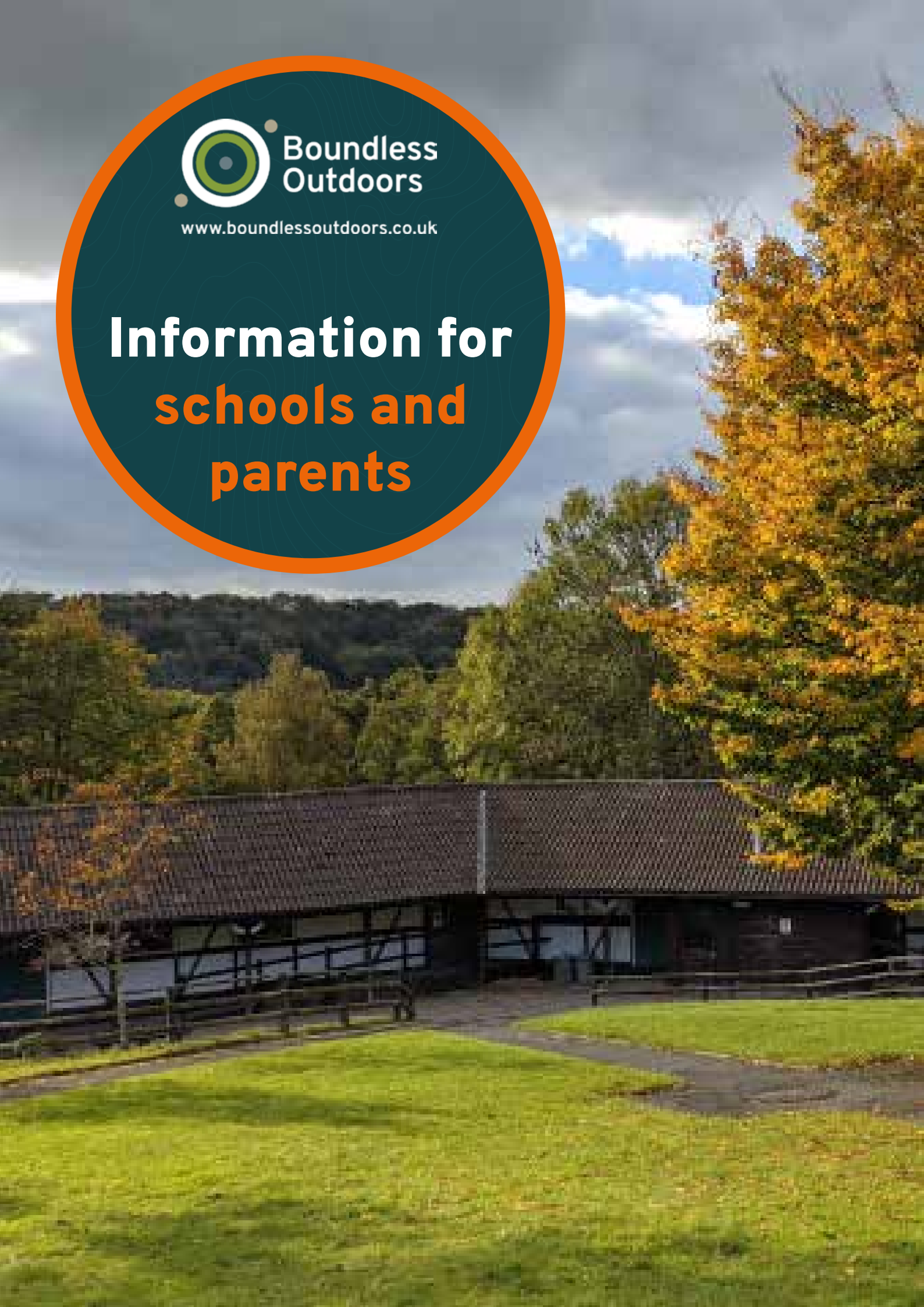




Information for schools and parents



Information for parents/children

PRIMARY SCHOOL RESIDENTIAL COURSE (2 day)

