

Adventure  
Bude, Cornwall  
8<sup>th</sup>-12<sup>th</sup> June  
2026



# Day 1 – Monday 8<sup>th</sup> June

- ❖ Meet at Carrington School @ 5:35/45am for 6am departure
- ❖ Medication\* is a clearly labelled re-sealable bag handed to group lead
- ❖ Packed breakfast - Stop en route to Cornwall at Motorway Services
- ❖ Arrive Adventure Bude approx. 1pm for lunch
- ❖ Afternoon activity 1:30pm
- ❖ Settle in rooms, dinner and evening activities

\*If Asthma/ Epi-pen on medical – must have at least 2 working inhalers, clearly marked with name and school



# Overview of Day 2-4

- 7am – Wake up
- 7:15am – Morning run/ Swim
- 7:45am-8:45am – Breakfast and preparing for the morning
- 9:30am – Morning activity
- 12-12:40pm – Lunch and prepare for the afternoon
- 1:30pm – Afternoon activity
- 4-5:00pm – “Downtime”
- 5-6:20pm – Dinner
- 7pm – Evening activities
- 9:30pm Bedtime
- 10pm – Lights out and no talking



# Activity Rota

Activity Group	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Carrington A	Arrive		High Ropes		Surf		Mountain Board		Body Board	
	Walk / Beach		Climb		Kayak		Caving		Depart	
Carrington B	Arrive		High Ropes		Surf		Mountain Board		Body Board	
	Walk / Beach		Climb		Kayak		Caving		Depart	
Carrington C	Arrive		Climb		Kayak		Caving		Team Trail	
	Canoe		High Ropes		Surf		Mountain Board		Depart	
Carrington D	Arrive		Climb		Kayak		Caving		Team Trail	
	Canoe		High Ropes		Surf		Mountain Board		Depart	
Carrington U	Arrive		High Ropes		Surf		Mountain Board		Body Board	
	Walk / Beach		Climb		Kayak		Caving		Depart	
Carrington V	Arrive		Climb		Kayak		Caving		Team Trail	
	Canoe		High Ropes		Surf		Mountain Board		Depart	
Carrington Z	Arrive		Caving		Team Trail		Walk / Beach		Climb	
	Surf		Mountain Board		Body Board		Canoe		Depart	

# Friday 12<sup>th</sup> June

7am – Wake up

7:15am- 8:15am – Breakfast and packing

9am – First Activity

11.30am – Depart (packed lunch)

**Arrive Carrington 6:30pm approx**



# Activities - Maximum 12 in a group + Group lead (Carrington Staff)

- Qualified Instructors



High ropes  
Climbing  
Kayak and/ or Canoeing  
Surfing and/ or Body  
Boarding  
Mountain boarding  
Caving



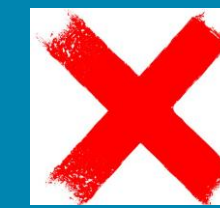
## Evening activities

- Karaoke
- Sport tournaments
- Fancy dress
- Celebration evening
  
- Quiet spaces
- Movie Room
- Souvenir and tuck shop





# Kit List



- Sports trainers/ Astros
- Personal first aid kit
- Pocket money
- Portable charger
- Ear plugs

4	X	T-Shirts
3	X	Long Sleeved Tops
3	X	Shorts (no short length shorts on activities)
3	X	Tracksuit Bottoms
4	X	Jumpers
1	X	Clothes to wear in the evening
8	X	Socks (no trainer socks on activities) & Underwear
1	X	Warm Jacket/Coat
2	X	Trainers to stay dry
1	X	Wet Shoes or Trainers to get wet
2	X	Swimwear
2	X	Towels
1	X	Toiletries
1	X	Water Bottle
1	X	Hat
1	X	Sun Lotion
1	X	Hair Bands
1	X	Fancy Dress Costume
1	X	Black Bin Liner for Wet Clothes

- Cigarettes
- Drugs
- Alcohol
- Matches
- Lighters
- Pets
- Iron
- Hair straighteners/ curling
- Games consoles
- Jewellery
- Chewing gum
- Sweets/ fizzy drinks
- Mobile phones



# Behaviour expectations

Follow instructions from all Staff

Be supportive and kind to peers

Report issues to your Group Leader


No anti-social behaviour incl. foul language

No leaving the centre unsupervised

No girls in boys' room and vice versa

Not to go into other school areas

Follow bedtime curfew and respect others in your room

 **Adventure Bude**

**Behaviour Consent**

Below you will find the 5 main rules as laid out in Adventure Bude's code of conduct and that visitors to the Centre must adhere to during their time with us. I'm sure you will agree the safety and enjoyment of everyone at the Centre is paramount and these rules have been put in place to ensure that.

Before your child's visit to the Centre you and they are required to read through the following and sign at the bottom of the form. This confirms that yourself as Parent / Guardian and your child understand and agree to abide by the rules below and are aware that should any of the rules be broken and a resolution cannot be met, the child will be asked to leave the Centre and you as Parent / Guardian will be fully responsible for their collection and journey home. Adventure Bude will not reimburse any travelling expenses incurred in doing this nor will you be able to claim any reimbursement for the shortened duration of their visit to us.

**Adventure Bude - Main Rules**

- No anti-social behaviour**  
Any actions that negatively effect the safety or enjoyment of themselves, other students or staff members.
- No bringing or using mobile phones on to the premises.**
- No leaving the Centre unsupervised.**
- No girls in boy's room or vice versa.**
- No students allowed in other schools allocated areas.**

Please sign below to confirm you have read, fully understand, agree to abide by the rules laid out above and to collect your child from Adventure Bude should this be required. Your understanding in this matter is very much appreciated.

Once completed please return to the trip co-ordinator.

Name:  Sign:  Date:   
Parent / Guardian

Name:  Sign:  Date:   
Student

We, the above, sign to say we have read and fully understand the 5 main rules of Adventure Bude. We also understand that in the event of any of the rules being broken I could be sent home and my parent/guardian will be wholly responsible for my collection and return home and that I will be not be entitled to any form of reimbursement.



## Bude 2026 Student Information



Information required today

Any further Questions?