

R.E.A.L RESIDENTIAL

OVERNIGHT ADVENTURE CAMP ITINERARY



ABOUT TAKE 2 ADVENTURE

INTRODUCTION

Take 2 Adventure is a family-run outdoor education company, offering bespoke adventure programmes to Primary Schools.

Over the years, there has been more and more talk and research into how being outdoors and in nature can help with mental health and wellbeing. Take 2 Adventure was founded by Stuart and Laura following their drive to explore, travel and experience the outdoors without limits. This drove the decision to leave their previous jobs in management and sport and invest their time into retraining in all things outdoors, bringing their experience, passion and knowledge directly to you. Take 2 Adventure align their activities to the national curriculum ensuring that everyone involved, from Ofsted to young people, are delighted with the outcomes.

"We look forward to creating an adventure with you soon!"
Stuart and Laura



THE R.E.A.L RESIDENTIAL

Our R.E.A.L Residentials take away the walls and boundaries of typical residential centres. Engaging your students in an experience they will never forget. Fully immersed in nature and with the freedom to grow, we help young adventurers to create...



RESILIENCE

Providing the perfect environment to build independence and take on new challenges.



ENGAGEMENT

Gaining engagement with a wide array of activities, camp duties, evening games and talent shows there are confidence building moments for everyone.



ACTIVE

Creating active bodies and minds. Our days are jam packed with adventure, making sure students and teachers alike return home with unforgettable memories and stories to tell.



LIFE SKILLS

Giving everyone life skills. Real world tasks are becoming a forgotten trade, with the opportunity to take on a number of responsibilities throughout their stay we can start to prepare students for future challenges.



BRINGING THE ADVENTURE TO YOU

On-site camping for students of all ages.

Our adventure camp takes away all the worry and stress for teachers.

The first step in our R.E.A.L Residential, this unique, fully catered camp is an affordable way to provide an exciting overnight adventure to all students, in the safety of the school grounds. 'Camp' is set up on the school field and all activities take place on the premises.

Our main aim throughout camp is to have fun outside! We always strive to help students gain a positive experience by bringing them an adventure to remember! We hope to encourage them to explore the outdoors more in the future. Through the many activities on offer, they will have the chance to learn and develop:

- Team work
- Self-Confidence
- Patience
- Communication
- Resilience
- Safety awareness
- Environmental awareness
- New skills

CAMP RULES

"THE TAKE 2 ADVENTURE WAY"

We have a "Camp Rules" board which everyone will be able to see and be briefed about at the start of the camp. We expect every camp member to follow these and we have also added some of your schools values to highlight what is expected of them on a day to day basis.

Every camp member should try their best to follow;

"The Take2Adventure Way"

- treat other people as we would like to be treated
- share
- be honest
- be polite
- listen to and respect each other
- be kind and helpful
- always try your best
- respect property and equipment



ITINERARY

WEDNESDAY

9.30am-3pm Team Building

A day full of challenging team and group orientated tasks to test teamwork, communication and resilience, whilst incorporating lots of fun and learning new skills.

3pm-3.30pm Snack (provided by T2A) and break

The camp director will brief all the children for the evening events. Healthy snacks will be handed out during this time.

3.30pm-5pm Tents and Team Signs

The instructors will now each be responsible for a team. They will help the children to erect tents and sort out sleeping equipment. The remaining time will be used to design and create their own team name and logo.

5pm-5.40pm Free Time and Garden Games

The children will use this time to finish setting up their sleeping space and to explore their new camp area. We will also provide a range of 'garden games' and ball games to burn off some of that energy and excitement.

5.40pm-6pm Dinner Prep

Each team will be asked to wash their hands and collect their plates and water bottles ready for dinner.

6pm-6.45pm Dinner

Each team will go in turn to collect their dinner and drinks. Instructors and staff will ensure that the process runs smoothly and quickly. Children to wash and dry their own dishes at the end and return them to their tent.



ITINERARY

WEDNESDAY

CONTINUED...

6.45pm-7.15pm Garden games and down time

After dinner they will have the option to relax in their tents or become creative with our bag of garden games. A chance for them to socialise, have a bit of freedom and to embrace the adventure ahead.

7.15pm-7.45pm Tug of War

A whole camp tug of war tournament! We encourage teachers to take on the challenge too!

7.45pm-8.45pm Campfire

This will be the children's first taste of bushcraft. Here they learn and help their instructor to light and build a campfire. They will then toast marshmallows and receive hot chocolate. This is flexible free time for instructors who will tell a story or organise activities they feel appropriate for their team.

