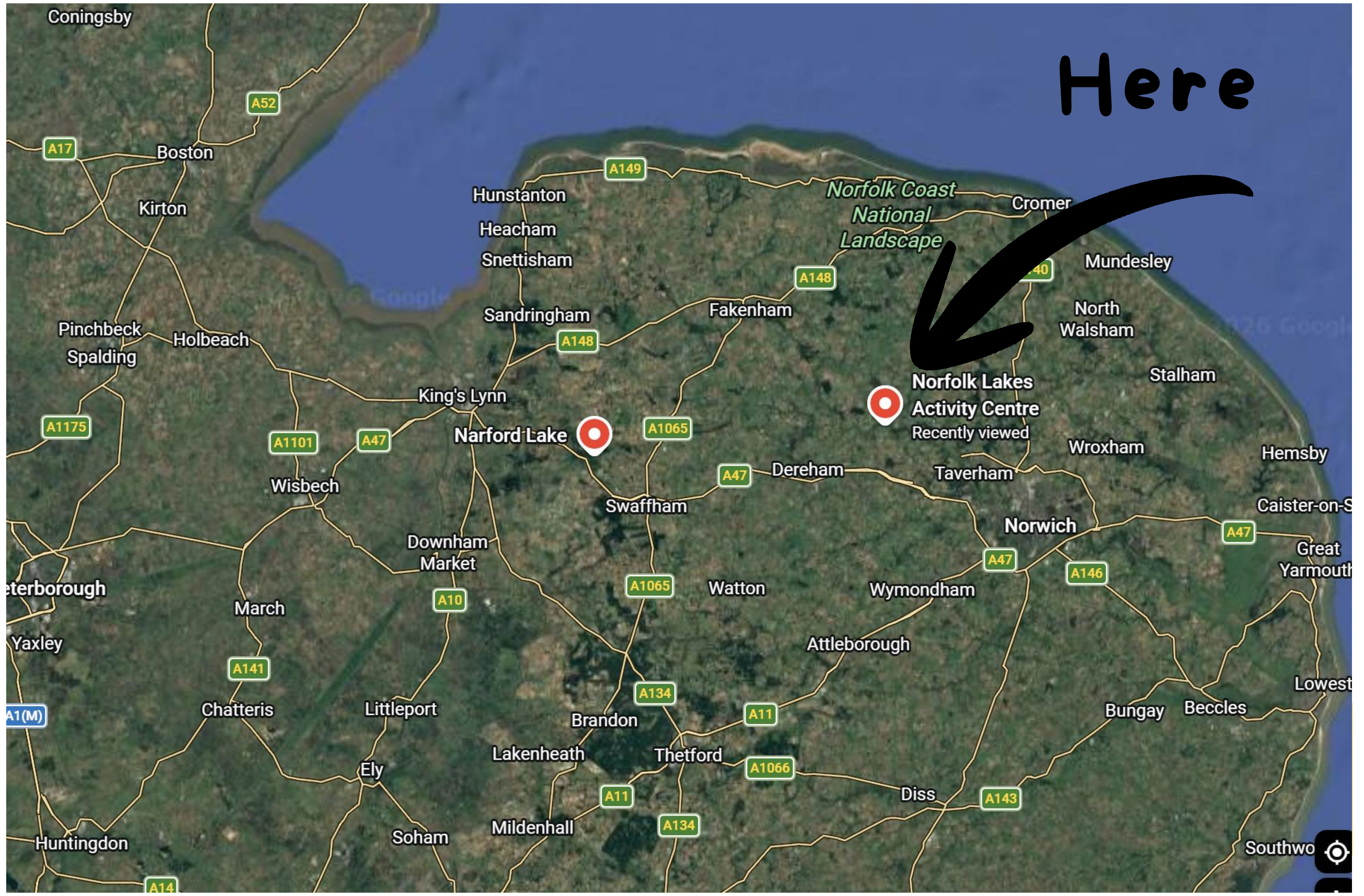


An aerial photograph of a large, dark blue lake with several green, tree-covered islands. The lake is surrounded by lush green fields and some buildings on the right side. The sky is clear and blue.

