



Mount Cook



13th – 15th July 2022



Emergency Access Gate

Mount Cook
ADVENTURE CENTRE

Bush Craft Area

Archery Tag Area

Barn

Overflow Car Park

Activity Field

Mineshaft

Riber View

Glamping Pods

Team Challenges

Well of Truth

Camping Field

The Igloo

Car Park

Gem Panning

Campfire Pit #1

Campfire Pit #2

High Ropes

ROOFTOP RIDER

Zip Wire

Archery Range



Why a residential?

- The chance to build confidence and work together as a team – soft skills which really matter.
- To stay away from home and cope with ‘those butterflies!’
- Try new outdoor experiences and develop greater independence
- To improve our organisational skills – time management, room tidiness and looking after our belongings
- To learn more about the natural world and gain experience of identifying and managing risks. To step out of our comfort zone!

To have fun outdoors!



Possible queries/worries

Staying away from home /
homesickness

What do we pack?

Health and safety

What will my child be doing?

Room arrangements

What will my child eat?

How will I know what my child is
doing? (Twitter, Facebook & website)



Mount Cook Adventure Centre - Activity Programme

Organisation Name: Muggington CE Primary School | **Number Of Groups:** 3 | **Nights:** 2 | **Arrival Date:** 13:00, 13 Jul 2022 | **Departure Date:** 12:30, 15 Jul 2022

Session	Time	Muggington CE Primar 1	Muggington CE Primar 2	Muggington CE Primar 3
Wednesday 13 Jul				
Wed	13:00 - 13:45	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)
Wed	13:45 - 17:00	Low Ropes & Mini Zip	Low Ropes & Mini Zip	Indoor Climbing Wall & Problem Solving
Wed	17:00 - 17:30	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation
Wed	17:30 - 18:00	Dinner	Dinner	Dinner
Wed	19:00 - 20:30	Campfire & Bush Craft - Dell (Evening)	Campfire & Bush Craft - Dell (Evening)	Campfire & Bush Craft - Dell (Evening)
Session	Time	Muggington CE Primar 1	Muggington CE Primar 2	Muggington CE Primar 3
Thursday 14 Jul				
Thu	07:45 - 08:15	Breakfast	Breakfast	Breakfast
Thu	09:00 - 12:15	Archery & Archery Tag	Archery & Archery Tag	Archery & Archery Tag
Thu	12:15 - 12:45	Lunch	Lunch	Lunch
Thu	13:45 - 17:00	High Ropes	High Ropes	High Ropes
Thu	17:30 - 18:00	Dinner	Dinner	Dinner
Thu	19:00 - 20:30	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)
Session	Time	Muggington CE Primar 1	Muggington CE Primar 2	Muggington CE Primar 3
Friday 15 Jul				
Fri	07:45 - 08:15	Breakfast	Breakfast	Breakfast
Fri	08:15 - 08:45	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception
Fri	09:00 - 12:15	Indoor Climbing Wall & Problem Solving	Indoor Climbing Wall & Problem Solving	Low Ropes & Mini Zip
Fri	12:15 - 12:30	Collect Packed Lunch	Collect Packed Lunch	Collect Packed Lunch
Fri	12:30 - 12:45	Depart Centre	Depart Centre	Depart Centre

