

OUTWARD BOUND TRUST TRIP

Dates- 27th April – 1st May 2026



Bacon's College

The best in everyone™

Part of United Learning

I came to give life, life in all its fullness (John 10:10)

Education with Character

Courage • Compassion • Respect • Faith • Integrity •

“Bacon’s College ensures that every student is well educated, cared for and exhorted to achieve the academic and **personal excellence that will lead to university or skilled work and to a fulfilled life**”



Beyond the classroom

Attendance & punctuality – school and lessons

Homework – Quality and completion

Progress of disengaged and ‘out of school’ students

Ed. with character, enrichment & pupil charter

Aim of Trip

- The aim of the visit is for everyone to have a safe, enjoyable trip that takes students out of their comfort zone.
- We want students to experience something new, that challenges and builds their character.
- The fact that it is a residential means that safety is of over-riding importance.
- The responsibility placed upon the staff is considerable. They can only take pupils who can be absolutely trusted to be sensible and take the safety, of themselves and others, very seriously.

DATES AND TRAVEL

Dates – 27th April – Friday 1st May.

Meet time – TBC

Leaving Ogwen Cottage at 1pm on Friday 1st May

***You will be notified if the return time becomes earlier or later than planned.**

Travel – Students will be taken to and from the venue via Minibus

A TYPICAL DAY



THE
OUTWARD
BOUND TRUST

7am -7.30am – wake up, wash, dress

8am - breakfast

8.30am – morning meeting (teachers)

9am – 6.30pm full day of adventure learning

7pm – evening meal

8pm – free time, then bed

#MORETHANYOETHINK

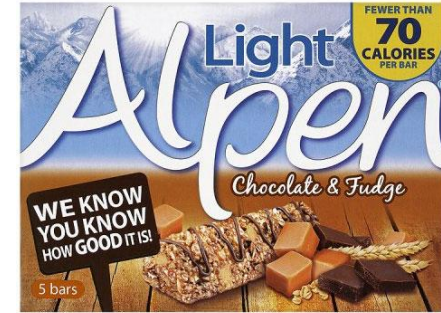
Accommodation

The centre accommodates 36 young people and 4 members of staff in rooms of 1-8, all of which are functional yet comfortable. Toilet and shower facilities immediately adjacent.

- **Other facilities:** The centre also benefits from 3 review rooms, a games room and direct access to Snowdonia National Park.

Dining: You'll be served freshly prepared food with plenty of variety on offer. We can meet any dietary requirements, provided you let us know in advance.

Food and drink for the journey



Please do not send your child off with the following.....



Sample Itinerary

ARRIVE: Setting the scene. Course introductions. Hope and fears.

ADVENTURES: *Jog and Dip. Short team tasks. Centre tour. Discussion, group work.*

EVENING: Exploring course aims and personal responsibility.

ADVENTURES: *Nightline. Prisoner, passenger and participant. Support challenge models.*



DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: *Gorge walking. High challenge activity. Facilitated review.*

EVENING: Effort and reward. Importance of collaboration and support.

ADVENTURES: *Expedition brief. Pack and prepare.*



DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

ADVENTURES: *Mountain walk and ascent of a peak. Environmental awareness tasks.*

EVENING: Self-reliance. Recognising achievement.

ADVENTURES: *Mountain camp. Facilitated review of the day.*



DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: *Pack up camp after preparing breakfast. Walk to rendezvous by agreed time. Canoe journey back to the centre tour. Discussion, group work.*

EVENING: Exploring course aims and personal responsibility and engagement.

ADVENTURES: *Clean up and put away camping equipment. Facilitated discussion and personal reflection.*



DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ADVENTURES: *Group row. Course review and presentations.*

DEPART



Sample Itinerary

SAMPLE PROGRAMME FIVE DAY

This is what a week at Outward Bound might look like.

MONDAY DAY 1

ARRIVE: Setting the scene. Course introductions. Hopes and fears.

ADVENTURES: Immersion into the natural environment with jog and dip followed by group work.

EVENING: Exploring course aims and personal responsibility.

ACTIVITIES: High challenge activity and stargazing.



TUESDAY DAY 2

DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: Preparing and packing for overnight expedition.



WEDNESDAY DAY 3

DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

ADVENTURES: An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

EVENING: Self-reliance. Recognising achievement.

ACTIVITIES: Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



THURSDAY DAY 4

DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing.

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment. Facilitated discussion and personal reflection.



FRIDAY DAY 5

DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ACTIVITIES: Group rowing. Team challenges in new groups, course review and presentations of learning.

DEPART: 1pm.



01931 740 000

@outwardbounduk

#MORETHANYOOTHINK

All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.