Norfolk Lakes 2026

19th-21st October

Here



Rooms



A Typical Day

A typical day...

Wake up

Breakfast

Morning activities

Lunch

Afternoon activities

Dinner

Evening activity

Briefing

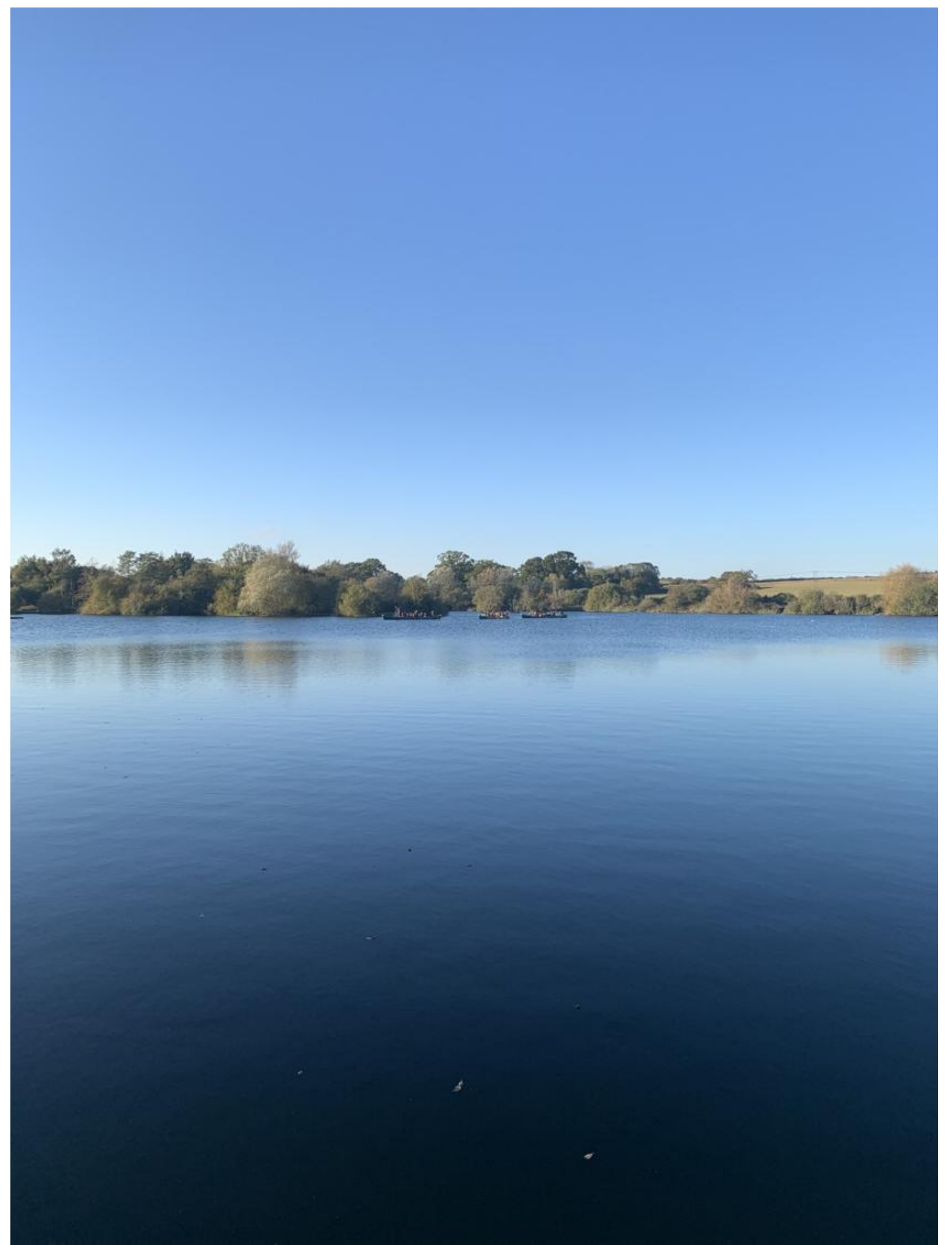
Bedtime

DAY	SES	1	2	3	4	5	6	7	8
MON		Northampton School For Boys							
	4	CLIMB	CLIMB	ARCH	CLIMB	SURV	MO	AXE	RIFLES
	5	OC	OC	HR	ARCH	CS	FENCE	FENCE	AXE
TUE	1	ORIENT	ORIENT	ORIENT	HR	ARCH	CS	MO	FENCE
	2	MO	MO	OC	OC	HR	ARCH	CS	CLIMB
	3	KAYAK	KAYAK	KAYAK	MO	MO	HR	ARCH	CS
	4	KAYAK	KAYAK	KAYAK	ORIENT	ORIENT	ORIENT	HR	ARCH
	5	FENCE	SURV	SURV	BOULD	OC	OC	SURV	HR
WED	1	GCAN	GCAN	GCAN	KAYAK	KAYAK	KAYAK	OC	OC
	2	GSUP	GSUP	GSUP	KAYAK	KAYAK	KAYAK	ORIENT	ORIENT
