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# FRONTIER CENTRE

MAKE A BOOKING ENQUIRY





Play (k)



0:02 / 1:37





# Examples of Activities Planned

- Abseiling
- High Ropes/Zipwire
- Biking
- Kayaking
- Adventure pits and play
- Campfire
- [Above and Beyond](#)

(Subject to change as we haven't yet received confirmation)

## LOCATION



**Travel sickness**

## CONTACT

### FRONTIER CENTRE

Addington Road

Irthlingborough

Northants

NN9 5UH

**01933 654120**

**frontier@rockuk.org**

# What to Pack

- One bag (children need to be able to carry easily)
- Linen is provided but pupils will need to make their beds with sheets (not fitted) so please ensure they have practised at home!
- They may like a torch
- A reusable drink bottle
- Smaller rucksack for walks
- Toiletries (**no aerosols or any type of spray**)
- Old clothes for activity sessions that dry easily – they will get very wet and dirty (long-sleeved shirts/jumpers/trousers/jogging bottoms, t-shirts and closed-toe shoes that are okay to get wet; no denim jeans)
- Clothes, shoes and underwear for non-session times



Please be really clear with your child which clothes and shoes are to get wet and muddy and which are to stay dry.

# What to Pack

- Waterproof clothing (jacket/trousers)
- 3 large plastic bags (for dirty dry clothes, dirty wet clothes and one to carry towel and spare clothes for water sports)
- Bath towels x 2
- Sunglasses, sun cream and hat; hair ties for long hair
- Pyjamas and slippers
- Medication – **please fill in a medication form**

## Useful items:

- Books, playing cards and other quiet activities
- Money for snacks (sweets and drinks), souvenirs – maximum £7 (in coins please)



## Useful notes:

- No jewellery
- No electronics including mobile phones
- Please name all clothing
- No sweets or snacks in bags

# General Time Table

7:30 – Rise and Shine

8:00 – Breakfast

9:15 – 11:00 – **Outdoor pursuit 1**

11:00 – 11:15 Break

11:15 – 12:15 **Outdoor pursuit 2**

12:30 – 13:15 – Lunch

14:00 – 15:45 **Outdoor pursuit 3**

15:45 – 16:00 Break

16:00 – 17:00 **Outdoor pursuit 4**

17:30 – 18:15 Evening meal / free time

18:30 – 20:30 **Evening activities**

21:00 – Bedtime

# Departure and Return Times

**Arrive at school 10:30 am**

**11.15 am departure to Frontier Centre (45 minutes)**

**Packed lunch for Day 1 – disposable packaging only (no lunch boxes)**

***Remember to take travel sickness if needed beforehand***

**Bring & hand to an adult:**

- **Pocket money in named purse with amount**
- **Medication (including travel)**

**Leave Frontier Centre 2.00 pm**

**Plan to be back at school for 2.45 – 3.00 pm; you can collect children early if needed**

**We will keep you updated on arrival time via X**



# What you need to do:

- Complete residential trips form – return by 26 April  
*(we need additional phone numbers where you can be contacted immediately in case of emergency)*
- Medicines: please follow instructions for how to send in medicines
- Dietary information: this is **not** likes / dislikes; there is always plenty of food
- Read and sign behaviour agreement