

# Rushall Farm







# Aims

- To develop leadership, self-confidence and mutual respect.
- To help develop a love and understanding of the countryside.
- To teach about farming, sustainability and the countryside.



# Camp Activities at Rushall Farm

- Setting up Camp
- Camp fire
- Command Tasks (Team building)
- Pond dipping
- Survival skills
- Shelter building
- Woodland walk
- Trailer ride and Farm visit
- Bat detectors
- Art & craft activities





Provisional Timetable for 2 night camp					
	Morning Session		Afternoon Session		Evening Session
Day 1	Students arrive, set up tents and unpack. Get acquainted with site.	Lunch	Team Building (Command Tasks)  River dipping	Dinner	Camp fire
Day 2	Check mammal traps  Orienteering/ Woodland walk	Lunch	Survival skills -fire lighting/ Bivouac building	BBQ	Bat detectors & hot chocolate in Black Barn
Day 3	Check mammal traps Farm Visit  Pack up	Lunch	Depart 2.15pm		



## Sleeping arrangements

- Single sex
- 2-3 per tent
- Children will submit preference sheets
- We will try to ensure every child is with at least one of their requested tent buddies



Pack all the items below into a soft bag or rucksack that you can carry!

**sleeping bag**

**sleeping mat**

**pillow**

**torch**

**bedtime comforts (books/ teddy)**



**3 x t-shirts with short or long sleeves (not vest tops)**

**2 x sweat shirts or jumpers**

**2 x trousers/ tracksuit bottoms/ shorts**

**2 sets of underwear**

**4 pairs of socks**

**nightwear- pyjamas + jumper + socks**



swimming trunks/swimming costume in plastic bag

towel and toiletries (toothbrush and paste, soap etc)

sun-hat and sun cream

waterproof coat/cagoule with hood

trainers

wellington boots



Do not bring mobile phones or any other electronic equipment

Do not bring any money

Do not bring extra food



MAKE SURE ALL ITEMS ARE LABELLED INCLUDING MAIN BAG.



**\*\* All Food will be Vegetarian \*\***

**Breakfast**

**Cereal**

**Beans on toast**

**Yoghurt**

**Fruit**

**Toast and spread**

**Juice**



**Break**

**Squash and biscuits**

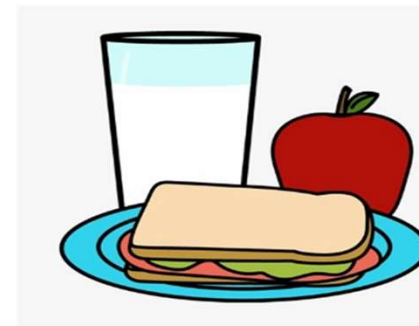
**Lunch**

**Filled rolls**

**Crisps**

**Fruit**

**Biscuit bar**



## Supper

Spaghetti Bolognese

BBQ

Yoghurt/Fruit/ Cake

Squash



## Late night Snacks

Hot Chocolate/ Biscuits/ Marshmallow

# Any questions?



We will send a daily communication to update you.