	3	RAFT	RAFT	SUP	SUP	CLIMB	CLIMB	KAYAK	GCAN
	4	SUP	SUP	RAFT	RAFT	BOULD	BOULD	KAYAK	GSUP
	5	AERO	FENCE	CLIMB	SURV	FENCE	SURV	CLIMB	SURV
THU	1	RIFLES	AERO	BOULD	GCAN	RAFT	RAFT	SUP	SUP
	2	AXE	RIFLES	AERO	GSUP	SUP	SUP	RAFT	RAFT
	3	CS	AXE	RIFLES	AERO	GCAN	GCAN	GCAN	MO
	4	ARCH	CS	AXE	RIFLES	GSUP	GSUP	GSUP	AERO
	5	HR	ARCH	CS	AXE	RIFLES	AERO	BOULD	BOULD
FRI	1	BOULD	HR	MO	CS	AXE	RIFLES	AERO	KAYAK
	2	SURV	BOULD	FENCE	FENCE	AERO	AXE	RIFLES	KAYAK









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

Provided at the back as you leave.

Key Points

2 Towels

Watershoes/Old Trainers/Inside shoes

Old Clothes

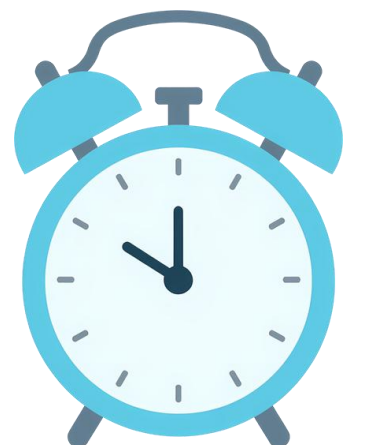
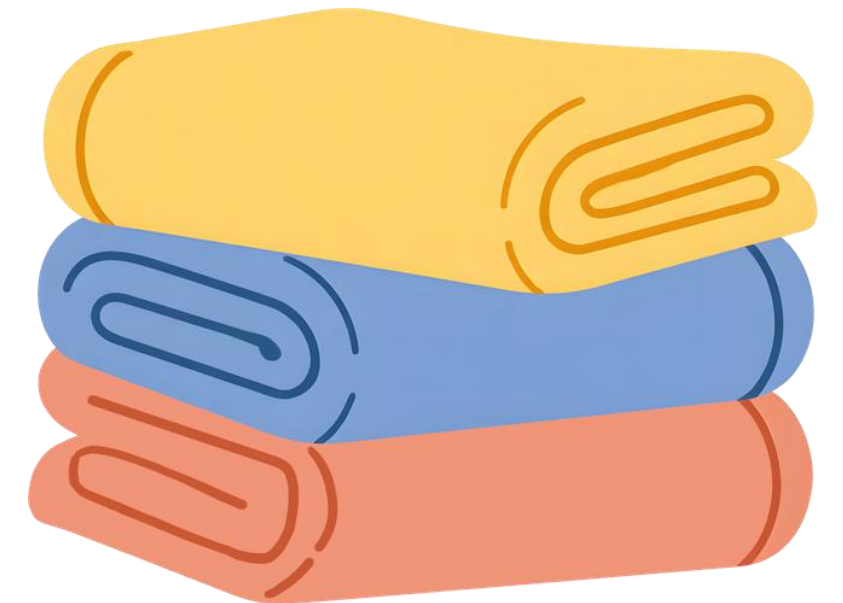
Water Bottle

