

ESSEX OUTDOORS, BRADWELL

An exciting opportunity for your child

**Bringing out the best
in young people**



finalist



WHY WE RUN THE YEAR 6 RESIDENTIAL TRIP

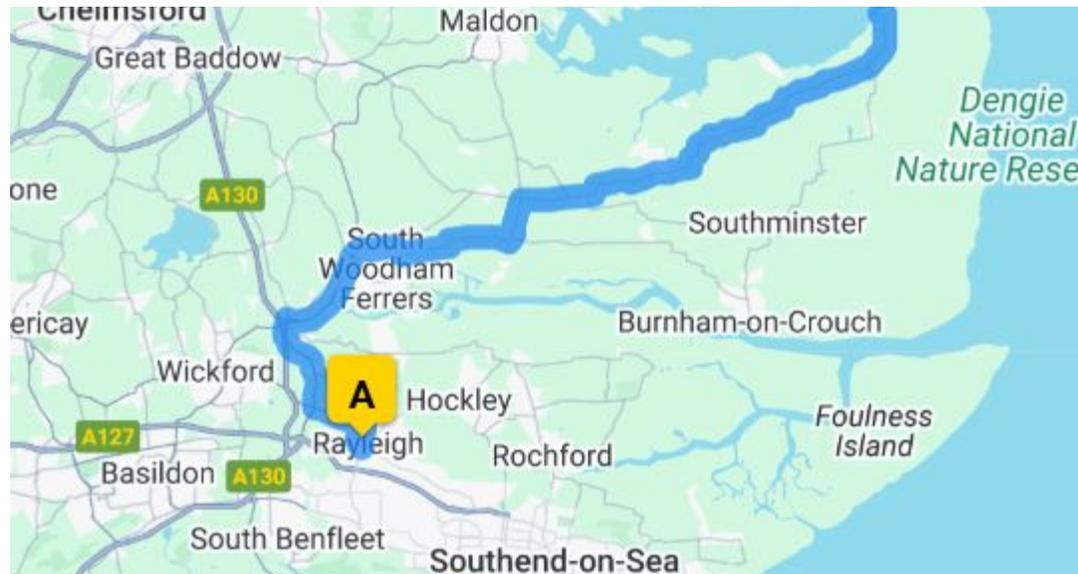
- Develop independence and resilience
- Build teamwork and friendships
- Experience outdoor learning and adventure
- Create lasting memories

ESSEX OUTDOORS, BRADWELL

30th June -4th July

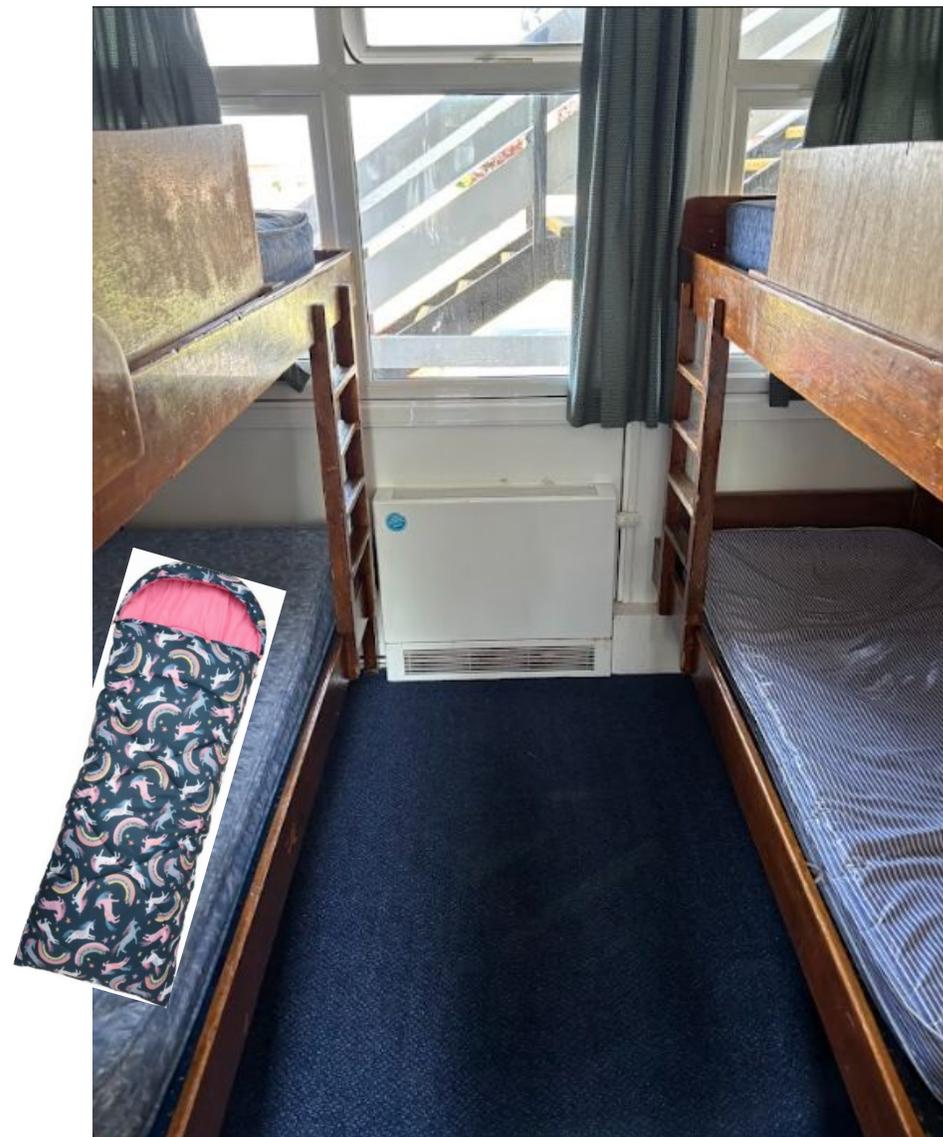
AWAY FOR 4 NIGHTS

[ESSEX OUTDOORS PROMOTIONAL VIDEO](#)





