

The Mill Adventure Base – information for parents/ carers.

What is The Mill?

A purpose-built, urban adventure centre providing exciting, adventurous activities to the young people of Nottinghamshire and beyond. You can find more information on the Notts County Council website;

[The Mill Adventure Base | Notts Outdoors](#)

What time will pupils leave/ return?

We will set off from school at approximately 9.00am on Monday 8th June and will return by approximately 3.30pm on Tuesday 9th June. Pupils should arrive at school at the usual time on Monday 8th. Transport to and from The Mill will be on private hire buses.

Where will the children sleep?

On site there are state of the art camping pods set in a courtyard with access to toilets nearby. Birklands will have exclusive use of the pods. There is secure fencing around the entire perimeter of the site and security gates which are kept locked at all times. There is no access to members of the public.



Who supervises the children?

During activity time instructors from The Mill will lead on activities. Birklands staff will monitor and support pupils at all times throughout the visit. In the evening and overnight, Birklands staff will be onsite to supervise and lead activities.

What activities will pupils take part in?

An itinerary has been provided for you to see the activities happening over the two days. All activities carry an element of risk and are run and supervised by appropriately qualified and experienced staff in accordance with procedures agreed by the Adventurous Activities Licensing Authority where required. Instructors will ensure that pupils have the skills needed prior to taking part in any activities. All necessary safety equipment is provided; this equipment is regularly checked and maintained. Where necessary protective clothing will be supplied. No one will be expected to participate in any activity that is beyond his or her capabilities. For the katakanus, it is not essential to be a swimmer to participate in water activities, however Birklands staff will ensure that the instructor is aware of pupils' swimming ability and anyone who has low water confidence.

What about food?

Monday lunch – pupils will need to bring a packed lunch and drink (not fizzy) from home with them. If your child is entitled to free school meals and you would like school to provide a packed lunch, please inform a member of staff.

Monday evening – a hot meal will be provided by staff at the onsite café.

Tuesday breakfast/ lunch – meals will be provided onsite.

Please inform us if your child has any food allergies or dietary requirements on the form provided.

What should pupils bring with them?

Pupils should arrive at school on the Monday morning dressed for the visit. See below for a suggested kit list.

- Pupils will need to bring a packed lunch for the Monday.
- Pupils will not need to bring any cash.
- Pupils will need to bring a sleeping bag and pillow.
- Please note – pupils will not be permitted to bring any electronic devices including phones.

What if I have any questions/ concerns?

You can add any comments on the contact/ medical information form. In addition, please feel free to speak to your child's class teacher regarding queries or concerns.

Kit List

- Full change of clothes for each day of the two days of activities (jogging pants/ leggings are suggested due to the nature of activities)
- Plastic sack for dirty/wet clothes
- 1 x spare set of clothing (just in case!)
- Warm sweatshirt/jumper/fleece
- Waterproof coat
- Nightwear (warm and practical)
- Footwear -trainers (and one other spare pair of footwear in case a change is needed)
- Personal washing requirements / toothbrush and toothpaste
- Towel
- Suncream and a cap/sun hat (in case of warm weather!)
- Sleeping bag and pillow
- Torch

**Jeans are not suitable for any activity.

**Any medication should be listed on the contact/ medical information form and must be handed to a member of staff on the day of departure. Medication should be in the original packaging.