Bin Bag

Sleeping bag/Pillow

Long Sleaved tops

An alarm clock



Meals

Cooked Breakfast – Cereals

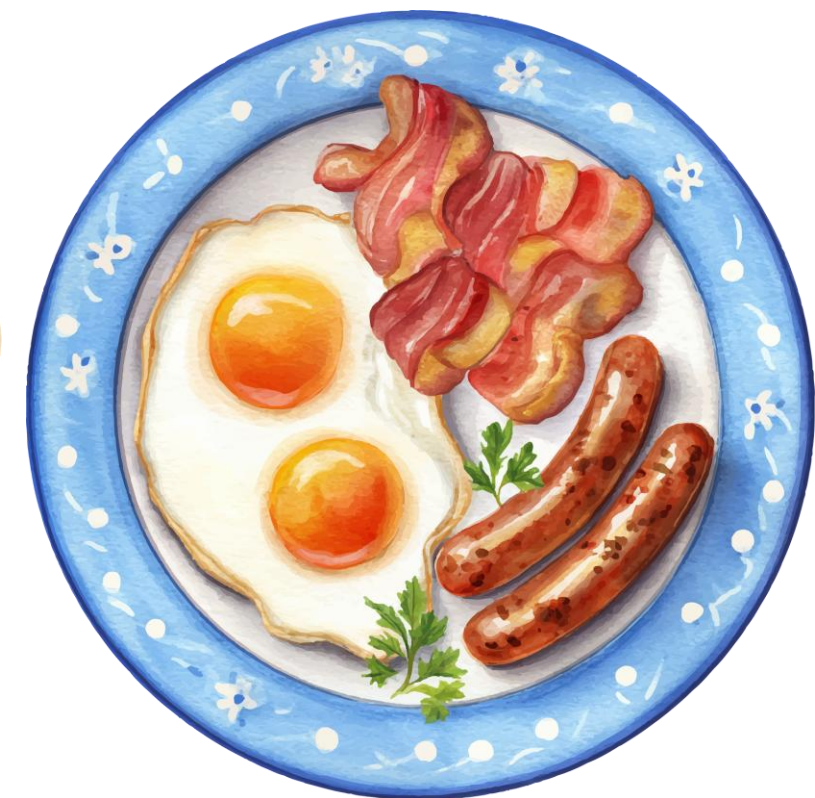
Lunch – Hot food with Pudding

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 19th

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



Thursday 22nd

Students will have activities in the morning and we will be aiming to leave around 1pm.

We should be back at 4pm - but updates will be provided.

