checkbox"/> Fast-dry towel <input type="checkbox"/> Torch and spare batteries <input type="checkbox"/> Personal medication - in a clearly labelled, plastic bag, handed in to staff <input type="checkbox"/> Suncream <input type="checkbox"/> Water bottle <input type="checkbox"/> Personal toiletries <input type="checkbox"/> Small note pad and pen <input type="checkbox"/> Additional snacks if desired <input type="checkbox"/> Spending money for tuck shop (Maximum £10) <input type="checkbox"/> Packed lunch for the first day (FSM will be provided)
<p>What to leave at home</p> 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mobile phone <input checked="" type="checkbox"/> Air beds <input checked="" type="checkbox"/> Makeup and beauty products <input checked="" type="checkbox"/> Beauty electronics (straighteners, hairdryers etc) <input checked="" type="checkbox"/> Perfume/aftershave <input checked="" type="checkbox"/> Excessive clothing (e.g. many spare outfits "just in case") <input checked="" type="checkbox"/> Jeans <input checked="" type="checkbox"/> Bulky entertainment items <input checked="" type="checkbox"/> Other electronics (including handheld consoles and speakers) <input checked="" type="checkbox"/> More cash than £10 and valuables (especially jewellery, as these are easily lost) <input checked="" type="checkbox"/> Camping stoves <input checked="" type="checkbox"/> Swiss army knives / multi-tools <input checked="" type="checkbox"/> Candles



Behaviour expectations

To ensure that the camp is safe, enjoyable and inclusive for everyone, students are expected to:

- Treat all other students, staff and activity leaders with respect and kindness
- Respect the campsite, facilities and surrounding wildlife at all times
- Follow staff instructions promptly, particularly during activities and transitions
- Behave responsibly and safely, understanding that outdoor environments require sensible decision-making
- Take pride in their accommodation and shared spaces
- Represent themselves and the school positively throughout the visit

We recognise that students are still learning and that mistakes can happen. Staff will always aim to support students in making positive choices and learning from their behaviour. Where behaviour impacts safety or the experience of others, staff will intervene calmly and supportively. All students will be expected to demonstrate our excellent Trafalgar standards at all times.





Health and Medical Provisions



- Please ensure all of your child's dietary and medical information held with the school are up to date by contacting student services.
- All medication (including non-prescription medication such as antihistamines and paracetamol) are to be handed to staff before departing camp.
 - ⇒ Please enclose your child's name (and details of when medication should be taken if the medication is taken on a schedule) with the medication in a see-through bag.
- Medication will be transferred to the appropriate campsite or group leader, who will ensure your child takes their medication as required.
- If you have further concerns regarding your child's wellbeing or medical needs, please get in touch and schedule a meeting.



Communication with camp

Each campsite will have a designated staff point of contact in the case of emergencies. Contact details will be shared closer to the time.

Updates of all of the exciting things your child will be doing will be shared on our Trafalgar Outdoors Instagram page.

You will be directly contacted by staff if required during the trip.



TrafalgarOutdoors



TrafalgarSch



FAQs

Can my child bring a mobile phone?

No—Students are not permitted to bring mobile phones or personal electronic devices. This encourages them to focus on activities, forming friendships, and enjoying the experience free from the distractions of the digital world.

What if my child is anxious about being away from home?

Rest assured we have plenty of support available, and staff will always put needs of the child first. Our excellent relationships with students mean that they will always have someone to speak to and help to support them when needed.

If you have any specific concerns or requirements, please contact us via the activitiesweek email to book a meeting.

What if my child is homesick?

Homesickness is very common, especially on the first night. Staff are experienced in supporting students and will offer reassurance, distraction and encouragement. We ask parents to avoid unnecessary contact unless advised by staff.

Can my child contact home while on camp?

For the benefit of students, contact with home is limited. Staff will contact parents if there are any concerns. Details about communication arrangements will be provided before departure.

What if my child is a picky eater?

The camp menu is designed to offer a range of nutritional and familiar options across the week. Students are encouraged to try new foods, but there will normally be simple alternatives available if they do not enjoy a particular meal.

What will happen if it rains whilst at camp?

As far as possible, activities will still continue as scheduled rain or shine! Except where weather becomes a safety concern. Please remember to bring a raincoat and warm clothing to keep you dry.

Can my child bring non-prescription medication (i.e. antihistamines or paracetamol)?

All medication (prescription and non-prescription e.g paracetamol) is to be handed to staff during drop off on Day 1. If there are any changes to your child's medical information, please update this with student services. First aid kits will be held centrally by staff.

What if my child forgets something important?

Staff will support students where possible, and many essentials are available on site. Items can sometimes be shared or replaced if necessary.

How can I get in touch with further questions?

Activitiesweek.trafalgar@salterns.org