

School: **Example 4 night/5 day programme**

Dates of booking:

Group size:

Arrival Time: Day 1: 10:00am

Departure Time: Day 5: 1:45pm

No. of Male students:

No. of Female Students:

Age Range:

No. of Male Teachers:

No. of Female Teachers:

## ACTIVITY PROGRAMME AND MEALS

### Day 1

Time	Activity	Group	Meals
10:00-11:00	Arrival/Camp welcome	All	
11:00-12:30	Scavenger hunt/Bug Shelters	All	
12:30-2:00	Lunch/Free time	All	Packed Lunch (children to bring)
2:00-5:00	Wild Survivor Bushcraft (Shelter Building/fire-lighting/Water filtration/Camp-fire cooking)	Group 1/2	
2:00-3:00	Climbing/Pot-holing	Group 3/4	
3:00-4:00	Pot-holing/Climbing	Group 3/4	
4:00-5:00	Games	Group 3/4	
5:00-6:00	Wash/Chill-out time	All	
6:00-7:00	Dinner	All	Sausage & Mash, beans or veg, Lemon Sponge and icecream.
7:00-8:15	Evening Games/Tobogganing	All	
8:15-9:00	Campfire Supper	All	

### Day 2

Time	Activity	Group	Meals
8:30-9:30	Breakfast	All	Breakfast bar and bacon bap
10:00-1:00	Wild Survivor Bushcraft (As above)	Group 3/4	
10:30-12:30	Kayaking	Group 1	
10:00-12:00	Team-building	Group 2	
12:00-1:00	Games	Group 1/2	

**Day 2 (Cont)**

	Lunch	All	Cheese & Tomato pizza, saute potatoes and salad. Cake/fresh fruit
1:00-2:00			
3:00-4:00	Climbing/Pot-holing	Group 1/2	
4:00-5:00	Pot-holing/Climbing	Group 1/2	
2:00-3:30	Cratestacking	Group 3	
2:00-3:00	Archery	Group 4	
3:30-5:00	Cratestacking	Group 4	
4:00-5:00	Archery	Group 3	
	Dinner	All	Chicken fajitas/vegetarian chilli, sweetcorn, rice and tortilla chips. Chocolate sponge and custard.
6:00-7:00			
7:00-8:15	Evening Games	All	
8:15-9:00	Campfire Supper	All	Hot chocolate/Biscuits

**Day 3**

<b>Time</b>	<b>Activity</b>	<b>Group</b>	<b>Meals</b>
8:30-9:30	Breakfast	All	Breakfast bar/Sausage and spaghetti hoops
10:00-12:00	Wild Explorers	Group 1/2	
10:00-12:00	Team-building	Group 3	
10:30-12:30	Kayaking	Group 4	
	Lunch	All	Sandwiches with variety of fillings, Cake, Fresh fruit
1:00-2:00			
2:00-3:30	Cratestacking	Group 1	
2:00-3:00	Archery	Group 2	
3:30-5:00	Cratestacking	Group 2	
4:00-5:00	Archery	Group 1	
2:00-4:00	Wild Explorers	Group 3/4	
	Dinner	All	Bolognese pasta bake, garlic bread, salad, chocolate pudding & custard
6:00-7:00			

**Day 3 (Cont)**

7:00-8:15	Evening Games/Tobogganing	All	
8:15-9:00	Campfire Supper	All	Hot Chocolate/Biscuits

**Day 4**

<b>Time</b>	<b>Activity</b>	<b>Group</b>	<b>Meals</b>
8:30-9:30	Breakfast	All	Breakfast bar/Bacon, egg and toast
10:30-12:30	Kayaking	Group 2	
10:00-12:00	Team-building	Group 1	
10:00-11:00	Abseiling	Group 3/4	
11:00-1:00	Games	Group 3/4	
	Lunch	All	Burger in a bun with fries, salad, cake and fresh fruit
1:00-2:00			
2:00-5:00	Journals/Games	All	
5:00-6:00	Wash/Free-time	All	
	Dinner	All	Roast chicken, roast potatoes, stuffing, Yorkshire pudding, veg and gravy. Ice-cream bar.
6:00-7:00			
7:00-8:15	Evening Games	All	
8:15-9:00	Camp-fire Supper	All	Hot chocolate/biscuits

**Day 5**

8:30-9:30	Breakfast/Tent pack-up	All	Breakfast bar and morning pastry selection
10:30-12:30	Kayaking	Group 3	
10:00-12:00	Team-building	Group 4	
10:00-11:00	Abseiling/Games	Group 1/2	
11:00-12:00	Games/Abseiling	Group 1/2	Filled baguettes, crisps, cake and fruit
12:30-1:30	Lunch/Depart		