

Y9 Outdoor Residential Trip 2024

Student Pack



Outdoor Education Itinerary 2024

Wednesday 3rd July

8:40-9:30: Students arrive at usual time, load coaches & depart school

10:30: Arrive at camp, set up tents, each prepared lunch.

12noon - 16:30pm: Activities run by centre.

18:00pm: Cook meals, activities by school staff, social time.

Thursday 4th July

7am: Breakfast and prepare for days activities.

9am-13:30pm: Morning activities

Lunch

13:30-16:30: Afternoon activities

17:30 - 18:30: Aqua Park (groups 3,4,5,6)

19:00 - 20:00: Aqua Park (groups 1,2,7,8)

20:00 - Evening meal prepared by staff, activities run by school staff, social time

Friday 5th July

7am - Breakfast provided by staff, pack up camp

9am-12:30pm - Morning activities run by centre staff

13:00pm: Load coaches and depart camp

3:00pm: Back at school

Activities programme

Groups of up to 12	Wednesday 13:30-16:30	Thursday 09:30-12:30	Thursday 13:30-16:30	Thursday Evening	Friday 09:30-12:30
1	Archery/Climb	Katakanu/Raft	Swing/Crates	Aqua Park (19:00-20:00)	Canoe/DSOTK
2	Climb/Archery	Katakanu/Raft	Crates/Swing	Aqua Park (19:00-20:00)	DSOTK/Canoe
3	Katakanu/Raft	Archery/Climb	Canoe/DSOTK	Aqua Park (17:30-18:30)	Swing/Crates
4	Katakanu/Raft	Archery/Climb	DSOTK/Canoe	Aqua Park (17:30-18:30)	Crates/Swing
5	Canoe/DSOTK	Swing/Crates	Katakanu/Raft	Aqua Park (17:30-18:30)	Archery/Climb
6	DSOTK/Canoe	Crates/Swing	Katakanu/Raft	Aqua Park (17:30-18:30)	Archery/Climb
7	Crates/Swing	DSOTK/Canoe	Archery/Climb	Aqua Park (19:00-20:00)	Katakanu/Raft
8	Swing/Crates	Canoe/DSOTK	Climb/Archery	Aqua Park (19:00-20:00)	Katakanu/Raft

Kit List

NOTE: You may be doing more than one water sporting activity throughout the 3 days, please ensure you have enough tops and bottoms encase you get wet on more than one occasion.

Clothing for Activities

- Swimming Costume
- Old trainers
- Tracksuit bottoms/shorts
- Water proof jacket
- Old towel

Clothing for Evening Activities

- Warm jumper/sweatshirts
- Jeans/joggers/leggings bottoms
- Trainers
- Wellies if wet

Cooking Equipment

- Plate and bowl each
- Knife, fork and spoon each
- Frying pan per cooking group
- Saucepan per cooking group
- Basic cooking utensils – wooden spoon, fish slice, tongs per cooking group
- Washing up bowl per cooking group
- Fairy liquid per cooking group
- Dish cloth per cooking group
- T-towel (a few) per cooking group

Sleeping Equipment

- 1 tent per 2-4 students – we do have school ones to borrow
NOTE: Please ensure you have all pegs, poles and tent inner etc.
- Sleeping bag and pillow
- PJ's
- Torch
- Toiletries and towel for showers

Other Essential Items

- Sun tan lotion
- Drink Container
- Lunch box
- Medical items handed in prior

Contact Details:

Aztec Upton Warren, Worcester Road. Upton Warren. Bromsgrove. Worcestershire. B61 7ER

Tel: 01527 861426 or in an emergency, please contact Upton Warren out of hours mobile number 07796986073.

Food Planning

All camping stoves are provided – you **DO NOT** need to bring anything to cook on.

You will need your own pots/pans/cutlery.

Day	Breakfast	Lunch	Dinner
<p>Wednesday 5th July</p>		<p>You will need a packed lunch (make at home)</p> <p>What will you have to eat?</p> <p>.....</p> <p>..</p> <p>What do you need to bring?</p> <p>.....</p> <p>...</p>	<p>You will need to cook dinner using camping stoves (provided)</p> <p>What are you cooking?</p> <p>.....</p> <p>.....</p> <p>What do you need to bring?</p> <p>.....</p> <p>.....</p>
<p>Thursday 6th July</p>	<p>You will need to have breakfast</p> <p>What are you having?</p> <p>.....</p> <p>.....</p> <p>What do you need to bring?</p> <p>.....</p> <p>.....</p>	<p>You will need a packed lunch</p> <p>What are you having?</p> <p>.....</p> <p>.....</p>	<p>DINNER IS PROVIDED! On site BBQ cooked by staff</p>

Friday 7 th July	BREAKFAST IS PROVIDED!	Snacks (back in school by 3pm)	
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Food Ideas

Wednesday Meals

- Precook a meal at home and then warm it up for your Wednesday evening meal
- Tomato or tuna Pasta
- Fajitas
- Chicken or Beef Burgers
- Sausages



Thursday Breakfast

- Bread/Croissants
- Baked beans
- Eggs
- Bacon (only if you have cold ice packs to keep it cool)
- Cereal bars



Thursday Lunch

- Pasta Sachets
- Pot Noodles
- Tinned pasta meals
- Chocolate/jam sandwiches
- Soup



SNACKS!!



- Fruit
- Crisps
- Chocolate bars
- Squash