

Active Adventure Parent Pack

To give you an idea of what to bring we have put together a kit list that your child/ children may need to bring with them.

KIT LIST:

- **Water proof clothing** every day no matter what the weather
- Change of clothes (they will be participating in a watersport every day if possible)
- Towel
- Spare shoes for Kayaking (will get wet) NOT CROCS
- Pack Lunch (No food provided at all)
- Snacks
- Trousers that are suitable to get muddy/wet etc.
- T-shirt
- Warm jumper/fleece
- Warm Socks
- Walking boots/ Wellington Boots (If it has rained welly boots are best due to wet grass) Nothing open toed.
- Optional – Gloves for protection
- Swimwear (wetsuits provided but must wear something underneath, top and bottom, on hot days the children will not use wetsuits and need something to protect them from the sun. The ideal is a rash vest with SPF protection)
- Water Bottle (enough to last the day some can be provided but we have no running water)
- Sun cream
- Hat
- Any medication that could be required such as epi pens or inhalers.

Please note: Preferably all In 1 Bag that they can carry with them

-We ask you to bring these things for the well-being of your child/children just in case we occur different types of weather.

-The Pack lunch, drinks and most clothing items are essential to their safety and your child will not be accepted without the appropriate clothing or lunch as we cannot provide any form of food.

-Due to the risk involved with the activities, any form of bad behavior will result in that child sitting out of an activity due to safety reasons. If it continues the instructors will not be able to provide the safe environment needed to run their sessions and it may result in the rare decision of the child not being allowed back on any subsequent days, in the event of this happening no refund will be available.

-Our activities run come rain or shine we have no indoor space and the only thing that will stop us is thunder and lightning. Your children need to be prepared to be outside even in heavy rain.

-Some areas of Blenheim Palace are known to have ticks which can cause Lyme disease so please be aware and the NHS advice as of 31/04/14 is:

How to remove a tick

If you find a tick on your skin or your child's skin, remove it by gently gripping it as close to the skin as possible, preferably using fine-toothed tweezers. Pull steadily away from the skin.

Do not use a lit cigarette end, a match head or volatile oils to force the tick out. Some veterinary surgeries and pet shops sell inexpensive tick removal devices which may be useful if you frequently spend time in areas where there are ticks.

For more info please visit <http://www.nhs.uk/conditions/lyme-disease/pages/prevention.aspx>

There are a range of different activities available the timetable of the day is decided in the morning as most are weather dependent.

To Give you an idea of what the kids get up to here is an example timetable:

9:00 – **Sign in** (Children cannot be accepted before due to insurance restrictions)

9.30 – **Toileting** check of clothes and kit, also some ice breaker games.

10.00 – **Camp briefing** including things like camp rules groups introduction to instructors.

10.30 - **Archery** (An introduction to an age old sport based around learning the basics by playing some fun games)

11.30- **Fire Workshops** (The children will be divided up into age groups to learn the safety and principles behind fire and many different ways of lighting and maintaining them.)

12.30- **Lunch** Children will eat their packed lunches at the pleasure gardens.

1.15 – The children will take part in a team game or challenge

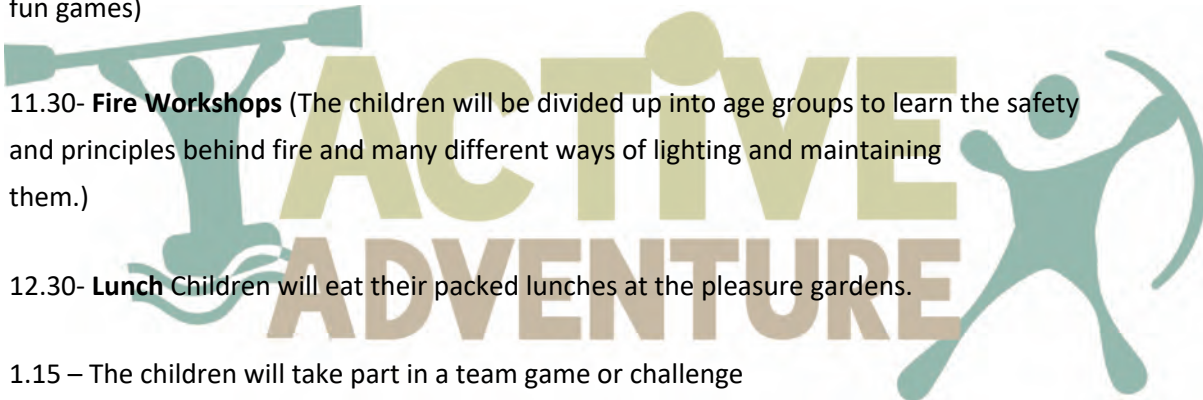
2.00 - **Shelter Building Workshop** (Where they will be foraging supplies from the woods to build rudimentary shelters that will hopefully shelter them from the elements.)

3.00 – Go **get changed** into wetsuits for their water activity of the day.

3.30 – Start their **water activity** e.g. Kayaking or Raft Building

4.30 – Change back and head up to the car park for sign out

5.00 – Sign Out



Active Adventure Meeting point Inside Blenheim Palace:

Active Adventure will be meeting to the right of the main Palace. You will be able to temporarily park in the disabled car park immediately in front of the palace. Please note you cannot leave your car there during the day. Look out for the adventure team in blue, and a branded flag. Please arrive promptly at 09:00 so we can get activities running straight away. The staff will be preparing the activities before 09:00 so please don't be concerned if they aren't there until exactly 09:00. You will then be asked to sign in, which can take up to about 10 minutes to process everyone so please be patient.

Finding Blenheim Palace:**By Bus:**

The number S3 to Woodstock runs from Oxford Train station and Gloucester Green to the gates of Blenheim Palace on Hensington Road in Woodstock. Please ask the bus driver to identify the appropriate stop. The bus runs every 30 minutes. For the timetable and more information on the route visit <http://www.stagecoachbus.com/S3.aspx>

Cycling:

Woodstock is connected to Oxford via the National Cycle Network #5 route. [Click here](#) to view the Sustrans Website where you can view the cycle route maps in detail. Please note there are bike racks provided to cycle to visit the Palace however general cycling within the Park is not permitted.

By Road:

Blenheim Palace is close to the historic town of Woodstock. We are only 8 miles North West of Oxford on the A44 Evesham Road. The Palace is easily accessible from both London and Birmingham and is signposted from Junction 9 of the M40.

If you are using Sat Nav you can use these coordinates:

For the main Hensington Gate entrance: N51 degrees 50.761 minutes and W1 degree 21.085 minutes

For the Woodstock Town Gate is N 51 50.853 and W 1 21.527 minutes

And we look forward to seeing you all in the next few weeks!!!