Example itinerary

Day 1

School as normal, remember to bring luggage/packed lunch

9:30am - Leave school

10:30am - Met by centre staff – introductions, unpack, make beds, equipment update, packed lunch, Fire Drill

12:30am - Packed lunch

1.30pm - First activity – split into your group

3.00pm - Second activity

4.30pm - Finish activities - classroom to review the day

5.15 or 6.00 pm - Evening meal & Kitchen duties for pupils

7.00 pm - Evening activities

Day 2

7:30am - Early morning breakfast call

8:00am - Strip beds, pack suitcases – take to designated area

8:15am - Breakfast, make up packed lunches & Kitchen duties

9:00am - Dorm inspection

9.30 am – morning activities

12:30pm - Course debrief, certificates, Lunch, shop

2.00 pm - Depart



Information for parents/children

PRIMARY SCHOOL RESIDENTIAL COURSE (3 day)

Example itinerary

Day 1

School as normal, remember to bring luggage/packed lunch

9:30am - Leave school

10:30am - Met by centre staff – introductions, unpack, make beds, equipment update, packed lunch, Fire Drill

12:30am - Packed lunch

1.30pm - First activity – split into your group

3.00pm - Second activity

4.30pm - Finish activities - classroom to review the day

5.15 or 6.00 pm - Evening meal & Kitchen duties for pupils

7.00 pm - Evening activities

Day 2

7:30am - Early morning call – Breakfast

8:15am - Make up packed lunch & Kitchen duties

9.00am - Dorm inspections

9.30am - Morning activities begin

12.30pm - packed lunch

1.30pm - Afternoon activities begin

4.30pm - Activities finish - classroom session

5.15 pm or 6.00 pm - Evening meal

7.00pm - Evening activities

Day 3

7:30am - Early morning breakfast call

8:00am - Strip beds, pack suitcases – take to designated area

8:15am - Breakfast, make up packed lunches & Kitchen duties

9:00am - Dorm inspection

9.30 am – morning activities

12:30pm - Course debrief, certificates, Lunch, shop

2.00 pm - Depart



Information for parents/children

PRIMARY SCHOOL RESIDENTIAL COURSE (5 day)

Example itinerary

Day 1

School as normal, remember to bring luggage/packed lunch

9:30am - Leave school

10:30am - Met by centre staff – introductions, unpack, make beds, equipment update, packed lunch, Fire Drill

12:30am - Packed lunch

1.30pm - First activity – split into your group

3.00pm - Second activity

4.30pm - Finish activities - classroom to review the day

5.15 or 6.00 pm - Evening meal & Kitchen duties for pupils

7.00 pm - Evening activities

Day 2

7:30am - Early morning call – Breakfast

8:15am - Make up packed lunch & Kitchen duties

9.00am - Dorm inspections

9.30am - Morning activities begin

12.30pm - packed lunch

1.30pm - Afternoon activities begin

4.30pm - Activities finish - classroom session

5.15 pm or 6.00 pm - Evening meal

7.00pm - Evening activities

Day 3 & 4

Repeat Day 2

Day 5

7:30am - Early morning breakfast call

8:00am - Strip beds, pack suitcases – take to designated area

8:15am - Breakfast, make up packed lunches & Kitchen duties

9:00am - Dorm inspection

9.30 am – morning activities

12:30pm - Course debrief, certificates, Lunch, shop

2.00 pm - Depart





www.boundlessoutdoors.co.uk

General Information

Worries

Every activity run and led by fully qualified, insured centre staff

All children will be encouraged to have a go

No one will be forced into doing something they don't want to

It's all about personal challenges and team work

Centre staff on 24 hour duties – each staff member fully trained first aider

School staff will be available 24 hours and will have a nominated first aider, who will be in charge of any medications

The Centre caters for special diets including gluten free, lactose intolerant & nut allergies, please inform the school of any special dietary requirements in advance of your visit

Kit List

Single duvet cover, pillowcase & single sheet / sleeping bag, pillowcase & single sheet, if you are not having bedding supplied by the centre

Medication in a clear plastic bag clearly labelled and with instructions on dosage etc.