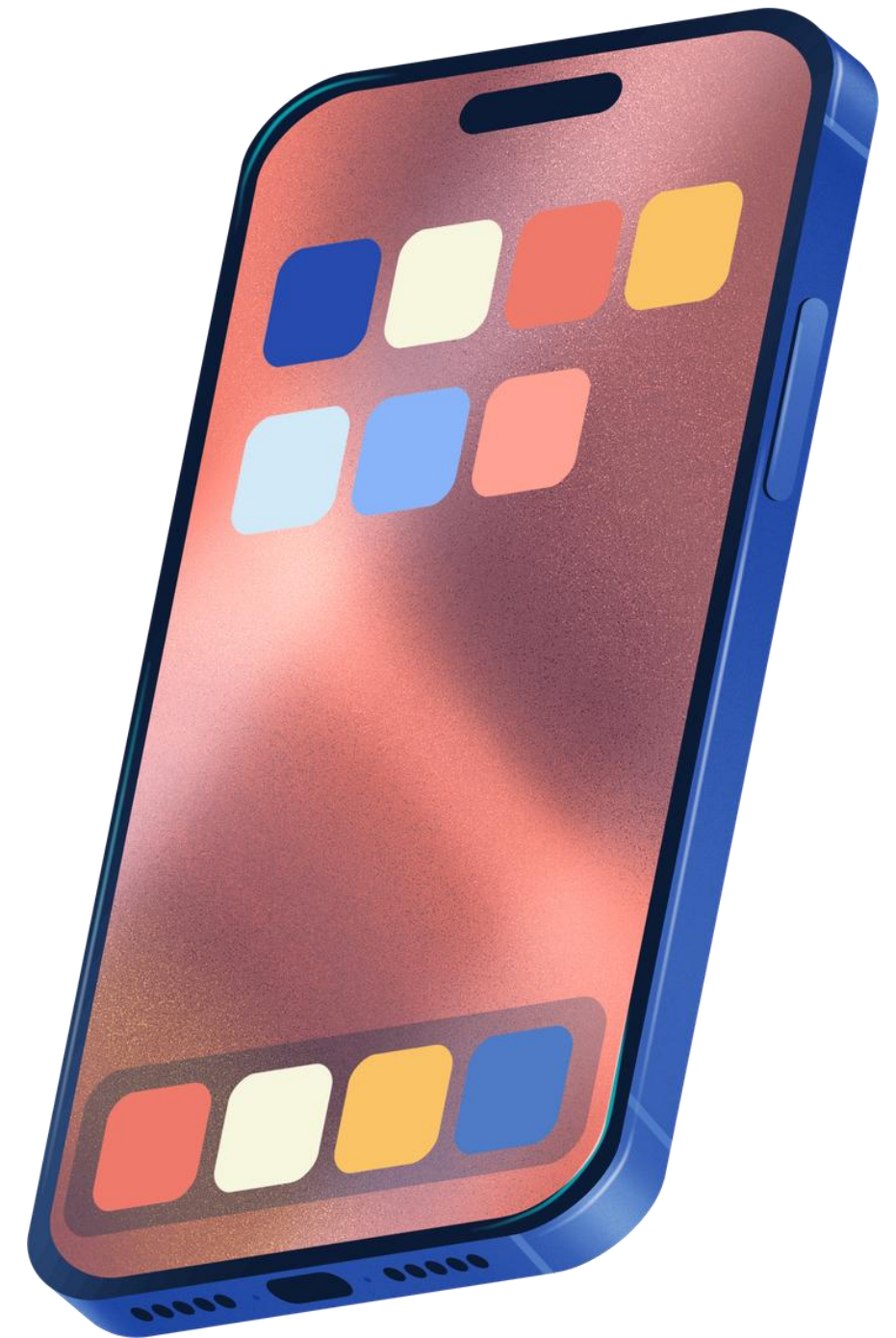
Please DO NOT park down in the Sport Hall Car Park we will have 9+ buses returning with Year 12 trip included.



