

Rushall Farm



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

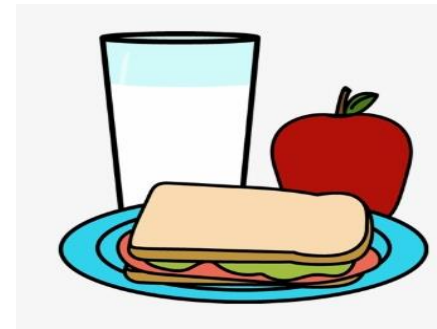
Lunch

Filled rolls

Crisps

Fruit

Biscuit bar



Supper

Spaghetti Bolognese

BBQ

Yoghurt/Fruit/ Cake

Squash

Late night Snacks

Hot Chocolate/ Biscuits/ Marshmallow



Any questions?