Packed lunch for first day

Lunch box / water bottle

Plenty of old clothes – Loose fitting and comfortable clothes appropriate to the season – lots of layers are warmer than a few thick ones. Trousers not skirts. Track suit bottoms are much better than jeans. Hats and gloves are important between October and March.

Underclothes – at least one change per day plus an extra set. Decent loop stitched socks

Outdoor shoes that won't hurt to get muddy and wet

Swimwear- essential if canoeing, kayaking. Those going to do water sports will also need an old pair of trainers they can get wet and clothes they can wear over the top that might get wet. Pack a plastic bag they can take to put any wet clothes in.

Walking boots – (can be provided at Malvern)

Slippers/indoor shoes

Waterproof & Wellies – (can be provided at Malvern)

Small rucksack – (can be provided at Malvern)

Toiletries

Towels + spare for water sports

Empty plastic bag for dirty washing

Night clothes

Pocket money – usually £10 is enough as there is only a small gift shop on site

NO MOBILE PHONES – Visiting staff will have all emergency contact details with them, and they will contact you if the need arises

GOODIES – this is up to the parent and school policy

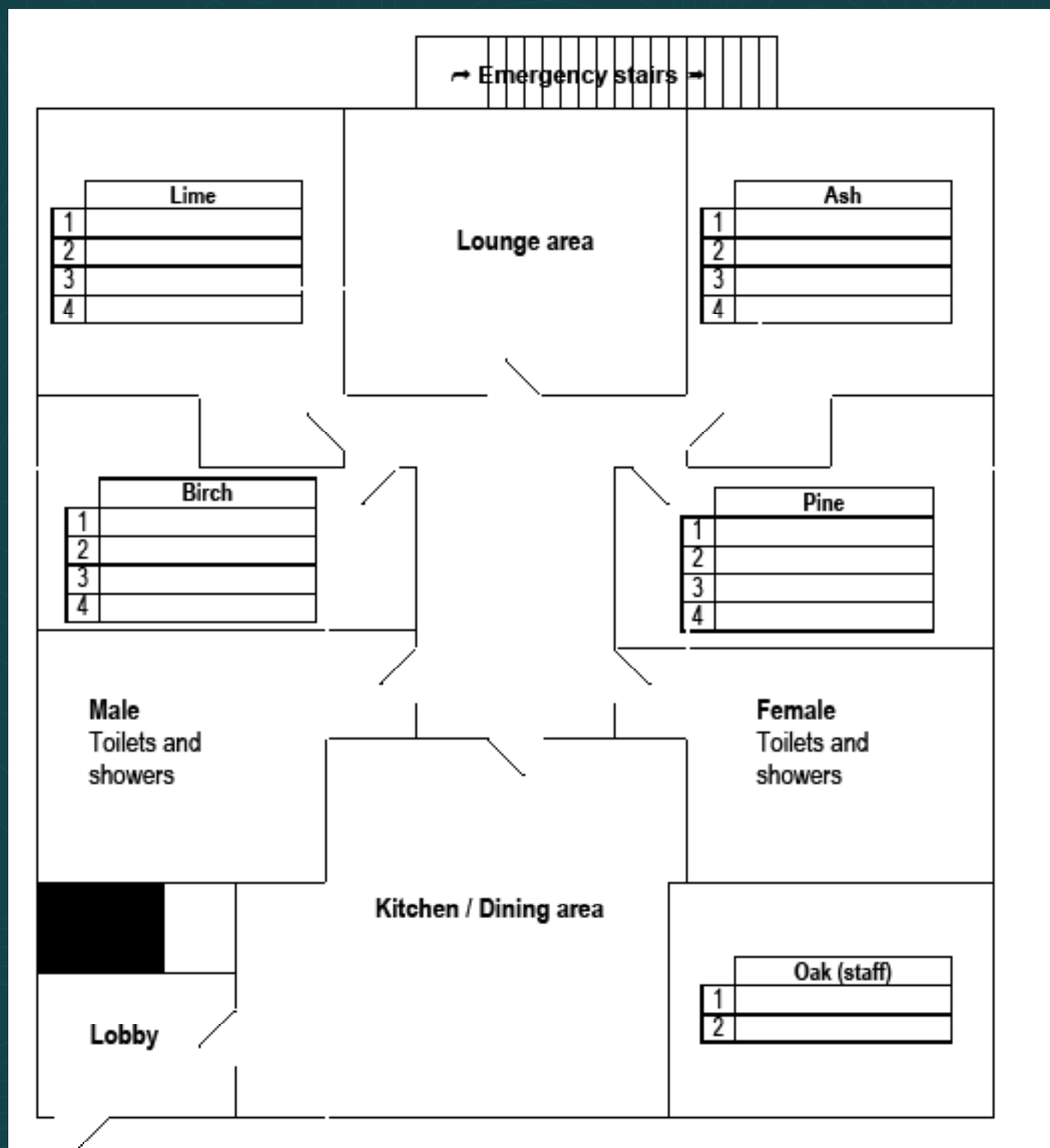
If you can please pack everything in a suitcase with wheels, as the site is on a hill wheels make it easier for the children to carry their things. If not then please make sure they are able to carry their own belongings from the coach.