8.45pm-9.15pm Bed preparations

(handover to school staff for pastoral night time duties)



ITINERARY

THURSDAY

7am-7.20am Wake up call and getting ready

A camp wake up call will be heard, the children will get changed and ready for breakfast.

7.20am-8am Breakfast

Same process as dinner.

8am-9am Morning Team Challenge

A team challenge to get everyone ready and energised for the day's activities.

9am-3.30pm Activity Carousel

Frisbee Golf

Bushcraft

Orienteering (off site)

Bouldering

3.30pm-4.15pm Snack (provided by T2A), Free Time and Garden Games

They will have the option to relax in their tents or become creative with our bag of garden games. A chance for them to socialise, have a bit of freedom and reflect on the day's activities.

4.15pm-5.40pm Team Relay Races

5.40pm-6pm Dinner Prep

Each team will be asked to wash their hands and collect their plates and water bottles ready for dinner.



ITINERARY

THURSDAY

CONTINUED...

6pm-6.45pm Dinner

Each team will go in turn to collect their dinner and drinks. Instructors and staff will ensure that the process runs smoothly and quickly. Children wash and dry their own dishes at the end and return them to their tent.

6.45pm-7.15pm Downtime

An opportunity to play games, cards or read. Before heading into the evening's final activity.

7.15pm-8pm Campfire

Following on from the previous night, children will help their instructor to light and build a campfire. They will then prepare and cook a desert / sweet treat on the fire.

8pm-8.30pm Bed preparations

(handover to school staff for pastoral night time duties)



ITINERARY

FRIDAY

7am-7.20am Wake up call and getting ready

A camp wake up call will be heard, the children will get changed and ready for breakfast.

7.20am-8am Breakfast

Same process as dinner.

8am-9am Camp pack down

9am-3.30pm Activity Carousel

Archery
Axe Throwing
Hapazome
Paracord Bracelets

2.30pm-3pm Review and Prize Giving

EMERGENCY PROCEDURES AND INFORMATION

FIRST AID



Each instructor is First Aid trained and will have access to a first aid kit. There will also be a designated first aid point where there will be a first aid trained school staff member. It would be appreciated if the school could provide an approved first aid kit also. School staff will be responsible for the holding and distribution for an children's medication.

FIRE ASSEMBLY



In the "Camp Brief" we will explain clearly the fire procedure and location of assembly points. In case of a fire an instructor (or staff member) will shout a clear "STOP" (we use this instead of "fire" to help reduce the chance of mass panic) and we will then proceed to get everyone to the fire assembly point.

NIGHT TIME PROCEDURES



Take2Adventure instructors are "CLOCKED OFF" when bedtime duties start and all pastoral care will be handed over to the staff at this point. The Camp Director will be the only one on call if needed. There will be a pre-bedtime brief explaining these night time procedures. A buddy system will be in place for toilets and children will be made aware of where the teachers' tents are located, should a problem arise in the night.

KIT LIST

At Take2Adventure we try our best to be environmentally friendly, we want to reduce our carbon footprint and preserve our outdoor spaces for generations to come. For this reason we ask that parents supply their child with washable and reusable plates, mugs and water bottles whilst at our camps. This will reduce the amount of plastic and paper waste we generate and will also teach your child the importance of washing up!

CLOTHING ESSENTIALS

Trousers x1	Pyjamas x1	Waterproof Coat x1
Shorts x1	Underwear x1	Hat / Cap x1
Jumper/Fleece x1	Socks x2	Old trainers x1
T-shirts x1		

SLEEPING KIT

Sleeping bag x1
Sleeping mat x1
Travel Pillow x1 (optional as they can use spare clothes)
Cuddly toy x1 (optional!)

EQUIPMENT AND EXTRAS

Reusable spoon x1	Suncream
Plastic cup/mug x1	Toothbrush, toothpaste and face wipes
Plastic plate x1	Torch with new batteries
Plastic bowl x1	Sunglasses (optional)
Water bottle x1	Insect repellent (optional)

We advise children to bring a book or card games to enjoy during their free time.

A FEW OF OUR ACTIVITIES

ORIENTEERING

BOULDERING

BUSHCRAFT

ARCHERY

**CAMPFIRE
COOKING**

**DISC
GOLF**

**NATURE
CRAFTS**

PIONEERING

**AXE
THROWING**



THANK YOU

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