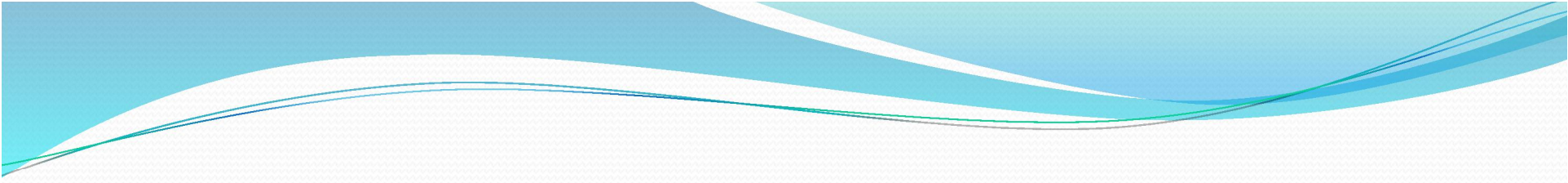


Norfolk Lakes



What to pack:

- Things you need:
- Luggage – please restrict this to one case plus one piece of hand luggage. The children need to carry everything that they bring.
- Sleeping bag and pillowcase
- A drink bottle
- Torch
- Rucksack for the daytime
- Toiletries etc (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – long-sleeved shirts/jumpers, trousers / jogging bottoms/ denim jeans. T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty). Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat and gloves in the winter
- Pyjamas and slippers

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- Books, playing cards and other quiet activities
 - Money for snacks (sweets & drinks, souvenirs (i.e postcards). Please bring coins not notes. Maximum of £2.00 – there is a limit to how many pens, pencils and keyrings someone needs!
 - Wet suit (very much optional, but if you have one it may prove useful during the water based activities)



What NOT to bring

- No jewellery except stud earrings
- No wellies
- No mobile phones
- No cameras – we will be taking plenty of pictures

- NOTE:
- **Please name all clothing**
- Denim jeans are not ideal for outdoor use as they are heavy when wet



NORFOLK LAKES
OPENED 2016





What activities will we do?

- Climbing
- Caving
- Canoeing
- Kayaking
- Stand-up Paddleboarding
- Survival skills
- Blind Trail
- Manor Olympics
- Initiative Exercises



On the day:

- Luggage onto stage in the hall from 8:30am
- Arrive in home clothes – you will not need uniform
- Morning in school, have lunch then leave
- We will arrive there at about 2pm
- Activities last 90 minutes. Start at 3pm and finish at 8.30pm on day 1
- 5 activities on day 2
- 2 activities on last day
- Should return by the end of the school day – if we are late we will let you know.



Food

- All catered, lots of choice, set up for children.
- Allergies and intolerances noted on forms have been given to the centre so they can accommodate.



Medicines

- Medicines need to be in a named bag on the day
- A medical form will need to be completed to state doses and times etc
- Complete ahead of time please– some forms are here to take away and return
- For any ‘surprise’ illness then please bring in on the day



Accommodation

- We will decide on room sharing
- We will try and make sure everyone is happy – we know which combinations work for everyone!
- We will inform the children nearer the time.



The next day...

- We know everyone will be tired so it is OK for them to have a lie in (if that's possible for you...)
- We will have a relaxed morning, just bring the children in by around 11am!