Mount Cook Room Allocations

GROUP	Mugginton Primary
DATE	13-15 July
NIGHTS	2 nights

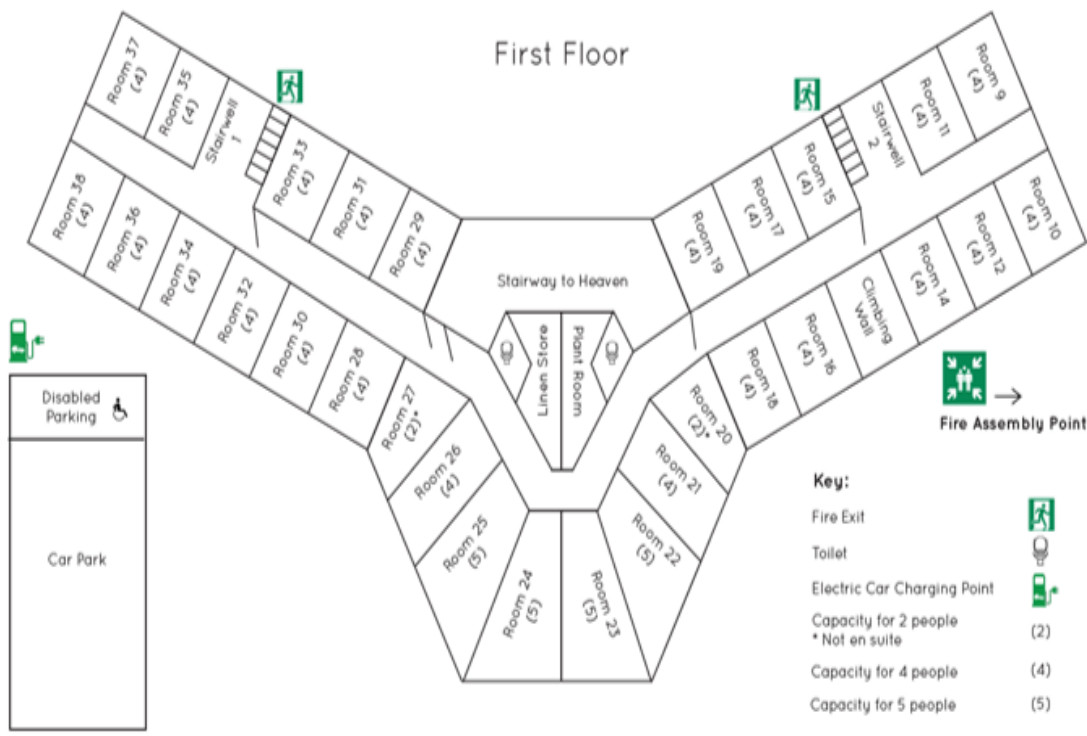


Please be aware that rooms are allocated based on gender.
We reserve the right to change allocations on arrival if your gender split has changed.

Male	21 (5 bedrooms)
Female	13 (3 bedrooms)
Staff	1 male / 2 females (2 bedrooms)

Please fill out names below:

First Floor	
Room 21	Room 22
Staff	5x Female
Room 23	Room 24
5x Female	5x Female
Room 25	Room 26
5x Male	4x Male
Room 28	Room 29
4x Male	4x Male
Room 30	Room 31
4x Male	Staff



Weekly Menu

Monday

Own packed lunch

BBQ chicken drumsticks
or
Vegetarian lasagne
served with chips, peas &
sweetcorn

Apple crumble with custard
or yogurt & fresh fruit

Tuesday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or hummus

Crisps, fresh fruit, & sweet
treat

Cumberland sausages
or
Vegetarian sausages
served with roast potatoes,
vegetables & gravy

Ice cream & fruits of the
forest or yogurt & fresh
fruit

Wednesday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or hummus

Crisps, fresh fruit, & sweet
treat

Margherita pizza
or
Battered cod
served with chips & mushy
peas

Sticky toffee pudding &
custard or yogurt & fresh
fruit

Thursday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or hummus

Crisps, fresh fruit, & sweet
treat

Beef bolognese
or
Vegetarian bolognese
served with garlic bread

Chocolate fudge cake or
yogurt & fresh fruit

Friday

Bacon, sausages, hash
browns, eggs and baked
beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or hummus

Crisps, fresh fruit, & sweet
treat



What To Bring



Major item: please bring plenty of clothes which can get wet, muddy or ripped and a day bag to hold a waterbottle

Please label your clothes

Suncream

Plastic bags or bin liners to store wet/dirty clothes

Pocket money for tuck shop/ games room (although this is non-essential). Brought in advance if possible

Disposable camera (although I will be taking LOTS of photographs!)

Hayfever tablets/ sickness tablets/ inhalers as required

If you are unsure, please look at the kit list (next slide) or ask at the office

Kit List

Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat and gloves

Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)

Mount Cook provides all specialist equipment for participation in our activities.

Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel

If you are participating in the following activities, please also bring:

Canoeing or Raft Building

- A pair of trainers or water shoes (that can get wet)
- Spare towel
- Change of clothes for after activity
- Plastic bag/bin liner for wet clothes
- Swimwear

Caving

- Wellies or hiking boots (not trainers)
- Thick socks





What Not To Bring

Valuable items such as jewellery

Tablets / I pads / Ipods, electronic games

Hair straighteners

Mobile phones

Sweets



Travel Arrangements



Wednesday 13th July, arrive at school as normal. **Children do not need to wear uniform**

Coach leaves between 12pm and 12.30pm – PLEASE CAN CHILDREN COME TO SCHOOL WITH A PACKED LUNCH TO TAKE TO MOUNT COOK.

Friday 15th June. Coach leaves Mount Cook at 12.45pm to arrive back at school for the normal end of the school day

Bedroom allocation

Pictures messages on Twitter, Facebook and (hopefully) the school website

