



ATTITUDE MATTERS

What to Bring to Heads UP

All **food and drinks** are supplied for the Heads UP Courses. If your child is enrolled in one of the John Muir Award Courses, you he/she will need to bring their own packed lunch and snacks. Please do not send sweets, fizzy drinks and items which will need cooking or other preparation.

The highest quality organic fruit, vegetables and meats will be used on the Heads UP Courses wherever possible. If your child has specific dietary requirements please advise at least one week before the programme date.

Heads UP takes place throughout the year, offering the opportunity for children to experience the changing seasons. They will need to be **dressed** appropriately for the weather and the outdoor activities. Please ensure wet weather clothing and a possible change is supplied when the forecast is for rain. Jackets are important in any case as the day is long.

Footwear is especially important. Old trainers are normally all that is necessary for most days unless wet, but please ensure a change or two of good socks has been packed.

Hats and sun cream are recommended in sunny weather.

Please do not send children along with pocket knives, axes or any other sharp tools.