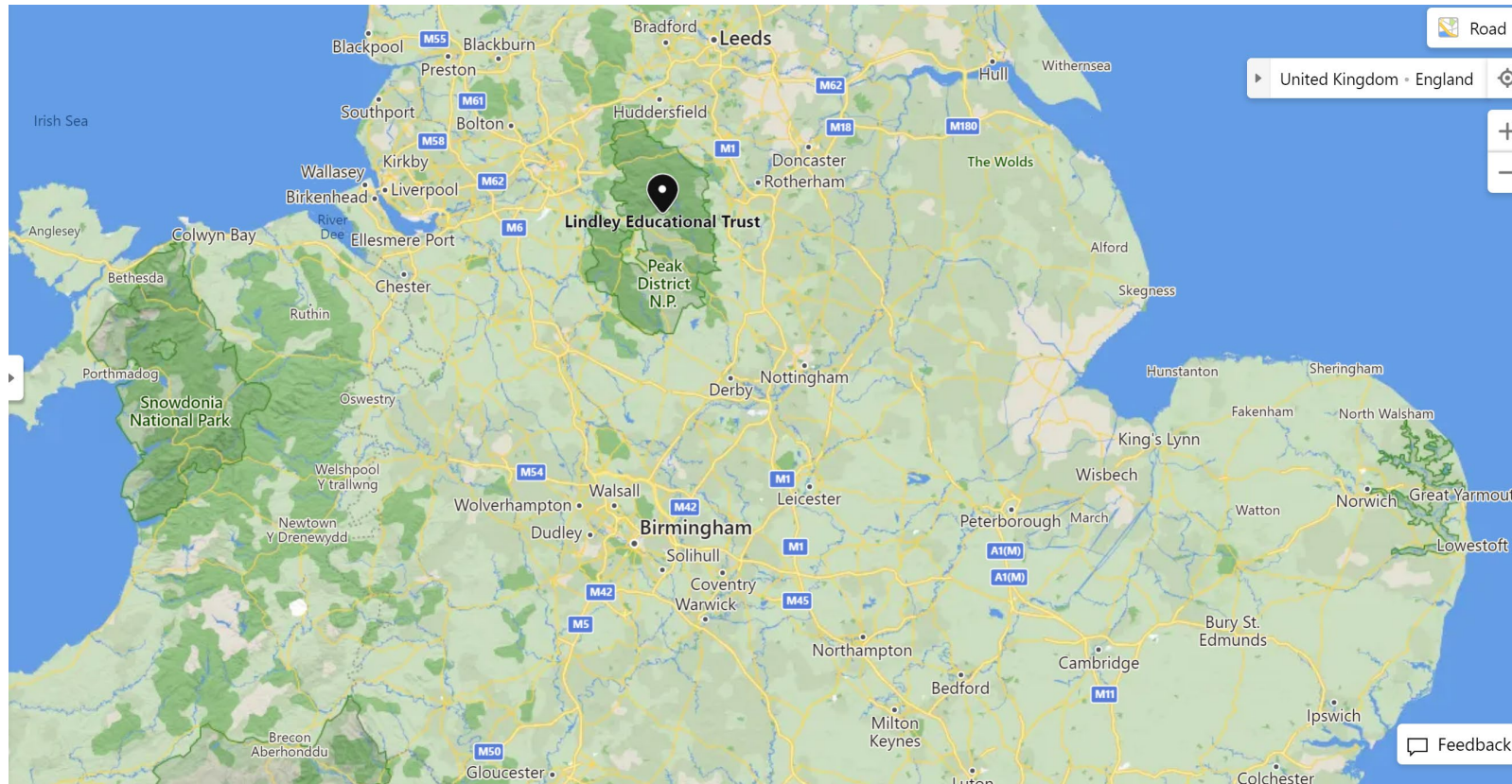


Hollowford - Castleton



Monday 4th – Wednesday 6th April



Approx 1 hr 40 min drive







			Group 1	Group 2	Group 3	Group 4
	Meal Times		Kim	Neil M	Mike P	Rob W
				lunch start	lunch start	lunch start
Monday		Morn	Arrivals 10.30am			
	lunch from home	Aft	Rock	High Ropes	Rock	High Ropes
	1745	Eve	Team challenge tasks and adventure course. Set the scene & get the children working together.			
Tuesday	0750	Morn	High Ropes	Canoe	High Ropes	Canoe
	1230	Aft	Canoe	Rock	Canoe	Rock
	1745	Eve	Own Program			
Wednesday	0750	Morn	Own Program			
	1230	Aft	Departures coach booked for 1.15 to depart at 1.30pm			
		Eve				





Kit List

- ✓ 3 sets of outdoor clothing-outdoor clothes may receive heavy wear so bring old but sturdy clothing (trousers, shirts/t-shirts, jumpers/sweatshirts) **NB Jeans are unsuitable for outdoor activities**
- ✓ Indoor casual clothes and shoes
- ✓ 2-3 pairs of thick woollen socks
- ✓ Training shoes for activities
- ✓ Old training shoes (for water based activities)
- ✓ Tights and thermal underwear are valuable in winter
- ✓ Nightwear and underwear
- ✓ Toiletries, soap, towel etc
- ✓ Sun cream
- ✓ **Disposable** camera (optional)
- ✓ Bin bag
- ✓ No sweets or fizzy drinks

- Medication – please label with name and instructions for use
- Other medical information – please fill in the form with other pertinent information

Peace of mind in the evenings

Hollowford

A first aid qualified overnight Duty person will be available from 7pm through to 8am Monday to Friday and 10am Saturday and Sunday. Generally from 11pm through to 7am they will be in their accommodation but you will be given clear instructions as to their location and how to contact them in case of emergency.

The Duty person is responsible for the centre, running the [shop/bar](#) should it be required and is on hand to ensure all groups have everything they need.

They are not responsible for supervising groups.