

# Yr 7 residential

## Acorn Adventures – Brecon Beacons



# Where is it?



- Brecon Beacons is in Llangorse which is famous for its lakes, dramatic mountains, open countryside and rural villages .
- 3 hour coach journey
- Please bring a something to entertain you, a book magazine etc. Electrical equipment should not be taken.
- Please don't pack any nuts as we do have children with allergies attending the trip.





# Accommodation & Groups

- Students are sharing in tents of 4. They will choose a buddy to be with in their tent.
- Tents are floored and have beds with mattresses.
- Staff tents will be in-between the boys and girls tents
- There is a marque for socialising and eating that will be lit 24 hours a day.
- Activity groups in the day will be based around tents. Each group is manned by *Acorn and* HG staff

# Activities





# Sample Programme

	Morning	Afternoon	Evening
MON	Depart	Arrive Brecon, tour of the centre, climbing & abseiling	Acorn Olympics
TUES	Stand up paddleboarding(SUP) on Llangorse Lake	High ropes (leap of faith) & zipwire	Campfire night
WED	Target sports(catapults, archery & rifle shooting)	Canoeing	Generation game
THUR	Raft building	Bushcraft	Acorn's got talent
FRI	Depart	Travel / return home	

# Medical and Food

- Acorn can cater for any students with Dietary requirements or food allergies (e.g. vegetarians, pupils allergic to nuts)
- Please take a form at the end and bring this in so that we are fully aware of any dietary needs.
- Please remember to bring necessary medical supplies – e.g. Ventolin if asthmatic
- Medicine that should not be self administered should be handed to a member of staff after 8.30am on day of departure.



# What to bring

## Kit List

<b>Sleeping Bag</b>	<b>Pillow</b>
Toiletries	Towel
Swimwear	Underwear and Socks (at least two pairs per day)
Change of clothes for evenings	Nightclothes
Trousers/Tracksuits/Long Shorts	Fleece/warm jumper in case of cold weather
Plastic bags for wet/dirty clothes	Light waterproof jacket for warmer wet weather
Several pairs of trainers: You will need one for keeping dry, and at least one for activities. Crocs, wellies and sandals are not appropriate for activities.	
Wallet/Purse (spending money)	Small rucksack or bag
<b>High factor suncream (50+)</b>	<b>Water bottle</b>
Torch & spare batteries	Sun hat/cap
Tie on for glasses are necessary for activities	Insect repellent (just in case)

## Wet Activities (Kata Kanu, Kayaking, Canoeing, Raft Building)

T-shirt (must cover past shoulders- no vests)	Long shorts (length, to the knee)
Full toe protection- wet shoes with a hard sole or old trainers	

## Dry Activities (Zip Wire, High Ropes, Fencing, Bushcraft, Archery, Night Line, Climbing & Abseiling, Mission Impossible & Target Sports)

Long sleeved t-shirt (must cover past elbow- no vests)	Trousers or long shorts
Full toe protection- old trainers	

## Optional

Single sheet/Mattress cover	Disposable camera (that you don't mind losing or getting damaged)
Waterproof Trousers	Pen and notepad



# What not to bring

- Hair straighteners
- Expensive equipment e.g. Ipod and speakers
- Expensive Clothes – Primark not Prada!
- Pen knives
- Peanuts!

# Final Reminders

- Departure: Monday 16<sup>th</sup> July 9am
  - Go straight to hall on arrival at school. Sit in your coach group.
  - Medication that cannot be self administered by students should be handed in by parents at main reception from 8.30am
  
- Return: Friday 20<sup>th</sup> July 2.30pm (aprox.)
  - Should we be later/earlier, you will receive a text message to advise of our estimated arrival time.