Sample Menu

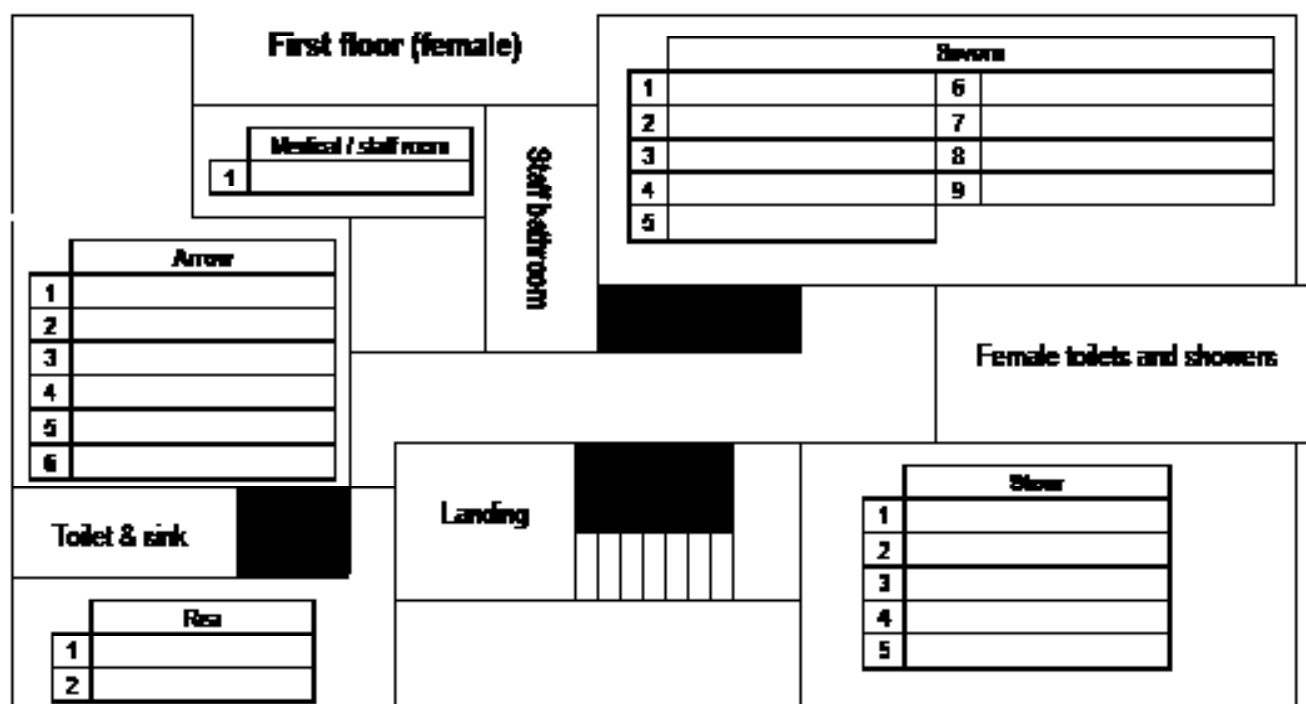
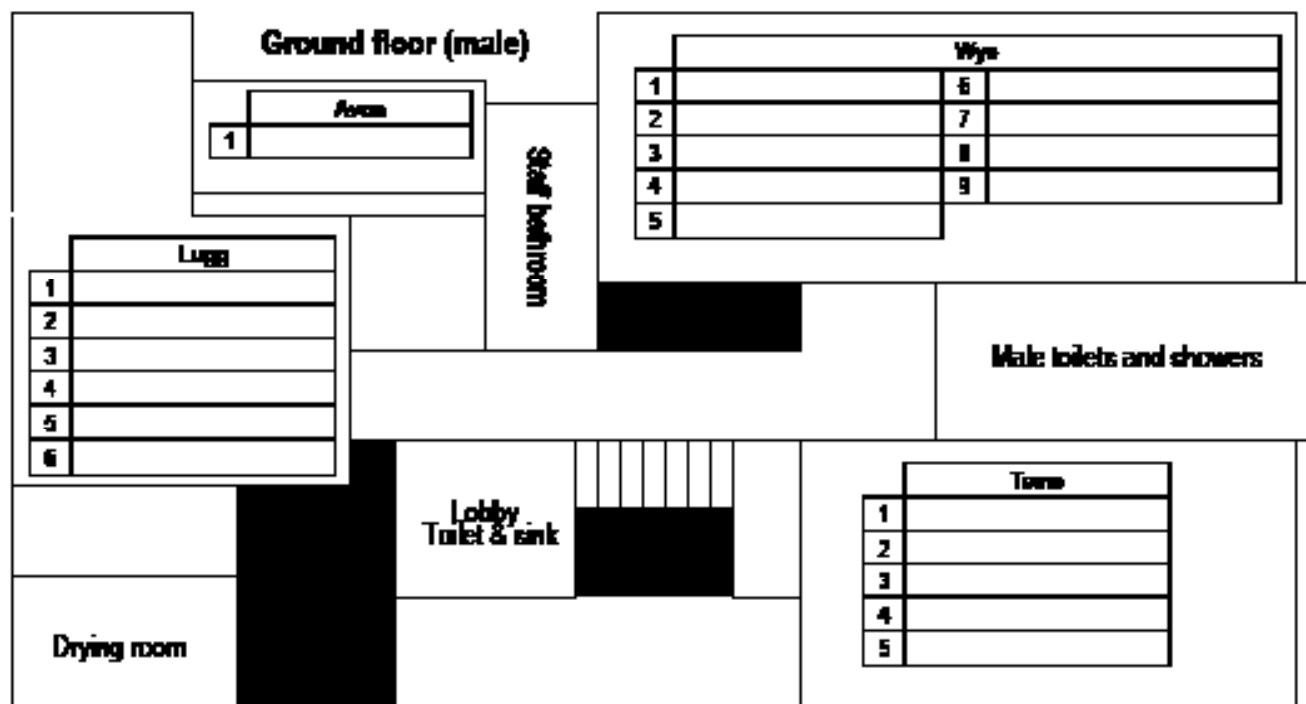
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Cooked breakfast	Continental Breakfast	Cooked breakfast	Continental Breakfast	Cooked breakfast	Continental Breakfast
Lunch		Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch
Dinner	Pasta bolognese Garlic bread	Fish & Chips Bake bean garden peas	Chicken curry Rice Naan	Pizza and Chips	Lasagne & salad	Chicken Wraps Potato wedges	
Salad	Green salad Jacket potatoes + fillings	Green salad Jacket potatoes + fillings	Green salad Jacket potatoes + fillings	Green salad Jacket potatoes + fillings	Green salad Jacket potatoes + fillings	Green salad Jacket potatoes + fillings	
Vegetarian	Leak and potato bake	Stuffed pan- cakes	Vegetarian cot- tage pie	Macaroni cheese	Vegi curry	Vegi lasagne	
Sweet	Syrup sponge & custard	Fruit salad	Cherry crumble and cream	Chocolate crunch	Jelly and ice cream	Apple crumble and custard	
Supper cake	Flap jack	Homemade Cookies	Fairy cakes	Polish cake	Sponge cake	ice buns	

An example of a possible menu. We prepare everything on site so nothing is ever a problem to cater for.

