

**Group Name:**  
\*\*\*\*\* Project

# ROCK FROG EVENT PROGRAMME

**Event Dates:** 20<sup>th</sup> – 22<sup>nd</sup> July 2007  
**Location:** Bath and Bristol

	Morning Activity		Afternoon Activity		Evening Activity	
<b>Day 1</b>	Group will arrive late morning. After introduction the group will be talked through setting up camp. <i>(see notes for food purchase and prep logistics)</i>	<b>Lunch</b>	Once camp is set there will be a team building activity on-site. Following this the group will prepare for the caving expedition.		Caving at Burrington Coombe. Returning to camp before 7.30pm. The group will then prepare their evening meal and be briefed on tomorrow.	<b>Dinner</b>
<b>Day 2</b>	The group will breakfast and prepare for the day's walk. We will then travel to the start point of the walk. The walk will take approx 5 hours <i>(packed lunch en route)</i>	<b>Lunch</b>	Continuing the navigation exercise walk along The Cotswold Escarpment.	<b>Dinner</b>	The group will have worked hard today on the 8.2 mile walk, so the evening activity will be a general knowledge quiz.	
<b>Day 3</b>	The group will breakfast and break camp. We will then travel to the Avon Gorge for climbing and abseiling.	<b>Lunch</b>	Climbing, Abseil and Egg Challenge at the Avon Gorge. Issuing of prizes and certificates and Farewell.	<b>Dinner</b>	N/A	
<b>Day 4</b>	N/A	<b>Lunch</b>	N/A	<b>Dinner</b>	N/A	

**While we like to give groups a rough idea of what their programme will be for their event, please note that this programme is not “set in stone” and we may have to change the programme at short notice due to local conditions, weather or health and safety issues. Please do not be disappointed if a particular activity has to change. We will do our best to make sure you have an enjoyable time, whatever activities you do.**

## **Food shopping and preparation logistics for the trip**

You will already have received a “kit” and separate “food” list for the event and you will have decided which foods you can bring with you and which need to be purchased fresh on arrival at the venue.

Obviously, we do not want too much time shopping for food to eat in to your time on activities so you will need to bring some dry goods and other non-perishables with you from home. To ensure we can fit in all the first day’s activities please make sure that you each bring a substantial packed lunch with you for the first day which can be eaten en route, during the setting up of camp or just prior to leaving for the caves. Evening meal on the first day will probably not be until around 8.00pm, so make sure you have enough calories to keep you going!

We are presuming that staff and residents will all wish to participate in the activities, so, if you have not brought everything with you for the evening meal Rock Frog staff will be happy to do your shopping for the evening meal while you are participating in the activities. If you have not brought everything you need with you for the evening meal and you would like us to do the day’s shopping for you then please provide a shopping list and your budget and we will have the provisions ready for you to use on your return to camp. Remember to ensure you have breakfast things for day two.

For day two you will need to have “the makings” of a packed lunch for the walk and the necessary items for an evening meal. You will need to decide if you will have done the packed lunch shopping the day before or you will do the shopping for lunch and dinner before we go out on the walk. Don’t forget breakfast for tomorrow! Make sure your packed lunch includes enough calories to keep you going for a whole day’s walking and also make sure you are carrying enough water. It may be a hot day and it’s easy to become dehydrated.

For day three we will be having lunch on site at the climbing venue. We will shop before going to the venue if you do not already have everything you need. Having a static venue means that you can either plan for a packed lunch or, as we will take the gas burners and Trangias, you can choose to make a hot lunch... it’s up to you. In either case, please make sure you have enough food with you as climbing burns a lot of energy!

Don’t forget that throughout the trip there will be no means of refrigerating your food so think carefully about what will keep and what won’t!