Outward Bound 2026

Monday 5th October – Friday 9th October 2026

THE OUTWARD BOUND TRUST

Outward Bound

- Our mission is to inspire young people to believe they can achieve more than they ever thought possible.
- We partner with schools, colleges, employers and youth groups to teach the most important lesson they could ever learn: **to believe in themselves**

ABOUT US

Our mission is to inspire young people to defy their limitations so they become strong, resilient and curious, ready for the challenges of life.

IN THE HEART OF THE LAKE DISTRICT

Our Ullswater Centre sits right on the shore of the lake, set in 18 acres of woodland and surrounded by towering fells.

It's no surprise this landscape inspired Wordsworth's famous ode to the daffodils. With ever-changing flora and fauna, it's a stunning destination to come to year-round. As you journey through The Lakes, you'll discover a place that feels brighter, fresher, and more tranquil than almost anywhere else you've experienced.

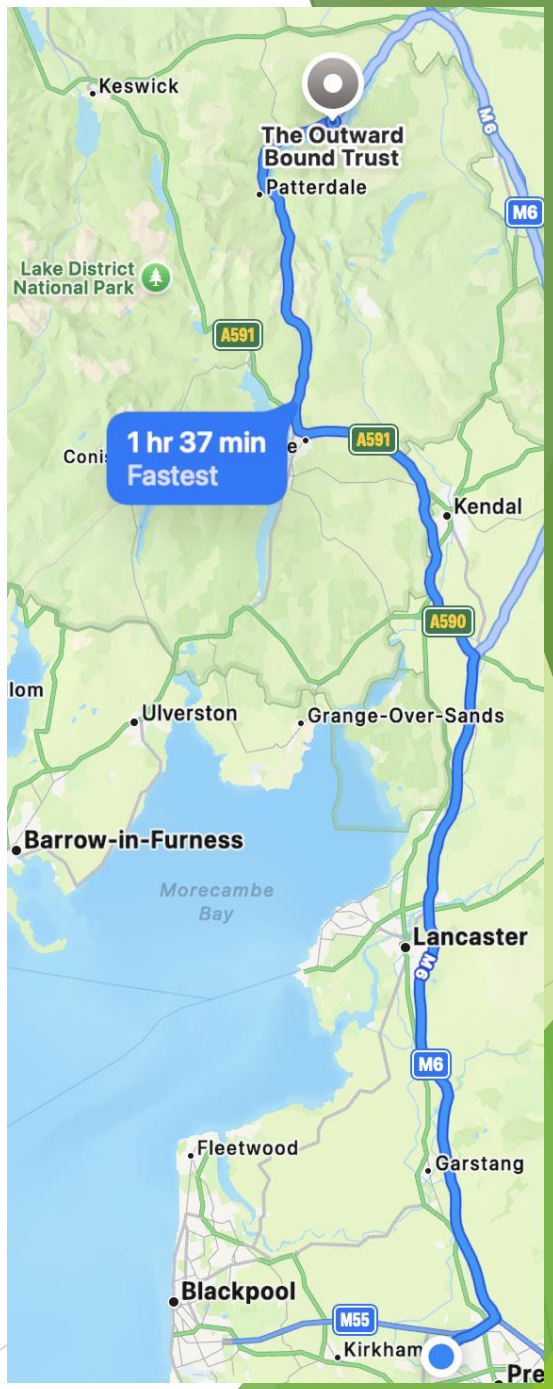
Perfectly suited for outdoor learning, this is a place where young people can push off in a canoe at first light, reach a summit by midday, and reflect by the water's edge before nightfall.

The landscape

Rugged, remote and breathtaking, this is the Lake District at full scale.

Location – Ullswater, Lake District

We will leave school at approximately 10:30am – please come to school at the normal time – we will meet in the hall with your suitcases. Parents are welcome to return to school at 10:30am to wave us off. We aim to return at approximately 3:00pm on the Friday.



