



MENDIP



GOLD DofE RESIDENTIAL

THE LODGE | INFO PACK

Mendip Activity Centre, Lyncombe Drive, Churchill, North Somerset, BS25 5PQ
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Mendip, established in 1978, has evolved into one of the biggest and most reputable outdoor activity providers in the South West. Providing activities from our own multi-activity sites across the Mendip Hills and beyond.

WELCOME TO MENDIP!

Thank you for choosing Mendip for your Gold DofE Residential!

We hope that this info pack answers any questions you may have about your upcoming residential but if you have any questions, please don't hesitate to contact us.

The best way to reach us at present is by email to: dofe@mendip.co.uk

This info pack is for participants booked onto a **Mendip Lodge** Gold DofE Residential. These usually take place during the Easter holidays and October Half Term.

YOUR PACKAGE INCLUDES:

- Five days of instructor led, outdoor activities
- Exclusive use of Mendip's Residential Lodge
- Qualified, experienced, directly employed, DBS checked and first aid trained instructors
- All specialist outdoor equipment
- PCV minibus transport to Mendip's watersport site
- Cooked evening meals, breakfast buffets and packed lunches
- 24/7 Emergency contact
- AALA Licensed
- £5m liability insurance
- PHAROS Emergency Response



MENDIP RESIDENTIAL LODGE



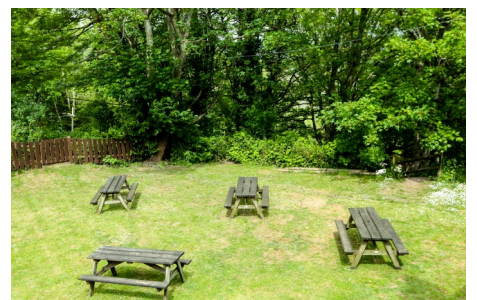
Our latest addition - The Mendip Residential Lodge! Located right in the heart of our 250 acre site in the Mendip Hills AONB and within walking distance of our onsite activities, this bunkhouse makes for the perfect activity residential accommodation!

