

## Top tips for muddy trips

### Activities

- Winter night sky can be amazing - use it as an opportunity to do some **stargazing**
- **Challenge** the participants - so you can light a fire easily on a summer residential but can you light one in wet and cold conditions?
- Try **adventurous activities in the dark** and give a winter theme to activities eg scavenger hunts around a **winter theme** - plants, colours, flowers and more
- Winter residential allow more **flexibility** with timetables as centres are quieter.
- Make sure there are lots of different activities for pupils to engage with, this will stop them standing around and getting colder.

### Clothing & equipment

- **Clothing** - Plenty of warm layers and a good quality **waterproof** jacket Hat & gloves are always a good idea
- **Footwear** - Walking boots or wellies with thick socks, a good idea to pack a spare pair of outside shoes such as trainers and a pair of indoor shoes or slippers
- **Head torch** - great for night time adventures
- **Get your tents put up early in the day** as you are more likely to trap the warmth
- Campfires, campfire songs and s'mores are a great way to end a day outside in the cold and helps warm everyone up before bed.
- Make sure the **sleeping bag you are using is at least 3 seasons**. Any less will not keep you warm enough through the night
- Remember a **hot water bottle and lots and lots of blankets** as the night is the coldest time
- **Wear a hat at night** as your head sticks out of the sleeping bag and gets cold
- **Don't forget your roll mat**, layers between you and the ground at night help to keep you warm.
- **Make sure you have spares!** Someone will always forget socks and jumpers.
- **Try not to take jeans** with you, this tend to hold moisture longer than other fabrics and will lead to participants getting cold if they don't have time to change quick enough.

### Food & Drink

- **Warm food for every meal** & hot drinks, especially hot chocolate, throughout the day
- **A hot drink before bed** makes sure that they are going to bed with a warm inside

## City Tips (with a London lean!)

- Look at what special winter exhibitions are on at museums and local attraction, many in London will normally put something on specially for the season.
- Winter wonder at Hyde Park
- Ice skating at unusual locations - Summerset house, Kew gardens.
- Winter lights/enchanted woodlands - lots of parks do things like this check out Syon Park if you don't get what we mean.
- Winter theatre ticket deals
- Weird winter events such as the Santa walk
- Remember that if you're travelling round London the tube will still be excessively hot so a warm layer that is easily removed is always useful
- Make sure you have worked out where you are stopping for lunch, quite frequently places like lunch rooms at museums fill up very quickly as no one wants to sit outside, other options are available such as ICANDO at Girlguiding HQ
- Not so likely to get snow in London but ice and slush are a given, think about your footwear!
- The high buildings in central London create awesome wind tunnels - nice opportunity to talk about why this happens but also remember it adds a lot to the chill factor.

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