

Summer Camp Activity Programme and Kit List

All days run 9.00 – 5.00

Lunch and drinks as appropriate are provided in the price. There is a small tuck shop on site at the centre and a small shop at the lake if children wish to buy sweets etc.

Most activities take place outdoors so please dress appropriate to the weather.

Monday	a.m.	Arrive 9.00 Assault course Air rifle shooting	Assault course This involves climbing under and over a series of obstacles including obstacles over water so there is a chance of getting wet Long sleeve top Long trousers Footwear you don't mind getting wet Not sandals, crocs or thin soled shoes Wellies are fine in the winter No jewellery	Air rifle shooting This session takes place inside just wear something comfortable. Don't forget your glasses if you need these for shooting.
	p.m.	Raft building and racing Depart 5.00	Raft building Comfortable clothing Old trainers or wet suit boots or beach shoes etc These may get wet No jeans Depending upon the weather we may issue wetsuits. It is a good idea to bring shorts or swimming costume and long sleeve thermal base layer or T shirt to wear under wet suit. If you wish you can bring your own wet suit Towel and spare clothes and spare footwear	
Tuesday	a.m.	Arrive 9.00 Target Archery	Watersports Kayaking, canoeing, sailing	Archery Sessions take place outdoors so please

		Canoeing	<p>Comfortable clothing Old trainers or wet suit boots or beach shoes etc These may get wet No jeans Depending upon the weather we may issue wetsuits. It is a good idea to bring shorts or swimming costume and long sleeve thermal base layer or T shirt to wear under wet suit. If you wish you can bring your own wet suit Towel and spare clothes and spare footwear</p>	<p>dress appropriate to the weather Please wear a top with long sleeves Glasses if you need these for shooting</p>
	p.m.	Sailing Depart 5.00		
Wednesday	a.m.	Arrive 9.00 Crate stacking challenge Assault course	<p>Abseiling/crate stacking/climbing Comfortable clothing appropriate to weather Long trousers not shorts If you have long hair bring something to tie it back with Trainers or boots not sandals No jewellery</p>	<p>Assault course This involves climbing under and over a series of obstacles including obstacles over water so there is a chance of getting wet Long sleeve top Long trousers Footwear you don't mind getting wet Not sandals, crocs or thin soled shoes Wellies are fine in the winter No jewellery</p>
	p.m.	Kayaking Depart 5.00	<p>Watersports Kayaking, canoeing, sailing, raft building Comfortable clothing Old trainers or wet suit boots or beach shoes etc These may get wet No jeans Depending upon the weather we may issue wetsuits. It is a good idea to bring shorts or swimming costume and long sleeve thermal base layer or T shirt to wear under</p>	

			wet suit. If you wish you can bring your own wet suit Towel and spare clothes and spare footwear	
Thursday	a.m.	Arrive 9.00 Field archery Buschcraft and survival skills	Campcraft skills/Bushcraft skills Old comfortable clothes appropriate to weather Robust foot wear It may end up smelling of smoke If you are doing more than one activity in a day you may need more than 2 spare sets of clothing	Archery Sessions take place outdoors so please dress appropriate to the weather Please wear a top with long sleeves Glasses if you need these for shooting
	p.m.	Orienteering Depart 5.00		
Friday	a.m.	Arrive 9.00 Air rifle shooting Gorge walking	Gorge walking/ Coasteering During the gorge walking/coasteering session you will be provided with a wetsuit and other appropriate safety equipment. We do not provide footwear. Shorts/trunks or swimming costume and long sleeve thermal base layer or T shirt to wear under wet suit Shorts to wear over the wet suit Warm socks Ideally walking boots with ankle support or trainers. If coasteering you will need to swim in the foot wear Thin soled shoes, sandals, crocs or wellies are not suitable All the above items will get wet. In addition to the above please bring A complete set of warm, spare clothing, footwear and a large towel No jewellery	

			You are welcome to bring your own wetsuit if you have one	
	p.m.	Abseiling and climbing Depart 5.00	Abseiling/crate stacking/climbing Comfortable clothing appropriate to weather Long trousers not shorts If you have long hair bring something to tie it back with Trainers or boots not sandals N o jewellery	