WHAT TO BRING

We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and footwear. Including:

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- **Thick and thin socks (a few pairs)**
- Synthetic trousers (Not jeans)
- Two pairs of trousers
- Underwear
- Pyjamas
- **Trainers x 2**
- Shorts
- Hat and gloves
- Towel and swimwear
- Medication if necessary
- Notepad and pen
- Sunglasses/Sun hat
- Sun cream
- Phone charger
- Book/magazine



Kit List - Continued

KIT LIST CONTINUED



ITEM	5 DAY ADVENTURE	7 DAY ADVENTURE	14 DAY ADVENTURE	19 DAY ADVENTURE	NOTES
WATCH (WITH ALARM IF POSSIBLE)	Yes	Yes	Yes	Yes	Don't just bring a phone for telling the time - the battery won't last long enough.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1	1	1	1	This is a minimum number. Bring a rash vest if you have one. It's also a good idea to bring a couple of bin bags with you to carry any wet clothes in.
TOILETRIES, inc. blister kit, plasters, insect repellent, personal medication, lip salve, hand sanitiser, wet wipes, talcum powder (for your feet), etc.	Yes	Yes	Yes	Yes	Don't bring aerosols. Miniature toiletries would work well for saving space on the 19 Day Adventure. Don't forget asthma inhalers or epipens if needed.
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	£	£	£	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs.
FLIP FLOPS OR SANDALS	1 pair	1 pair	1 pair	1 pair	Makes taking your shoes off to get in your tent a lot easier (optional)!
CAMERA	1	1	1	1	Disposable cameras are great for taking home those amazing memories. Don't rely on your phone either - the battery won't last long enough.
WALKING POLES (OPTIONAL)	-	-	1 pair	1 pair	
SMALL SPORTS BAG OR HOLDALL	-	-	-	1	In addition to your regular suitcase or rucksack, a smaller bag will come in handy for use at base-camp.

Kit List



ITEM	5 DAY ADVENTURE	7 DAY ADVENTURE	14 DAY ADVENTURE	19 DAY ADVENTURE	NOTES
TRAINERS	1 indoor 1 outdoor	1 indoor 1 outdoor	1 indoor 1 outdoor	1 outdoor	Indoor shoes for wearing around centre and travelling. Your outdoor trainers should be a pair that you don't mind getting wet and muddy.
WET ACTIVITY FOOTWEAR	1 pair	1 pair	1 pair	1 pair	These shoes will get wet on a number of occasions. Old trainers or 'wet suit' shoes, if you have them, are ideal.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES	3	4	4	4	Fleeces are ideal as they dry quickly but any of the other items are a good substitute. You should include at least one warmer fleece for your expedition.
TROUSERS	3	4	4	4	Lightweight trousers (not denim) such as walking trousers or tracksuit bottoms.
T-SHIRTS	3	6	6	4	Aim for tops that cover your shoulders from the sun.
LONG SLEEVED BASE LAYERS/ TOPS	1	2	3	3	
SHORTS	1	2	2	2	Not denim.
NIGHTWEAR AND PYJAMAS	1	1	1	-	
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set	2 set	1 set	1 set	
UNDERWEAR INCLUDING SOCKS	7	7	7	7	This is a minimum number. Trainer socks aren't recommended as they may cause blisters. For young women, a sports bra may come in handy.
THICK WALKING SOCKS	2 pairs	4 pairs	5 pairs	5 pairs	

What not to bring



WHAT NOT TO BRING!

You will be provided with walking boots, waterproofs, a rucksack, roll mat and sleeping bag where appropriate as part of your £10 refundable kit deposit. However, you are welcome to bring your own kit as well.

Our advice is to leave valuables such as jewellery, phones, iPods, etc. behind. Participants will have access to a safety deposit box and those travelling from abroad should ensure their passports and important travel documents are placed in it.

Aerosols and penknives are strictly prohibited at our centres.

Remember to bring

- Medication – asthma pumps etc
- Bag for wet/dirty clothes
- Extra toothbrush – no place to buy it there
- Towel
- Any medication that is required
- Everything on the kit list that has been sent to you – read it carefully.

FOOD GLORIOUS FOOD

SAMPLE MENU

Breakfast

Homemade porridge
Hash browns
Baked beans
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice

Lunch

Bread rolls, wraps
and baguettes with a
selection of fillings

Flapjack
Brownies
Crisps
Fruit

Evening meal (served with selection of vegetables) & Dessert

Chicken & mushroom pie	Cottage pie
Salmon pasta bake	Bangers & mash
Chilli con carne pizza	Homemade
Chicken/veg curry & rice	Jacket potato
Sweet & sour pork	Quiche
Savoury vegetable wraps	Steak pie
Mushroom pancakes	Fish cakes

Q&A

