

## Grade 6 Nymburk Trip Information

### What to Bring:

- Small snack for the bus ride (packed separately from your suitcase and no nuts please!)
- Water bottle
- 2 changes of P.E. type clothes
- Warm outdoor clothing
- Rain gear
- Pajamas
- Two pairs of shoes
- Swimwear
- Sunscreen
- Hat
- A towel
- Personal toiletries (toothbrush, toothpaste, hair brush, soap, etc.)
- Plastic bags for wet and dirty clothes
- Reading book
- Camera (optional)
- Sunglasses (optional)

### What NOT to Bring:

- Electronic equipment (Cell Phones, iPods, etc.)
- Valuables
- Food

### Emergency Contacts:

The following are numbers that you can use to reach us in case of **emergency**:

- Ms. Simona Jiraskova at ISP Middle School Office: 220 384 153
- Mr. Matt Robson (Trip Leader): 732 405 549
- Nymburk Center: 0325/51386-1(-2, 3, 4, 5)

### Schedule:

#### Thursday September 5th

7:50 Drop off at ISP  
10:00-10:30 Arrive and settle in  
10:30-12:00 Activity Rotation  
12:00-12:45 Lunch  
12:45-4:00 Activity Rotation  
4:00-5:00 Advisory Group Time  
5:00-5:45 Dinner  
5:45-6:30 Advisory Group Time  
6:30-9:00 Evening Program  
9:30 Lights out

#### Friday September 6th

8:00-8:30 Breakfast  
8:30-9:30 Room tidy and check out  
9:30-12:00 Activity Rotation 12:00-12:45 Lunch  
12:45 Board buses  
15:00 Pick up from ISP