

5 DAY

ADVENTURE SAMPLE ITINERARY

LEVEL OF ADVENTURE: BASECAMP



AGES: 10-17

Spend 5 days (4 nights) at one of our residential centres in an awe-inspiring location.

10-12 year olds will experience at least one evening cooking on a stove as the stars start to emerge and share stories with your group.



13-17 years olds will experience an overnight expedition where you'll camp in the wild, either in a mountain hut, a tent or bivvying under the stars.

START: DAY 1 AT 2PM FINISH: DAY 5 AT 1PM

This is what a 5-day adventure at Outward Bound might look like.

All activities depend on centre location, weather conditions and group ability, so whilst we can't tell you exactly what you'll be doing, we do guarantee you will have **fun** and be **challenged**.



DAY 1

Your adventure will start with a bang and kick off with our infamous jog and dip. This is exactly what it says it is – you will jump or run into the lake or sea, catapulting you straight into the Outward Bound experience from the very start.

Next, you'll explore the grounds of the centre where you'll call home for the next 5 days. You'll meet your group and your instructor, who will let you know what you can expect on your adventure.

Soak up the anticipation of what's ahead and get to know your fellow adventurers.



DAY 2

Make sure you eat your breakfast because you will need your energy today. It's time for you to discover the outdoors and go exploring in the wild.

This could be a day on the water where you'll undertake an exhilarating activity such as canoeing, rafting or kayaking.

At the end of the day, as well as feeling on top of the world, you will also have a brand new appreciation for the natural environment.



DAY 3

Wake up and get ready to embark on an invigorating experience in the outdoors.

This will be a day like no other as you'll go out into the wild reaching new heights by climbing or hiking a heroic peak. Or don your waterproofs and wellies and tackle a water-gushing gorge.

No matter what, you'll appreciate your shower when you are back at centre!



DAY 4

Just when you think you can't go further from your comfort zone, welcome to Day 4.

Take an all-day expedition through the wilderness. Your journey will take you over land and water where you'll be doing a mix of activities.

Your journey will finish at a camp where you will cook out and eat under stars. If you're aged over 13, you may also camp overnight and return to your centre the next day.



DAY 5

If you're on an overnight expedition, you'll wake up in the wild and make your way back to centre.

With your new friends, you will work together to solve a challenge and realise what you are truly capable of.

Before you leave, pick up your certificate and put it on display when you return home – you will feel you have achieved something monumental this week.



Want to push yourself more? Have a look at our Ridge adventures.