ACCOMMODATION & CATERING



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		English Breakfast Bacon Hash Browns Baked Beans Eggs Sausage Fresh Fruit Yoghurts Cereal Toast Jams and Marmalade	Continental Breakfast Croissants Pain Au Chocolate Petite Pain, Ham & cheese Fresh Fruit Yoghurts Cereals Toast Jams and Marmalade	English Breakfast Bacon Hash Browns Baked Beans Eggs Sausage Fresh Fruit Yoghurts Cereal Toast Jams and Marmalade	American Pancakes Bacon Maple Syrup Fresh Fruit Compote Fresh Fruit Yoghurts Cereals Toast Jams and Marmalade
Lunch	Sandwich Rolls Tuna Mayonnaise Egg Mayonnaise Ham Cheese Jam Marmite Cake Crisps Fresh Fruit	Home-Made Pizza Margherita Pepperoni Ham and Pineapple Vegetarian Flapjack Crisps Fresh Fruit	Sandwich Rolls Tuna Mayonnaise Egg Mayonnaise Ham Cheese Jam Marmite Cookies Crisps Fresh Fruit	Sausage Rolls Crisps Fresh Fruit Choc Fridge Cake	Sandwich Rolls Tuna Mayonnaise Egg Mayonnaise Ham Cheese Jam Marmite Shortbread Crisps Fresh Fruit
Dinner	Chicken Nuggets and Chips Or Ham, Egg and Chips Beans Fresh Salad Fruit Crumble and Custard	Jacket Potato Ham Cheese Tuna Mayo Beans Salad Coleslaw Choc Fudge Cake	Pasta and meatballs Tomato and Basil Sauce Homemade Garlic Bread Salad Sponge and Custard	BBQ Night Hot dogs Beef Burgers Onions Coleslaw Potato Salad Fresh Salad Donuts or Ice Lollies	



PACKING AND WHAT TO EXPECT

- Essentials (clothing, toiletries, waterproofs, footwear)
 - Items not to bring (e.g., mobile phones, valuables)
 - Reminder about labelling belongings
 - Link for [Bradwell Kit List](#)
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Clothes and Shoes

- Nightwear / Pyjamas (if camping, it can get cold at night)
- Underwear and socks
- Trousers / leggings for activities (not jeans)
- Shorts (summer groups)
- 1 pair of trainers for activities
- 1 pair of shoes for water sports (preferably old trainers)
- Pair of dry shoes for evening activities
- Fleeeces / sweatshirts for activities
- Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- T-shirts
- Sets of clothes for the evening
- Baseball hat / sun hat if warm, warm hat and gloves if cold
- Waterproof jacket / cagoule & trousers
- Warm coat or similar
- Wellington / waterproof walking boots (optional, winter groups)
- Swimwear (for some water based activities)

Other Items

- Sleeping bag or duvet and pillow
- Single Bottom Sheet (Residential centre accommodation only)
- One towel for showering
- One old towel for wet / muddy activities
- Reusable drinks bottle (not glass)
- Sun cream
- Small rucksack / bag
- Labelled bin bags for wet and dirty clothing
- Wash bag (including soap, shampoo and toothpaste)
- Pen, Pencil and Writing Paper (If required)
- Any Medication required (labelled & named)

Please be aware that on certain activities clothing will get wet and muddy!

All clothing items should be named to avoid loss and should be packed in a kit bag that should also be labelled and named.

It is strongly advised that mobile phones, MP3 players, jewellery and watches are left at home; these valuable items are easily lost or damaged and can cause concern to leaders and young people alike.

Lost property is kept for 3 weeks before being disposed of.

ACTIVITIES

- Archery
- Boating trips
- Bridge Build
- Bushcraft
- Canoeing
- Coastal Discovery
- Crabbing
- Dinghy Sailing
- Drone Flying



- First Aid
 - High Ropes
 - Biking
 - Orienteering
 - Power Kites
 - Powerboating
 - Raft Building
 - Problem Solving
 - Team Challenge
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SAFETY AND SUPERVISION

- Fully trained staff with enhanced DBS checks
- 24/7 supervision from school staff and venue staff
- Emergency procedures in place
- First-aid trained staff on site



Medication

- **Prescription medication** - must provide written consent and clear instructions
 - **Non-prescription medication** - only administered if agreed in advance
 - **Emergency situation** - for conditions like asthma, epilepsy, allergies, etc. Ensure spare/emergency supplies are provided.
 - **Medical consent form** must be completed for each medication (including dosage, timing, storage instructions, and any thing else)
 - **All medication must** be in correct packaging, clearly labelled with child's name, dosage and timing and handed directly to Mr Leeman
 - **Mr Leeman** will store all medication, administer medicines and keep records of all doses given.
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Key timings

By Friday:

Medical forms completed

30th June:

Arrive at school 8:40am

Departing school 11:30am

4th July:

Departing EO 12:30pm

Arrive back 1:20pm*

ANY

QUESTIONS?

