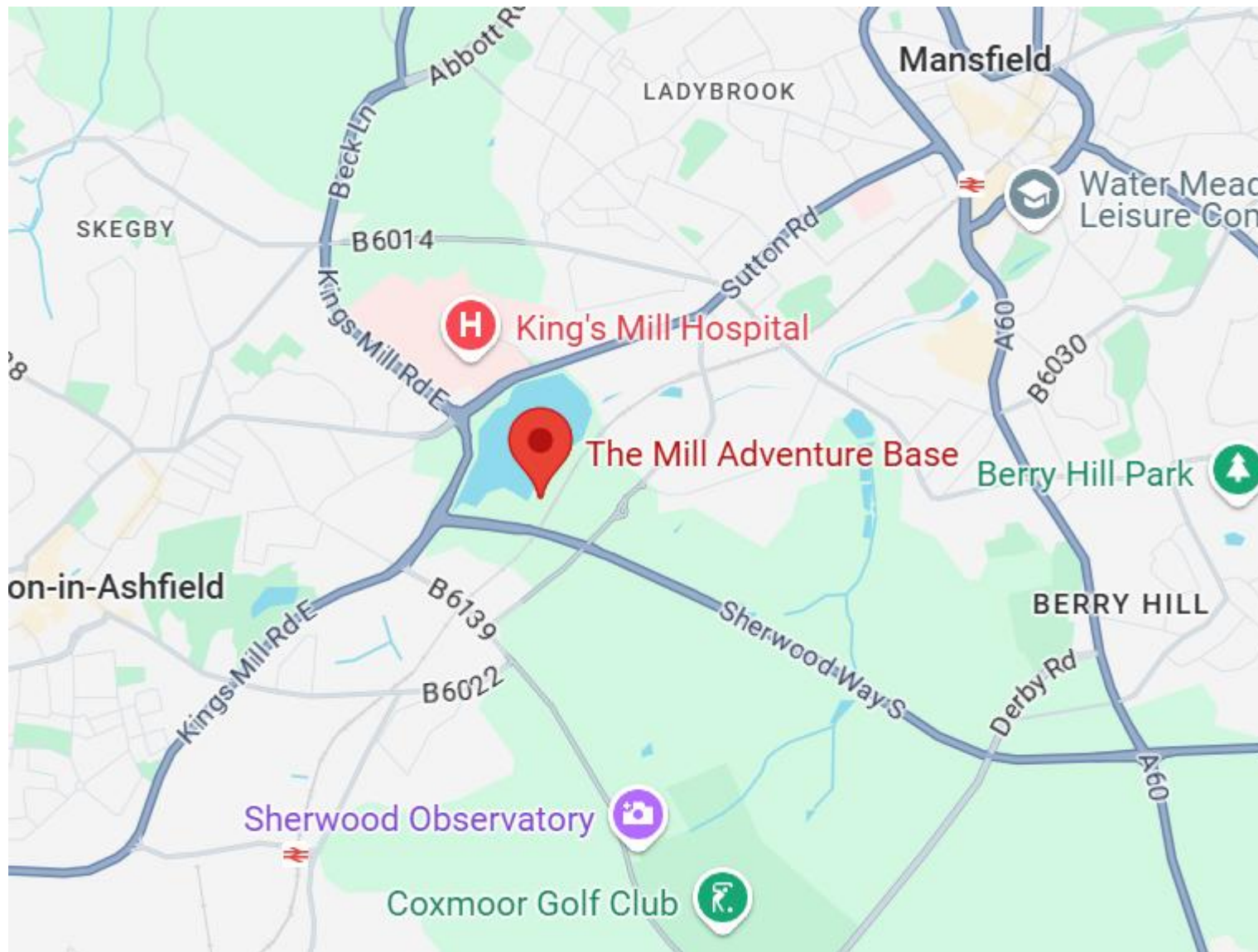


A photograph of an outdoor adventure base. In the foreground, a large, light-colored canvas tent is pitched on a grassy area. To the right, there is a wooden cabin with a dark brown shingled roof and a prominent arched entrance. A gravel path leads from the tent towards the cabin. In the background, a wooden building with a bright blue roof is visible, along with a body of water and a line of trees under a cloudy sky. A semi-transparent blue banner with a white border is overlaid across the center of the image, containing the text "The Mill Adventure Base" in white, bold, sans-serif font.

The Mill Adventure Base



Location:

- Next to Kings Mill reservoir
- About 50 mins from Keyworth

ure Base



What to bring:

- Sleeping Bag & Pillow
- Torch
- Waterproofs, hat/gloves
- Warm Coat/ Warm Sweatshirt/jumper/fleece
- Sun Hat, Sun cream
- Personal Washing requirements and towel
- Nightwear – warm & practical
- Spare footwear
- Full change of clothes for each day of activities
- Plastic sack for dirty/wet clothes
- Pocket money for souvenirs

- Packed lunch for the first day
- Water bottle
- Any required medication (including hayfever tablets) – must be handed to staff once we have arrived. Please label it with your child's name.
- No more than £5 – must be handed to staff once we have arrived. Please label it with your child's name.



What not to bring:

- Any electronics of any type, including mobile phones.

Staff will have a school mobile phone in case of emergency.

We will also be taking iPads so we can take lots of pictures and blog them when we get back.



The Mill Adventure Base

Getting there:

- Transport is included – we will be collected on Wednesday 10th from school at approx. 9.00am.
- Please arrive at school between 8.30 and 8.45am
- We will be dropped back to school on Friday 12th for approx. 3.30pm.
- Once we have arrived, an induction will be carried out by a member of centre staff.



The Mill Adventure Base

Security and accommodation:

The entire site is surrounded by security fencing and at the end of the working day, the last staff member to leave site will lock the main gates. In addition, your group leader will need to walk around site to double check the site is secure. You will have access to the gate key.

- The children will be sleeping in pods that are situated in the centre of the site. They sleep up to 6 and we will be organising groups before we go.
- We will be the only school there during our visit.

The Mill Adventure Base

The background image shows an outdoor adventure site. In the foreground, there is a large, light-colored tent pitched on a grassy area. To the right, there are wooden buildings with arched doorways, likely the 'pods' mentioned in the text. The site is enclosed by a wooden fence. The text 'The Mill Adventure Base' is overlaid in a large, white, sans-serif font across the middle of the image.

Food:

- Breakfast, lunch and dinner will be provided (with the exception of lunch on the first day).
- Breakfast will be a choice of various cereals or toast
- Lunch will be a packed lunch with a sandwich, snack and fruit
- Dinner will be a hot meal and salad will always be available

The Mill Adventure Base

- Please note, the site is completely nut free, so please check ingredients in anything you may put in their packed lunch for the first day.

Activities:

Example for day 2

Day 2			
08:00	Breakfast		
10:00-12:00	<u>Katakanus</u>	Gladiator/Mini Zip	Raft Building
12:00-12:30	Lunch		
12:30-14:30	Raft Building	<u>Katakanus</u>	Gladiator/Mini Zip
14:30-14:45	Change over and toilet break		
14:45-16:30	Gladiator/Mini Zip	Raft Building	<u>Katakanus</u>
17:00	Evening Meal – (Hot Meal served in our On-Site Café)		
18:00-21:00	Evening Activities led by school staff. Possible activities include: <ul style="list-style-type: none"> • Shelter Building/Pond Dipping <ul style="list-style-type: none"> • Orienteering • DVD/Disco 		