

WELCOME TO MOUNT COOK!

18th -20th March

YOUR WORLD CLASS SCHOOL TRIP

Starts Here...



Objectives

- Happy Memories
- Independence
- Team building
- Responsibility
- Time Keeping
- Organisation
- Self-challenge
- Friendships and transition



Information

Arrive at normal school time. We leave at 10.00am on Wednesday 18th March and should return between 3pm-4pm on the Friday 20th March.

Staff from Wilmcote, Brailes and Shipston Primary will be attending alongside me.

On the day we leave, children will be required to bring a small rucksack or plastic bag with a packed lunch to have when they arrive at Mount Cook and a refillable water bottle.

Medication

All medicines will need to be given to me on the morning of departure. They should be given in a clear plastic bag labelled with your child's name. Any prescriptions need to be provided in original packaging.

Remember to take sickness tablets prior to travel and give one in the medication bag for the return journey.

Please ensure you complete an agreement form for administering medicine with us, this includes inhalers and anti-sickness tablets. This can be added to the labelled plastic bag. These forms are available today!

Social Media

We will share photos on the school Instagram account; if you'd like to update your permissions for Social Media, either permanently or for the duration of the trip, please speak to Mrs Wright in the school office.

Information

Groups

Children across the Trust will be mixed in activity groups which will be led by the staff at Mount Cook and have a member of staff from our Trust schools with them. Children will be informed of their group on the day we travel. Groups will be of between 10 and 12 children.

Sleeping arrangements

Bedrooms can sleep between 4 and 6 children. Staffs rooms will be interspersed between the children's accommodation. Children will share rooms with children from their own school. We have 2 boys' rooms and a girls' room.

Children will be informed of their room groups after the first activity at Mount Cook.

Information

Photos: We will upload photos daily to the school's instagram account (acornsprimaryschool)

Money: The children will be allowed to bring up to £10 to spend in the souvenir shop or at the vending machine in Mount Cook.

The vending machine requires coins and they will only be able to buy one item each day (either a drink or a snack) except for the day of departure.

We will NOT be taking:

- Mobile phones or other electronic devices. This includes smart watches.

Kit List

Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat and gloves

Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack

Mount Cook provides all specialist equipment for participation in our activities

Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel

- Everything needs to be labelled.
- Please pack items with your child so they know what they have with them.
- If it is wet, one pair of shoes should be waterproof.
- Evening sessions are an hour and a half outside so please remember gloves and hats.

ACCOMMODATION



Indoor bedrooms

- 4 - 6 people per room
- Toilet, sink & shower in each
- 2 accessible rooms available

**Pillows, duvets and bedlinen provided.
Bring your own towel.**

Menu

Wednesday

Sausages, hash browns,
eggs and baked beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or chickpea
pesto spread.

Crisps, fresh fruit, &
homemade choco krispy

Margherita pizza
or
Battered cod
served with chips & mushy
peas

Sticky toffee pudding &
custard or yogurt & fresh
fruit

Thursday

Bacon, hash browns, eggs
and baked beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Jacket potato
Choose your own filling:
cheese, beans, tuna mayo

Choice of salad bar

Fresh fruit & homemade
flapjack

Beef bolognaise
or
Vegetarian bolognaise
served with garlic bread

Chocolate fudge cake or
yogurt & fresh fruit

Friday

Sausages, hash browns,
eggs and baked beans
&
Croissants, fresh fruit,
cereal, yogurts, toast with
jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna
mayo, beef or chickpea
pesto spread.

Crisps, fresh fruit, & double
chocolate muffin

Mount Cook Adventure Centre - Activity Programme

Organisation Name: Shipston On Stour Primary School | **Number Of Groups:** 8 | **Nights:** 2 | **Arrival Date:** 13:00, 18 Mar 2026 | **Departure Date:** 12:30, 20 Mar 2026

Session	Time	Shipston On Stour Pr 1 (x12)	Shipston On Stour Pr 2 (x12)	Shipston On Stour Pr 3 (x12)	Shipston On Stour Pr 4 (x11)
Wednesday 18 Mar					
Wed	13:00 - 13:30	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)	Arrive at Mount Cook - Welcome Talk and Lunch (Bring Own Packed Lunch)
Wed	13:30 - 13:45	Activity Brief.	Activity Brief.	Activity Brief.	Activity Brief.
Wed	13:45 - 17:00	Archery & Onsite Orienteering	Archery & Onsite Orienteering	Low Ropes & Kiwi Quest	Low Ropes & Kiwi Quest
Wed	17:15 - 17:45	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation	Settle into Accommodation
Wed	17:45 - 18:30	Dinner	Dinner	Dinner	Dinner
Wed	18:30 - 20:00	Rocket Building (Evening)	Campfire & Bushcraft - Woods (Evening)	Rocket Building (Evening)	Campfire & Bushcraft - Woods (Evening)
Session	Time	Shipston On Stour Pr 1 (x12)	Shipston On Stour Pr 2 (x12)	Shipston On Stour Pr 3 (x12)	Shipston On Stour Pr 4 (x11)
Thursday 19 Mar					
Thu	08:15 - 09:00	Breakfast	Breakfast	Breakfast	Breakfast
Thu	09:00 - 12:15	Zip Wire & Across the Divide	Zip Wire & Across the Divide	Archery & Onsite Orienteering	Archery & Onsite Orienteering
Thu	13:00 - 13:45	Lunch	Lunch	Lunch	Lunch
Thu	13:45 - 17:00	Onsite Rock Climbing & Abseiling	Onsite Rock Climbing & Abseiling	Via Ferrata	Via Ferrata
Thu	17:45 - 18:30	Dinner	Dinner	Dinner	Dinner
Session	Time	Shipston On Stour Pr 1 (x12)	Shipston On Stour Pr 2 (x12)	Shipston On Stour Pr 3 (x12)	Shipston On Stour Pr 4 (x11)
Friday 20 Mar					
Fri	07:45 - 08:15	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception	Vacate rooms, return keys to reception
Fri	08:15 - 09:00	Breakfast	Breakfast	Breakfast	Breakfast
Fri	09:00 - 12:15	Low Ropes & Kiwi Quest	Low Ropes & Kiwi Quest	Onsite Rock Climbing & Abseiling	Onsite Rock Climbing & Abseiling

Example activities for the 3 days

Archery & Onsite Orienteering



Learn to shoot an arrow in the style of an Olympic archer using a modern recurve bow. Practise and play some games to hone your skills.

Learn and refine map reading skills including using keys, finding checkpoints and orientating the map.

Bushcraft



Discover how people survived in the past. Learn to light a fire without matches and experience the materials our ancestors used to create life-saving heat and light. Build a shelter and create a cord bracelet to take home using natural fibres.

Low ropes & problem solving



Our low ropes course with mini zip is a great activity for building confidence. Teamed up with problem solving, the activity group will develop these skills further.

Onsite Rock Climbing & Abseiling



Our rock face and abseil point offers the group a new experience and individual challenge on limestone rock. During the climb, the group will take part in belaying and tying knots.

Via Ferrata



