

PLO/TDY

October 2016

Y12 RESIDENTIAL TRIP TO BUDE – 16TH TO 21ST OCTOBER 2016
Final Departure Details

Centre: Adventure International
Belle Vue
Bude
Cornwall
EX23 8JP

Telephone: 0870 7775111

Emergency School Contact: **Mr O Harris - School hours: 01604 230240**
Out of school hours: 07894411822
- Not for travel information!

Emergency Contact in Bude: Mr P Loughney - 07908 718402

Outward Journey: Depart NSB on Sunday 16th October at 09:00hrs
Arrive at Centre at 15:00hrs (approx)

Return Journey: Depart from Centre Friday 21st at 10:00hrs
Arrive back at NSB at 16:00hrs (approx.)

ITINERARY FOR THE WEEK:

Activities for each group vary, but each group will do a range of activities from the following during the course of the week:

Kayaking, Canadian Canoeing, Walking, High Ropes, Caving, Climbing, Body Boarding, Assault Course, Abseiling, Mountain Biking. Each day starts at 7am with a short activity before breakfast. Evening entertainments to include: - Self Assessment, Ability, Teamwork, Leadership skills, 5-a-side football, Karaoke and Talent Show.

PLEASE NOTE THAT LUGGAGE SPACE ON COACHES IS LIMITED, THEREFORE, ONLY 1 SUITCASE PER STUDENT. A small rucksack type bag for onboard the coach is permitted. If students bring valuable items like iPods, mobile phones etc then they will be responsible for their safety at all times.

STUDENTS TAKING ANY MEDICATION SHOULD INFORM RELEVANT MEMBERS OF STAFF ON THE COACH.

Bude 2016

Kit List guidance

Weather likely to be cold and wet (it is October after all!)

- Specialist Kit will be provided by the Centre

Activity clothing –

Swimming costume

Trainers

PE kit

Towel & toiletries

Aqua shoes (if possible) for inside canoes, kayaks and body boarding [alternatively a second pair of trainers that you don't mind getting wet]

Track suit/joggers

Waterproof jacket

Warm jumper/hoodie

Evening wear - Up to you

What not to bring

Expensive clothing – the activities will ruin them!

Expensive ipads etc.

Large stereos!

Hair tongs/straighteners – they are a fire hazard and will be confiscated!!

Jewellery

You will NOT be allowed to wear ANY jewellery when doing the activities, even if covered up. Ear rings and other piercings must be removed.

Inhalers

If your medical info says you have or have suffered from asthma, you must have your inhaler with you when on activity. If you do not have it with you, or have left it at home in Northampton, you will not be allowed to take part in the activities.

Remember – this is an ACTIVITY week. You will get wet, dirty and cold. Get stuck in and have fun.

There are limited opportunities for buying anything – vending machines are on the ground floor and there is a small souvenir shop, but nothing grand!