



**Boundless
Outdoors**

**General
Information**



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.