

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 northwest of Norwich.



Rooms



Food

Breakfast – Cooked and Cereals

Lunch – Hot food and salad bar

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.



A typical day...

Wake up

Breakfast

Morning activities

Lunch

Afternoon activities

Dinner

Evening activity

Briefing

Bedtime

Activities

- Climbing
- Archery
- Obstacle course
- Orienteering
- Manor Olympics
- Kayak
- Fencing
- Giant canoeing
- Giant stand up paddleboarding
- Raft building
- Stand up paddle boarding
- Aeroball
- Rifles
- Axe throwing
- Crate stacking
- High ropes
- Bouldering
- Survival skills

Kit list

- Sleeping Bag
- Pillow and Pillowcase
- Underwear
- Pyjamas
- Trousers/tracksuit bottoms (not jeans)
- Trainers for activities in the day
- Trainers/shoes for water sports activities (water shoes are best)
- Trainers/shoes for evening
- T-Shirts (at least 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- this can be a lightweight towel)
- Plastic drinks bottle
- Small rucksack/bag
- Black bin bags, named, for dirty clothing
- Wash bag (shower gel, shampoo, toothpaste & toothbrush, hairbrush/comb)
- Swimwear
- Watch/Alarm Clock
- Torch/Batteries



**Monday 20th October
9:30am**

**Red doors
Make your way to the
Sports Hall**

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



**Friday 24th October
1:00pm**

**ETA 3:30pm/4:00pm
Back to reality**

**Please keep front of
school clear**

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.



Final bits

- No mobile phones
 - There isn't any signal
- Money (for services only)
 - There isn't anywhere to spend it on site
- No news is good news!
 - There isn't anything to worry about