

# Y12 Residential Trip to Bude

15<sup>th</sup> – 20<sup>th</sup> October 2017-10-08

## Final Departure Details

(ELECTRONIC VERSION AVAILABLE ON VLE AND WEBSITE)

Centre:

Adventure International  
Belle Vue  
Bude  
Cornwall  
EX23 8JP

Telephone: 078707775111

Emergency School Contact: Matthew Kneeshaw – School Hours 01604230240  
Out of school hours: 07968530221  
- **Not for travel information**

Emergency Contact in Bude: Romain Pietropaoli – 07411636445

Outward Journey: Depart NSB on Sunday 15<sup>th</sup> October at 09:00hrs  
Arrive at Centre at 15:00hrs (approx.)

Return Journey: Depart from Centre Friday 20<sup>th</sup> at 10:00hrs  
Arrive back at NSB at 16:00hrs (approx.)  
The students will be advised to text you ETA's closer to arrival.

### ITINERARY FOR THE WEEK:

Activities for each group vary, but each group will do a range of activities from the following during the course of the week:

Kayaking, Canadian Canoeing, Walking High Ropes, Caving, Climbing, Body Boarding, Assault Course, Abseiling, Mountain Biking. Each day starts at 7am with a short activity before breakfast. Evening entertainments to include: - Self Assessment, Ability, Teamwork, Leadership Skills, 5-a-side Football, Karaoke and Talent Show.

PLEASE NOTE THAT THE LUGGAGE SPACE ON COACHES IS LIMITED, THEREFORE ONLY 1 CASE PER STUDENT. A small rucksack type bag on board the coach is permitted. If students bring valuable items like iPads, mobile phones etc then they will be responsible for their safety at all times.

STUDENTS TAKING ANY MEDICATION SHOULD INFORM RELEVANT MEMBERS OF STAFF ON THE COACH.

# **Bude 2017**

## **Kit List guidance**

Weather likely to be cold and wet (it is October after all!)

### **Activity clothing –**

Swimming costume

Trainers

PE kit

Towel

Aqua shoes (if possible) for inside canoes, kayaks and body boarding [alternatively a second pair of trainers that you don't mind getting wet]

Track suit/joggers

Waterproof jacket

Warm jumper/hoodie

### **Evening wear**

Up to you

### **What not to bring**

Expensive clothing – the activities will ruin them!

Expensive iPads etc.

Large stereos!

**Hair tongs/straighteners – they are a fire hazard and will be confiscated!!**

### **Jewellery**

You will **NOT** be allowed to wear **ANY** jewellery when doing the activities, even if covered up. **Ear rings and other piercings must be removed.**

### **Inhalers**

If your medical info says you have or have suffered from asthma and you have stated that you use an inhaler, **you must have your inhaler with you when on activity.** If you do not have it with you, or have left it at home in Northampton, you will not be allowed to take part in the activities. If you have had asthma but no longer use an inhaler this should be stated on your medical form.

Remember – this is an **ACTIVITY** week. You will get wet, dirty and cold. Get stuck in and have fun.

There is limited opportunity for buying anything – vending machines are on the ground floor and there is a small souvenir shop, but nothing grand!