Sleeping and Eating

Sleeping

Young people sleep in shared bunk rooms, usually with four to ten beds. All rooms have en-suite facilities. Group leaders stay separately in twin rooms, also with en-suite facilities. All bedding is provided, and there are plug sockets for phone chargers and hairdryers (you'll need to pack these, though).

Eating

Our refreshed dining space is made for gathering - lively, welcoming and full of good food. Meals are prepared and cooked fresh on site, with something different on offer each day. Whatever your tastes or dietary needs, we've got you covered, just let us know in advance.

What to expect at Outward Bound

- You can watch a virtual tour of the Ullswater Centre here - https://www.outwardbound.org.uk/our-places/ullswater/

Each Outward Bound course is unique. Our instructors are highly qualified and experienced to create adventures that have impact. Supporting each individual to build on their strengths.

COURSE OUTCOMES

- Confidence
- Emotional wellbeing
- Improved relationships
- Resilience
- Confidence in learning
- Understanding of the natural environment

Activity Video - https://www.outwardbound.org.uk/primary-schools

Please note that there will not be an overnight expedition. We will sleep at the Ullswater Centre every night.

All activities are weather dependent – this is a sample programme.

SAMPLE PROGRAMME

FIVE DAY

THE OUTWARD BOUND TRUST

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.

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

01931 740 000 @outwardbounduk #MORETHANYOUTHINK

Staffing

- Miss West
- Mrs Rainford
- Mrs Heath
- Mrs Lauke

Kit List

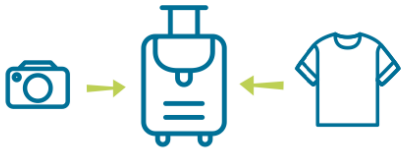
- Packed lunch for the first day – all disposable items please.
- Don't forget your disco clothes!
- £10 spending money for the shop – in a named wallet/purse – to be handed in on the day we leave.
- £10 kit deposit will be covered by school
- Medicines – please complete a medical form at the office and hand in on the day we leave.
- Please note that children are not to bring electronic devices

KIT LIST

We'll provide you with walking boots, waterproofs, a rucksack, roll mat and sleeping bag (where appropriate) so don't worry about bringing these. This is all covered in your £10 refundable kit deposit. You can bring your own kit if you have it, but most people prefer to borrow ours.

Our advice is to leave any valuable items behind. We can give you access to a safety deposit box and if you're travelling from abroad please keep your passport and important travel documents there.

Aerosols and painkillers are not allowed at our centres.



ITEM	CHECK	NOTES
TWO PAIRS OF TRAINERS	☐	Bring two pairs of trainers - one pair that you don't mind getting wet or muddy. This could be an old pair or some 'wet shoes'.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES	☐	Fleeces are ideal as they dry quickly but any of the other items are a good substitute.
TROUSERS, SHORTS	☐	Trousers (tracksuit bottoms, leggings, walking trousers). You can bring jeans for around the centre and travelling, but not for activities because they take too long to dry if they get wet.
T-SHIRTS, LONG SLEEVED TOPS , BASE LAYERS	☐	Aim for tops that cover your shoulders from the sun.
NIGHTWEAR, PYJAMAS	☐	
UNDERWEAR INCLUDING SOCKS	☐	Trainer socks aren't recommended as you'll be wearing walking boots. Sports bras may be useful.
THICK WALKING SOCKS	☐	
SUN HAT, SUNGLASSES, SUN CREAM	☐	Don't bring expensive sunglasses. Sun cream should be at least factor 30.
WARM HAT AND GLOVES	☐	We can provide these but feel free to bring your own.
TOWELS	☐	You will need a towel for showering and on activities, so bring at least one.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	☐	It's also a good idea to bring a couple of plastic bags to carry any wet clothes in.
TOILETRIES. Including personal medication. Insect repellent, blister kit or plasters can also be useful.	☐	Please don't bring aerosols or painkillers. Don't forget asthma inhalers, epipens or personal medication 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. Please bring £10 as a refundable kit deposit.

