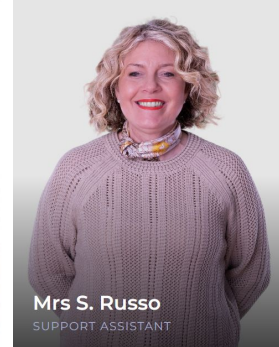
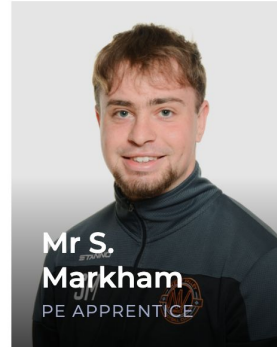
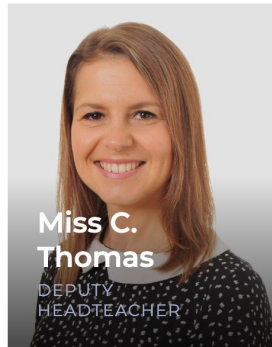
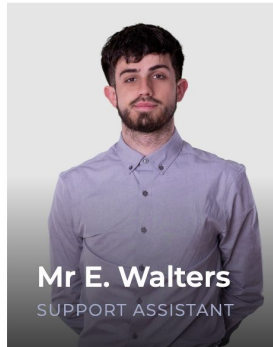
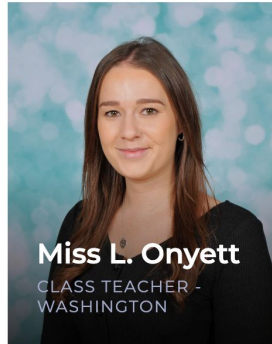


Year 6 Residential

Manor Adventure, Norfolk

Wednesday 25th June to Friday 27th June

Adults



Itinerary

7:00 - Rise and shine

7:30 - Breakfast

9:10 - 10:30 - Activity 1 session

10:30 - 10:45 - Break

10:45 - 12:15 - Activity 2 session

12:15 - 14:00 - Lunch time

14:00 - 15:30 - Activity 3 session

15:30 - 15:45 - Break time

15:45- 17:15 - Activity sessions 4

17:15 - 19:00 - Evening meal

19:00 - 20:30 - Activity session 5

Bedtime



Items to bring:

- Luggage - please restrict this to one case plus one piece of hand luggage.
(Metal framed rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping bag, pillow & case
- A drink bottle (essential in the summer)
- Rucksack
- Toiletries to include: hand sanitizer (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions - long-sleeved shirts / jumpers, trousers / jogging bottoms, appropriate length shorts. T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. Clothes, shoes, walking boots, wellies and underwear for other times. **NO DENIM JEANS.**
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Sunglasses, vaseline, sun cream and hat in the summer
- Pyjamas and slippers
- £10 in coins only

Activities:

- Climbing
- Paddle Boarding
- Survival Skills
- Low Ropes
- Archery
- Camp Fire
- Team Games
- Raft Building
- Rifle Shooting



Medical
Up-to-date

Temporary medication forms *i.e. travel sickness*

Check expiry dates

Bring in medication

Anything pre-existing medical conditions



Safety

Nearest hospital - Norfolk and Norwich University Hospital

First aiders - Mr Cook, Mr Markham, Mr Walters, Mrs Russo

Teachers will have contact details

Please ensure we have up-to-date contact information

Children responsible for their own possessions

Medication - Please contact Mr Cook

No mobile phones

Children must be picked up from school