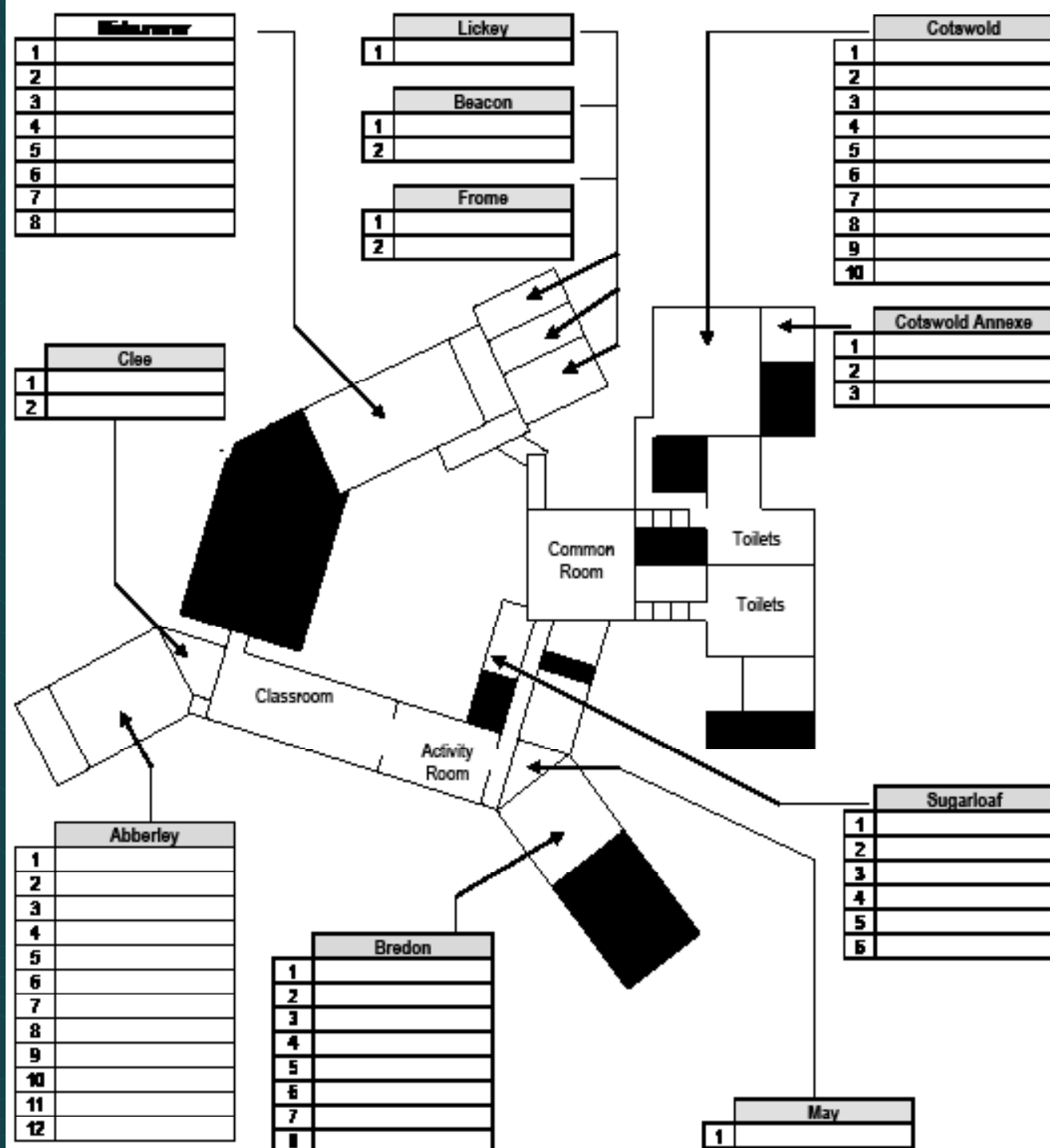
Malvern Chalet Dormitory Plan



Malvern North Block Dormitory Plan



Malvern South Block Dormitory Plan



Bell Heath Dormitory Plan