Participant Information Form – Summer 2026

- Closer to the time, you will be sent a link to a participant information form.
- This MUST be completed.
- Provides information to Outward Bound to ensure everyone is fit to take part.
- Identifies how Outward Bound can support individual needs.
- Identifies medical and dietary requirements.
- Outward Bound will contact you directly if there is anything they feel they need more information about.
- Please ensure you use your child's name when it asks for 'Participant's Name'

Help with this can be found on the following website –

- https://www.outwardbound.org.uk/your-guide-to-completing-our-participant-information-form#guides

Paperwork…… September 2026

Type B Consent Form – this is for school.

Parental/Carer Consent and Medical Information Form
for Type B Educational/Off-Site Visits and Adventurous Activities
(This form is be completed in full by the parent/carer and returned to the School/Service)

1. **Details of Visit**

Visit to:……

Alternative Activity (Plan B):……

From: …… (date/ time) To: …… (date/time)

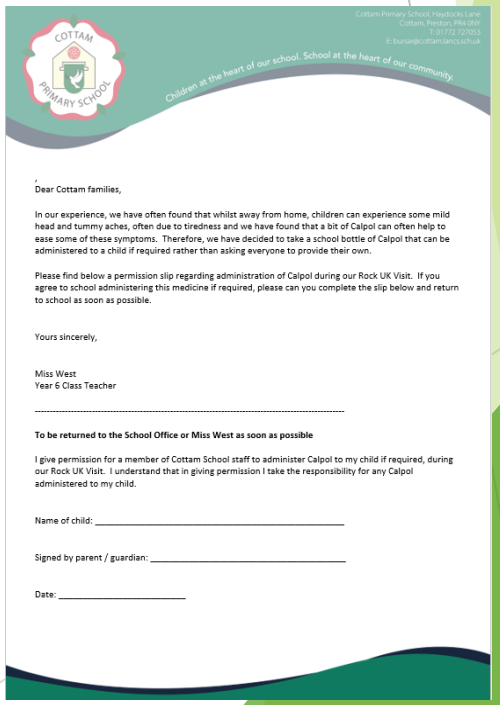
Child's name: …… Date of Birth: …… Form/class: ……

I agree to my son/daughter/ward taking part in the above stated visit/activity and having read the information sheet, agree to his/her participation in any or all of the activities described. I acknowledge the need for good conduct and responsible behaviour on his/her part and that the school/service reserves the right to prevent my son/daughter/ward continuing with the visit/activity in the case of poor behaviour. Further, I understand that there would be no entitlement to a refund of monies paid. I agree that I will update the school/service with any medical information or changes to emergency contact details.

S/he is capable of swimming 25 metres unaided Yes/No

Calpol

If you would like your child to be able to have Calpol whilst we are away, please complete and return the Calpol letter.



Cottam Primary School, Haydocks Lane
Cottam, Preston, PR4 0NY
T: 01772 721053
E: bursar@cottam.lancs.sch.uk

COTTAM PRIMARY SCHOOL

Children at the heart of our school. School at the heart of our community.

Dear Cottam families,

In our experience, we have often found that whilst away from home, children can experience some mild head and tummy aches, often due to tiredness and we have found that a bit of Calpol can often help to ease some of these symptoms. Therefore, we have decided to take a school bottle of Calpol that can be administered to a child if required rather than asking everyone to provide their own.

Please find below a permission slip regarding administration of Calpol during our Rock UK Visit. If you agree to school administering this medicine if required, please can you complete the slip below and return to school as soon as possible.

Yours sincerely,

Miss West
Year 6 Class Teacher

To be returned to the School Office or Miss West as soon as possible

I give permission for a member of Cottam School staff to administer Calpol to my child if required, during our Rock UK Visit. I understand that in giving permission I take the responsibility for any Calpol administered to my child.

Name of child: _____

Signed by parent / guardian: _____

Date: _____

Costing

- Maximum £400 per child
- Deposit of £50 by 19th December
- Payable through Parent Pay
- Pay how you like;
  - Options on Parent Pay to pay more frequent, smaller amounts or less frequent larger amounts
  - Please speak to us if you have any concerns so we can support you and your child.
  - To be paid before Monday 5th October 2026