Phones

**No Mobile Phones are to be
taken on the trip.**

Or any other electronics



Parental Contact

No news is good news

Updates on the whole trip
will be on NSB social
Media



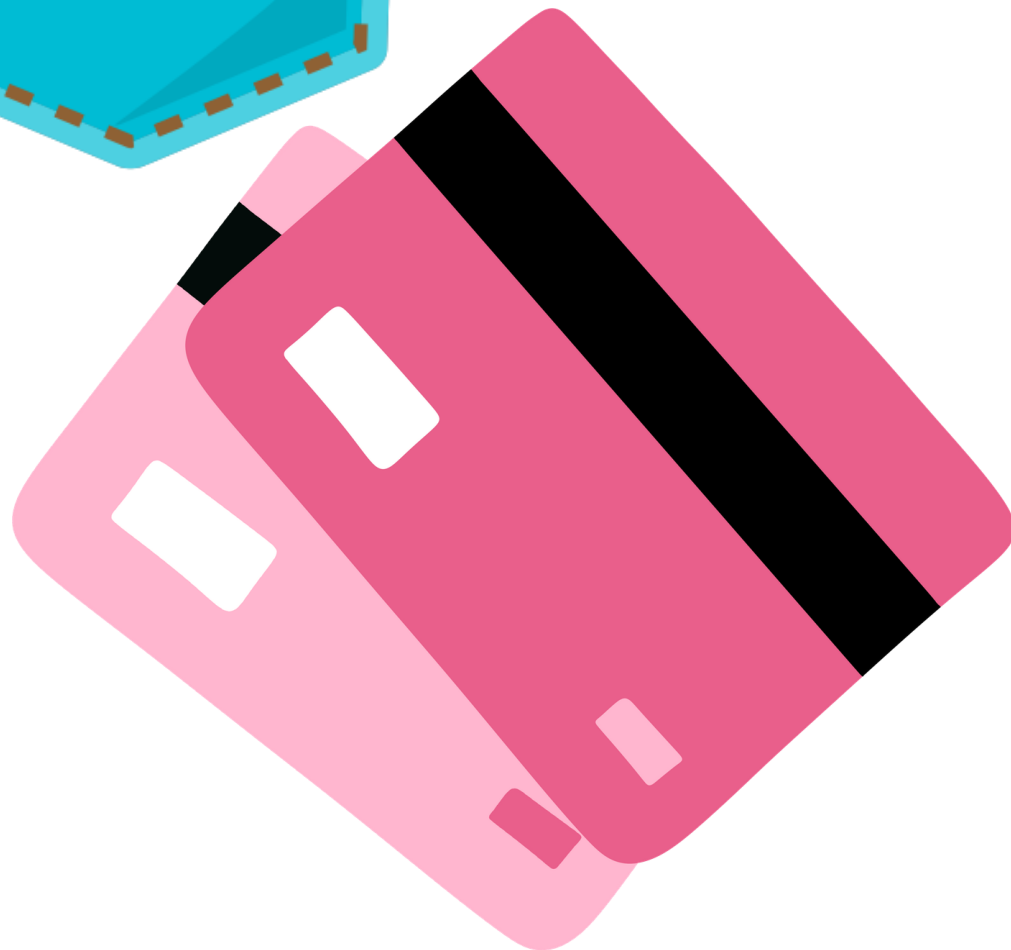
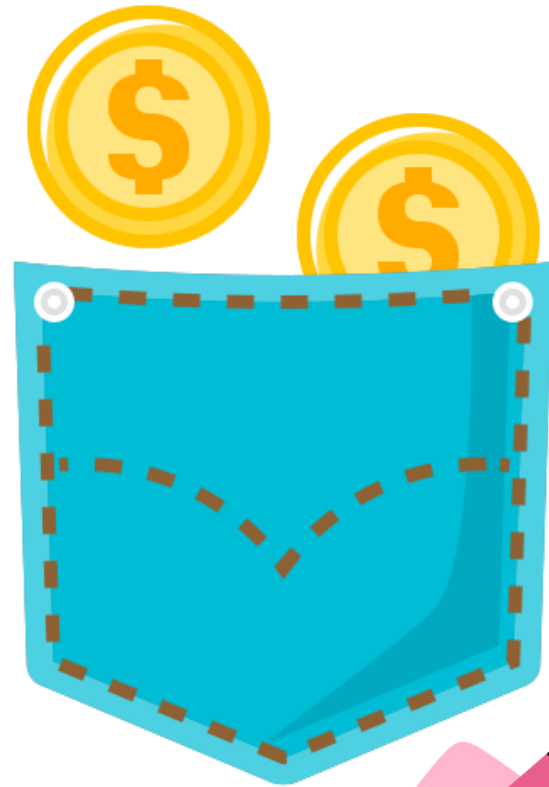
Medication

- 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.



Money



**Small amount for the service
station.**

**No money needed at the
residential placement.**