

RESIDENTIAL AT LOWER GRANGE FARM

PARENT PACK

Example Residential Schedule

DAY 1

13:00 - 14:00 **Arrival & Lunch**
 14:00 - 15:30 **Rifle Shooting**
 15:30 - 17:00 **Cavebus**
 17:00 - 18:30 **Dinner**
 18:30 - 20:00 **Wide Games**
 21:00 **Bedtime**

DAY 3

07:30 - 09:00 **Breakfast**
 09:15 - 10:15 **Nerf Wars**
 10:15 - 11:15 **Bushcraft**
 11:30 - 12:00 **Lunch**
 12:00 **Depart**

DAY 2

07:30 - 09:00 **Breakfast**
 09:15 - 10:45 **Disc Golf**
 10:45 - 12:15 **Fencing**
 12:30 - 13:30 **Lunch**
 13:45 - 15:15 **Pedal Karts**
 15:15 - 16:45 **Climbing**
 17:00 - 18:30 **Dinner**
 18:30 - 20:00 **Campfire**
 21:00 **Bedtime**

This programme is based on a two-night residential package. Your child's activities will differ from this example. The residential lead organiser will have chosen the activities for the group.

Breakfast, Lunch & Dinner

BREAKFAST

Cereals, Toast, Porridge and Brioche Rolls.

The residential lead organiser chooses the meal for the group from the options here. All dietary requirements are catered to with meals that match with everyone else's i.e. gluten free pizza on pizza night or plant-based chicken alternative on roast chicken night. Our catering team are friendly and understanding of individual needs. They have backup meals available to make sure everyone has a full stomach.

LUNCH

o Sandwiches served with crisps, cake and fruit
 o Jacket Potatoes with choice of filling served with salad
 o Pasty with potato wedges served with peas and sweetcorn.
 o Fish fingers, chips and peas

DINNER

o Roast chicken served with potatoes & vegetables
 o Turkey or chicken pasta bake served with garlic bread
 o Sausage and mash served with vegetables
 o Pizza and chips served with baked beans

Kit List

GENERAL

o Water bottle
 o Torch
 o Medication
 o Sleeping bag, pillow and nightwear
 o Towel and toiletries
 o Plastic bag for dirty or wet clothes
 o Hat and winter gloves (winter)
 o Sun cream and cap (summer)
 o Hair brush and ties
 o Pocket Money
 o Trousers
 o Shorts (summer)
 o T-shirts
 o Underwear
 o Sweatshirts/hoodies/fleeces
 o Closed toe sturdy footwear e.g. trainers or walking boots
 o Waterproof jacket and trousers

ACTIVITY SPECIFICS

o **Fencing** – Long sleeves and trousers.
 o **Cavebus** - Long sleeves and trousers.
 o **Adventure Hikes** – sturdy footwear, backpack, water bottle, spare socks.
 o **Water Activities** - old clothes (laid according to weather), closed toe footwear, towel

About Us

**ENJOYMENT . BEING POSITIVE . REFLECTING
 SELF-AWARENESS . FEELING PROUD**

Inspiring outdoor learning created for young people, drawing on 100 years of Scouting heritage and delivered by experts in the field.

Here at Lower Grange Farm, we believe that amazing things can happen in the great outdoors. With our expertise of informal outdoor learning and world famous Scouting ethos, we've inspired generations.



Package Deal

- Accommodation with camp-beds
- Group lead instructor
- Fully catered
- 4+ Activities per night staying
- 90 min evening activities
- Staff room for organisers
- Sports and games equipment
- Toilets and showers



Inclusion

Lower Grange Farm is determined to make adventure for all. We have many additional resources, training in inclusion and experience in working with a full range of young people with additional needs. We are happy to discuss individual needs where needed with the group lead, parents or both.



LOWER GRANGE FARM

ADVENTURE AWAITS

ACTIVITIES

ADVENTURE HIKE
ARCHERY
BIG TEAM GAMES
BODY ZORBS
BUSH CRAFT
CAMP-FIRE
CAVEBUS
CINEMA
CIRCUS SKILLS
CLIMBING
DISC GOLF
FENCING
FOOTBALL GOLF

GEOCACHING
GO KARTS
HUMAN TABLE FOOTBALL
LASER CLAY SHOOTING
MOP FOOTBALL
MOUNTAIN BIKING
NERF WARS
NIGHTLINE SENSORY
CHALLENGE
SUNSET WALK
ORIENTEERING
PADDLE SPORT

PEDAL KARTS
PIONEERING CHALLENGES
POND DIPPING
QUAD BIKES
RAFT BUILDING
RIFLE SHOOTING
ROPE MAKING
SOFT PLAY FUN BUS
TEAM-BUILDING GAMES
TOMAHAWK THROWING
VR EXPERIENCE
WATER ROCKETS



ACCOMMODATION

INDOOR SPACES

Our buildings are converted stables and a renovated barn. With bunk beds and camp beds we can have a unique, cosy camping experience.

TENTED VILLAGE

Glamping experience in our bell tent villages. Our campers have lots of fun sleeping in a tent with their friends.



LowerGrangeFarm
Bookings@LowerGrangeFarm.co.uk
Kent Scouts Activity Centre, Lower Grange Farm,
Grange Lane, Sandling, Maidstone, Kent ME14 3DA
01622 397070