



Norfolk Lakes 2023

Year 8 Residential

Where

Norfolk Lakes Adventure Centre has become a water sports and outdoor pursuits flag ship on the eastern side of the UK. Norfolk Lakes is located on the edge of the village of Lyng, situated on the River Wensum only 11 miles north west of Norwich.



[Manor Adventure Norfolk Lakes - YouTube](#)



High Ropes





Sailing



SUP



Canoe/Kayak



Archery



Raft Building











On Site Facilities at Norfolk Lakes







All Activities on site!

[View our full list of activities](#)

37 acres for water sports

-  Sailing
-  Kayaking
-  Canoeing
-  Paddle Boarding
-  Giant Paddle Boarding
-  Raft Building

Over 25 land based outdoor pursuits

-  Obstacle course
-  Archery range
-  Blind Trail
-  Crate Stacking
-  Climbing Wall
-  Caving



Climbing

Money

Small amount for the service station.

No money needed at the residential placement.

Money will be taken in by staff and given out when needed.



Phones

No Mobile Phones are to be taken on the trip.





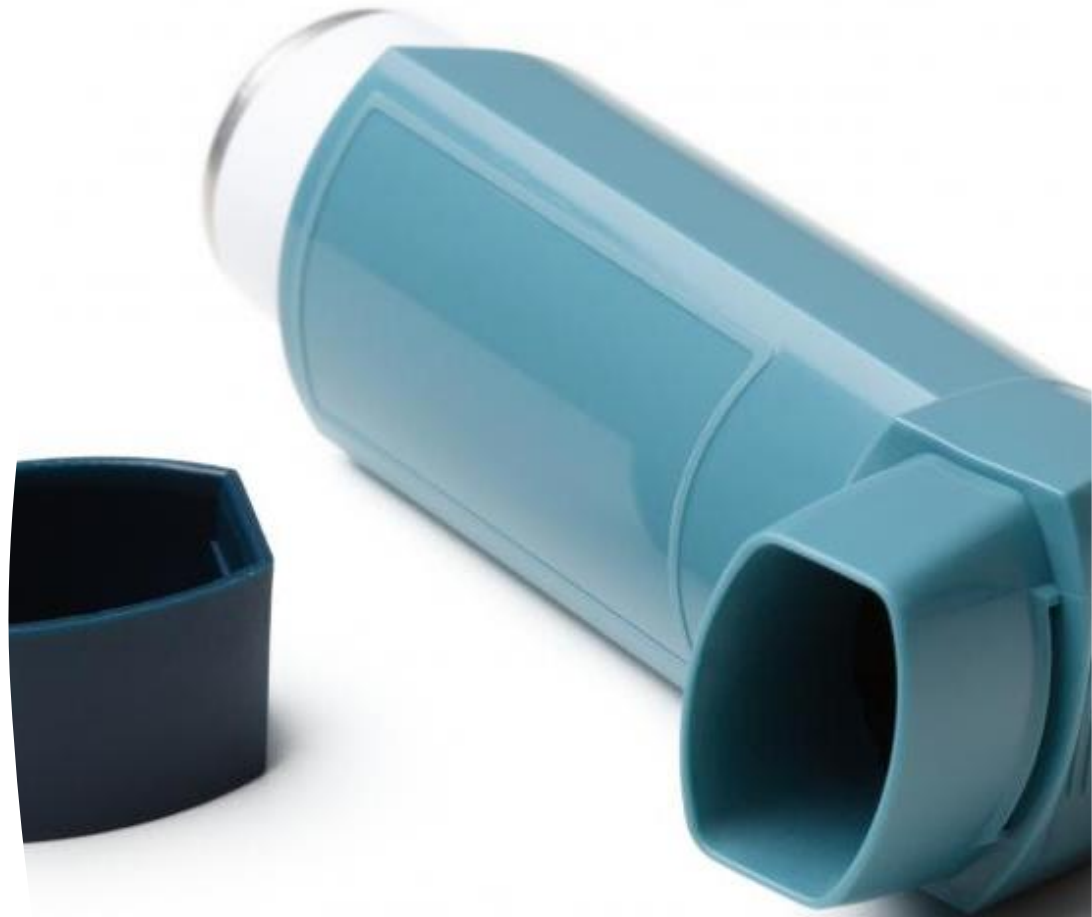
No news is good news

Updates on the whole trip will be on NSB social Media

Medication

- Please make sure you send your son with any medication they need.
- Labelled in a clear plastic bag
- Any instructions included

If your sons medical form states Inhaler or EpiPen they will not be allowed to come without them.





Food

Cooked Breakfast – Cereals

Lunch – Hot food with
Pudding

Dinner Hot Food with Pudding

All Dietary needs will be
catered for.

You can bring snacks however
please ensure NO NUTS as we
have students with allergies.

Also please don't pack too
many sweets.



Monday 16th
October

Arrive through Red doors - parents say goodbye here.

9:30am

Students must be able to carry/wheel their own bags.

Make you way to Sports Hall

Friday 20th

- Students will have actives in the morning
- Given packed lunch
- Leave Norfolk Lakes 12:30pm
- Should be back at 3:30pm - You will be informed by the school as students have NO phones





Kit List – Clothing for Activities

Student clothing is likely to suffer wear and tear and will also get dirty & wet during the activities, therefore, they should bring several changes of old clothes for the week.

Jeans are **NOT** suitable for activities as they get heavy and cold when wet and do not dry out quickly. We will have the use of a drying room.

Please ensure that ALL items of clothing are named as students will be responsible for their own belongings.

It may be useful to provide them with a list of items packed as lost property is hard to track down after a visit, especially with the amount of pupils involved on the residential.

