

EXAMPLE PROGRAMME

| DATE | EXAMPLE ACTIVITY | VENUE |
|--------------------|---|------------|
| Monday 24th Feb | Team building, pool games | On campus |
| Tuesday 25th Feb | Adventure walk | Off campus |
| Wednesday 26th Feb | Caving | Off campus |
| Thursday 27th Feb | Climbing (centre) | Off campus |
| Friday 28th Feb | Sea caves and coastal walk or bushcraft | Mixed |

^{*}All activities are weather dependent and the safety of the group is paramount. We will aim to ensure that all activities listed take place throughout the week, but the days/activities may be subject to change.

DAILY PACKING LIST

- Wear warm clothing suitable for taking part in adventure activities (activities take place outdoors all day)
- Hat and gloves
- Scarf/neck gaiter
- Wellington boots
- Trainers or walking boots
- Complete change of clothes each day (including underwear) incase they get wet!
- Swimwear and towel
- Water bottle
- Packed lunch and snacks
- Small rucksack to carry lunch and spare clothing
- Personal medication



