



Lea Green
Learning and Development centre

Outdoor Adventures at Lea Green

< SCHOOL NAME >

< DATE >

Main Road, Lea nr Matlock, DE4 5GJ - 01629 534561

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www.leagreencentre.com

SCHOOL NAME - DATE

	Morning	12.30	Afternoon		4.30 – 5.30	6.00	Evening	10.00
Monday	10.00 Arrive, Introduction Treasure Hunt	L	Low Ropes / Obstacle Course	D	.Recreation	D	Night Walk	
Tuesday	Skyline/ GPS	U	Bushcraft	R	Recreation	I	Cave	
Wednesday	Stream Walk	N	High Ropes	I	Recreation	N	Ambush Game	
Thursday	Jungle Adventure	C	Buggies	N	Recreation	E	DVD & Popcorn	
Friday	Team Swing	H	Review and depart 2pm	K		R		Supper Drink Lights Out

Kit list

(tick when packed)

All items must be clearly marked with your name!

Hello!

We are really looking forward to your visit to Lea Green. Whether you are climbing over the challenge course, splashing up the stream, putting on a harness and helmet for the ropes courses or exploring the grounds around the house you are guaranteed to find out that learning can be fun!

Aims:

- ✓ To improve teamwork skills
- ✓ To take responsibility for your own safety
- ✓ To take responsibility for the safety of others
- ✓ To learn about the different roles within a team
- ✓ To improve listening and communication skills
- ✓ To enjoy participating in all the activities on offer
- ✓ To get the best out of other people

Your stay at Lea Green will give you a chance to experience activities that you rarely get the opportunity to in life. To get the most out of the activities you need to put a lot into them. Whatever you try over the five days you will always have the support and encouragement of the people around you whether they are your friends, teachers or Lea Green staff. Come with an open mind as to what you can achieve, be prepared to try new and challenging activities, aim to be a good member of your team and encourage others to get the best out of their time with us.

Remember the more you put into your stay the more you take away - bring your sense of adventure and a huge smile with you!

Waterproof coat *	
Warm coat / jacket for activities	
Sun hat / sun lotion / water bottle	
Wellingtons * / walking boots	
Very, very old outdoor shoes!	
Old clothes that will get muddy	
PE kit and trainers	
Bin liners for dirty clothes / shoes	
Day-sack	
Torch (optional)	
Wash kit and towel	
Underwear and socks	
T-shirts	
Trousers / tracksuit bottoms	
Jumpers	
Indoor shoes (trainers / plimsolls)	
Slippers (optional)	
Pyjamas / night clothes	
Casual clothes for the evening	
A small amount of pocket money	
Teddy bear (optional!)	

* Lea Green has a limited supply of these items that you may borrow.

Please do not bring electrical equipment, mobile phones or any other valuable items.