The basic's

- Suitable nightwear. hairbrush/comb)
- Underwear – enough for each day plus • Swimwear
spares (please note, for many activities
socks will need to cover ankles).
- Trousers/tracksuit bottoms (not jeans). • **SLEEPING BAG & PILLOW
(BOTH NAMED)**
- Shorts. • Pen, Pencil, Paper
- Trainers for activities in the day. • Watch/Alarm Clock
- Trainers/shoes for watersports
activities. • Torch/Batteries
- Trainers/shoes for evening.
- T-Shirts (1 long sleeved).
- Waterproof jacket/Kagool (and
trousers if you have them).
- Warm Jacket.
- Fleece/Jumpers/Sweatshirts.
- 1 or 2 sets of clothes for evening
- 2 Towels (1 for showering and 1 for
activities).
- Plastic drinks bottle.
- Small rucksack/bag
- Black bin bags, named, for dirty
clothing.
- Wash bag (shower gel, shampoo,
toothpaste & toothbrush,

Key things

These are water shoes they can be bought for around £5 from sports direct. They can be used in the water and dry quickly.

Bring 3 pairs of shoes/trainers

One for normal wear

One for Wet wear - these should be old or water shoes.

And a spare



Keys things

-
- You need to bring 2 towels
 - You will be told to bring one for water activities
 - You need a second for washing back in your room

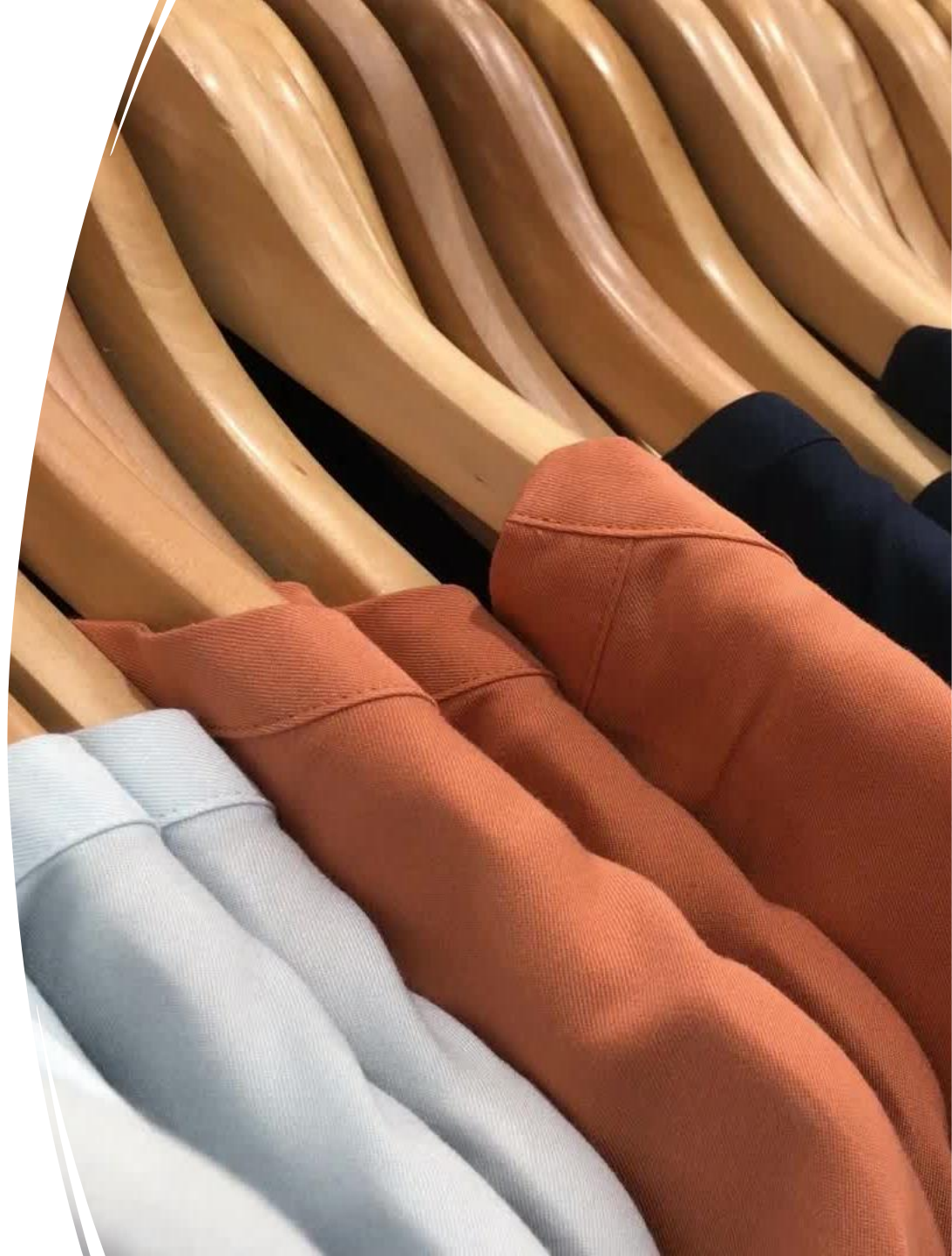


Key things

- You must have some long sleeved tops

These are for archery ,
Obstacle course and some
others.

If you don't you will not be
able to take part



Key things

No mobiles on the trip

An alarm clock would be useful as you need to be up in time for your breakfast slot.

Bring lots of extra socks and pants you will want them when you have been in the water



If you don't label it
you wont find it!!!

Finally on
Kit

Label everything you
can go for initials and
form

