



MOUNT COOK RESIDENTIAL

18th-22nd November 2024

THE BENEFITS OF GOING...

- Team building
- Independence
- Resilience
- Trying new things
- Having fun!

THEY ARE AN INDEPENDENT, NOT-FOR-PROFIT OUTDOOR EDUCATION CENTRE BASED ON THE EDGE OF THE PEAK DISTRICT.



WHY MOUNT COOK?

- Highly trained instructors and staff
- Visited by other trust schools and given very positive feedback
- Programmes built around our aims and objectives
- Focus on developing life skills through outdoor activity
- Modern, eco-friendly facilities
- Beautiful countryside location



MOUNT COOK PROVIDE...

- A full programme of exciting outdoor activities
- Experienced instructors to facilitate activities
- Comfy accommodation
- Tasty full board catering
- 24hr access to first aiders (we also always take our own first aider)
- BSP staff there for evenings, with a member of staff for each group during the day time





ACCOMMODATION

- 4 - 6 people per room
- Toilet, sink & shower in each

Pillows, duvets and bedlinen provided. Bring your own towel.

CATERING - SAMPLE MENU

Thursday

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

Jacket Potato

Choose your own filling: cheese,
beans or tuna mayo

Choice of salad bar

Crisps, fresh fruit, & sweet
treat

Beef bolognaise

or

Vegetarian bolognaise
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 chickpea pesto
spread

Crisps, fresh fruit, & sweet
treat

Cater for most dietary requirements
when informed in advance, including
vegan, gluten free and halal.



ACTIVITIES

Low Ropes



ARCHERY AND ORIENTEERING



Learn to shoot an arrow in the style of an Olympic archer using a modern recurve bow.

Practise and play some games to hone your skills. Learn and refine map reading skills including using keys, finding checkpoints and orientating the map.

BUSHCRAFT



Discover how people survived in the past. Learn to light a fire without matches and experience the materials our ancestors used to create life-saving heat and light. Build a shelter and create a cord bracelet to take home using natural fibres.

ORIENTEERING AT BLACK ROCK



A great opportunity to learn how to read and follow a map as well as exploring the local area. Instructors will stop to talk about history, nature, and respecting the area we are exploring.

FOSSIL HUNTING AND GEM PANNING



Explore the onsite quarry and discover what lay beneath our feet 330 million years ago. Find fossils and discover some of the ancient sea creature remains. Pan for treasure in our troughs and identify gems.

CLIMBING WALL

Indoor climbing wall has lots of routes to try, so students will climb as high as they feel comfortable.



ON SITE ROCK CLIMBING



Rock face and abseil point offers the group a new experience and individual challenge on limestone rock. During the climb, the group will take part in belaying and tying knots.

HIGH ROPES



12 metre tall High Ropes course which includes 5 different elements: The Leap of Faith, Crate Stack, Caving Ladders, Jacob's Ladder and Gladiator Challenge.

EVENING ACTIVITIES

Evening activities run from 19:00 – 20:30.

Students will do one of the following activities per night:

- Team Challenges
- Bushcraft & campfire
- Rocket Building
- Guided Offsite Walk
- The Mount Cook Challenge
- Abseiling



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 A DAY LOOKS LIKE

Session	Time	Group 1	Group 2	Group 3
Monday 06 Jul				
Mon	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)
Mon	13:45 - 17:00	Team Challenges	Team Challenges	Team Challenges
Mon	17:00 - 17:30	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation
Mon	17:30 - 18:00	Dinner	Dinner	Dinner
Mon	19:00 - 20:30	Guided Walk Offsite (Evening)	Guided Walk Offsite (Evening)	Guided Walk Offsite (Evening)
Tuesday 07 Jul				
Tue	08:00 - 08:30	Breakfast 2	Breakfast 2	Breakfast 2
Tue	09:00 - 12:15	Bush Craft	Game of Tribes	Game of Tribes
Tue	12:15 - 12:45	Lunch	Lunch	Lunch
Tue	13:45 - 17:00	Game of Tribes	Bush Craft	Bush Craft
Tue	17:30 - 18:00	Dinner	Dinner	Dinner
Tue	19:00 - 20:30	Campfire & Bush Craft (Evening)	Campfire & Bush Craft (Evening)	Campfire & Bush Craft (Evening)

Session	Time	Group 1	Group 2	Group 3
Wednesday 08 Jul				
Wed	08:00 - 08:30	Breakfast	Breakfast	Breakfast
Wed	09:00 - 12:15	Archery & Archery Tag	Archery & Archery Tag	Archery & Archery Tag
Wed	12:15 - 12:45	Lunch	Lunch	Lunch
Wed	13:45 - 17:00	High Ropes	High Ropes	High Ropes
Wed	17:30 - 18:00	Dinner	Dinner	Dinner
Wed	19:00 - 20:30	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)	The Mount Cook Challenge (Evening)

Session	Time	Group 1	Group 2	Group 3
Thursday 09 Jul				
Thu	08:00 - 08:30	Breakfast	Breakfast	Breakfast
Thu	09:00 - 12:15	Onsite Orienteering & Land Karts	Indoor Climbing Wall & Problem Solving	Indoor Climbing Wall & Problem Solving
Thu	12:15 - 12:45	Lunch	Lunch	Lunch
Thu	13:45 - 17:00	Indoor Climbing Wall & Problem Solving	Onsite Orienteering & Land Karts	Zip Wire & Initiative Exercises
Thu	17:30 - 18:00	Dinner	Dinner	Dinner
Thu	19:00 - 20:30	Rocket Building (Evening)	Rocket Building (Evening)	Rocket Building (Evening)
Session	Time	Group 1	Group 2	Group 3
Friday 10 Jul				
Fri	08:00 - 08:30	Breakfast 2	Breakfast 2	Breakfast 2
Fri	08:30 - 09:00	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.	Vacate rooms and return keys to reception.
Fri	09:00 - 12:15	Zip Wire & Initiative Exercises	Zip Wire & Initiative Exercises	Onsite Orienteering & Land Karts
Fri	12:15 - 12:30	Collect Packed Lunches	Collect Packed Lunches	Collect Packed Lunches
Fri	12:30 - 12:45	Depart Centre.	Depart Centre.	Depart Centre.



ANY QUESTIONS?

NEXT STEPS...

Deposit of £50 will be required by Friday 16th February 2024