

Itinerary

Wednesday 17 July

8.55am	Arrive at Sackville
8.55am – 2.50pm	Teambuilding activities
2.50pm	Day ends
Students will be required to wear practical clothes to be outside all day and a packed lunch	

Thursday 18 July

3.30am	Arrive at Sackville
4.00am	Leave Sackville for the Lake District via coach
12.00pm	Arrive at YMCA Lakeside
2.00pm - 5.00pm	Activities
5.00pm - 6.30pm	Dinner
6.30pm - 8.00pm	Activity
9.00pm	Bedtime
Students will be required to bring food for the journey and lunch on the first day. Evening meal on Thursday will be provided.	

Friday 19 July

8.00am - 9.00am	Breakfast
9.30am - 11.00am	Activity
11.00am - 12.30pm	Activity
12.30pm - 2.00pm	Lunch
2.00pm - 5.00pm	Activity
5.00pm - 6.30pm	Dinner
6.30pm - 8.00pm	Activity
9.00pm	Bedtime
All meals will be provided today but if the students want to bring snacks for these days they are more than welcome to.	

Saturday 20 July

8.00am - 9.00am	Breakfast
9.30am - 11.00am	Activity
11.00am - 12.30pm	Activity
12.30pm - 2.00pm	Lunch
2.00pm - 5.00pm	Activity
5.00pm - 6.30pm	Dinner
6.30pm - 8.00pm	Activity
9.00pm	Bedtime
All meals will be provided today but if the students want to bring snacks for these days they are more than welcome to.	

Sunday 21 July

8.00am - 9.00am	Breakfast
9.30am - 11.00am	Activity
11.00am - 12.30pm	Activity
1.30pm	Depart YMCA Lakeside
9.30pm	Arrive back at Sackville

Kit List

Essential kit for outdoor activities

- Old trainers for wet session
- Another pair of trainers for land sessions
- Long trousers – tracksuit, fleece and poly-cotton are good
- Jeans are not suitable
- Warm long-sleeved tops – fleece is best, or wool, acrylic or poly-cotton
- Plenty of t-shirts
- Two pairs of warm thick walking socks
- Hat and gloves
- Socks and underwear
- Walking boots (with ankle support and good tread)*
- Waterproof jackets and trousers*
- Torch/ head torch – with spare batteries*
- Bottle for drinking water (not glass)*
- *We have a limited supply of these items should they be forgotten

Essential personal kit

- Torch/ head torch – with spare batteries
- Wash kit and towels
- Bottle for drinking water (not glass)
- Towel
- Rucksack

Clothes for general and indoor wear

- Set of casual clothes and footwear
- Nightwear
- Extra underwear
- Slippers or indoor shoes

Extras for summer

- Sun cream
- Insect repellent (not containing DEET)
- Shorts, sun cap/hat and shades

Optional personal kit

- Thermal underwear
- Swimwear
- Umbrella
- Camera
- Small change for shop
- Wellington boots