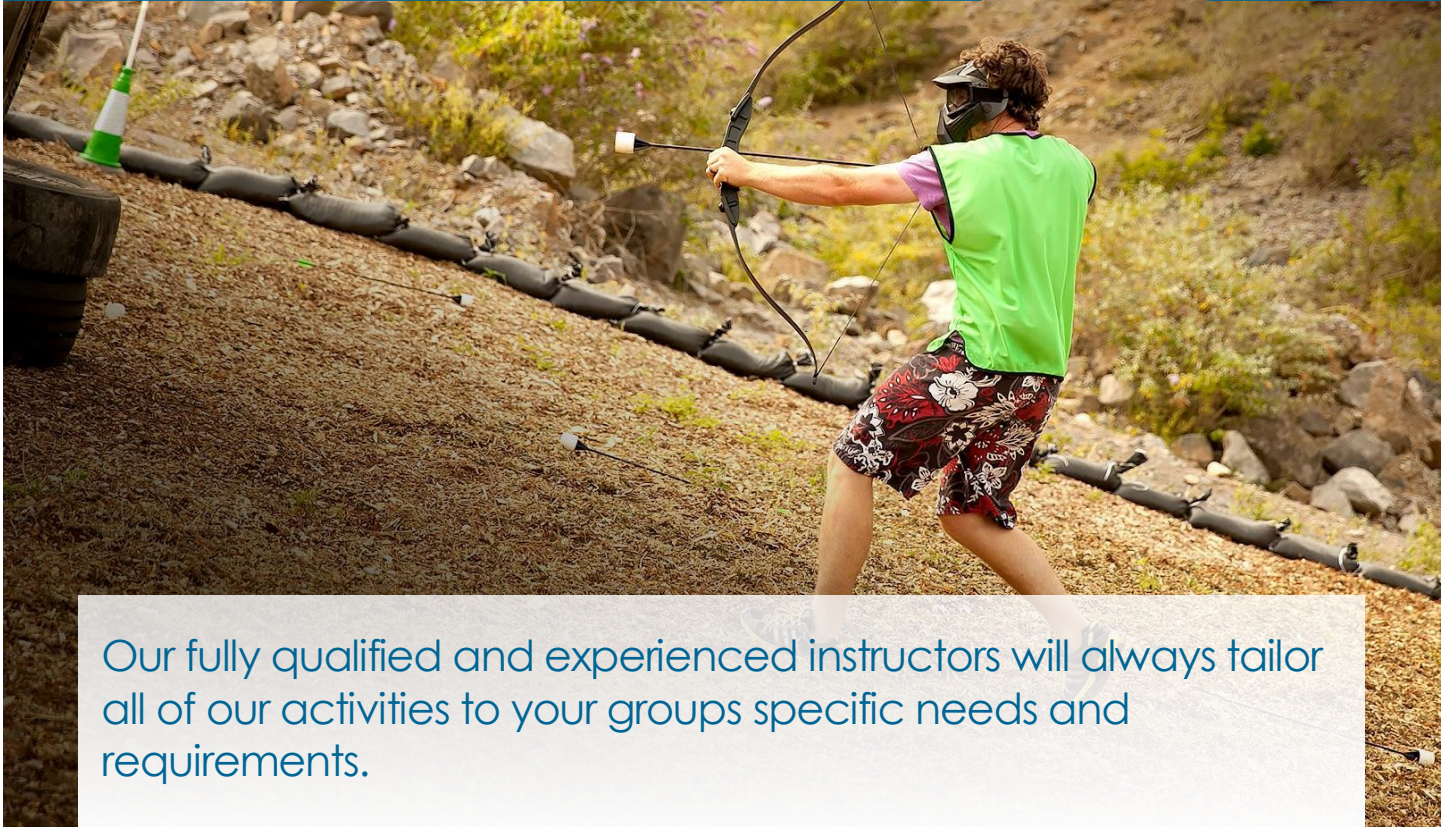
THE LODGE

With stunning views across the Mendip Hills Area of Outstanding Natural Beauty, The Lodge is the ideal location to get a real feel for the wonders of the Mendips.

Recently refurbished bunkhouse bedrooms, a private dining room and exclusive use of the whole building will allow everyone to fully relax and enjoy your residential.

All lodge bedrooms have solid, metal framed bunkbeds with proper mattresses and private en-suite facilities including hot showers.





Our fully qualified and experienced instructors will always tailor all of our activities to your groups specific needs and requirements.

ACTIVITIES

We've included a jam packed programme of our most popular activities for you to try!

- Kayaking
- Assault Course & Raft Building
- Frisbee Golf
- Archery
- Axe Throwing
- Air Rifles
- Archery Active
- Climbing
- Abseiling
- Bushcraft dinner
- Mission Impossible (initiative exercises and challenges)



PROGRAMME



Sample Programme		
MONDAY	PM	ARRIVAL & CHECK IN - PLEASE ARRIVE BY 1PM
		MISSION IMPOSSIBLE TEAM GAMES
	EVE	EVENING MEAL
		TEAM GAMES & FREE TIME
TUESDAY	AM	BREAKFAST & MINIBUS TO HEWISH WATERSPORT SITE
		KAYAKING
	PM	LUNCH BREAK
		ASSAULT COURSE & RAFT BUILDING
		MINIBUS TO MENDIP LODGE & FREE TIME
	EVE	EVENING MEAL
ARCHERY		
WEDNESDAY	AM	BREAKFAST & WALK TO SANDFORD QUARRY
		ROCK CLIMBING
	PM	LUNCH BREAK
		ABSEILING
	EVE	WALK TO MENDIP LODGE & FREE TIME
EVE	BUSHCRAFT & SURVIVAL SKILLS ACTIVITY INCLUDING CAMPFIRE DINNER	
THURSDAY	AM	BREAKFAST
		AXE THROWING & AIR RIFLES
	PM	LUNCH BREAK
		FRISBEE GOLF
EVE	EVENING MEAL	
	MOVIE NIGHT & FREE TIME	
FRIDAY	AM	BREAKFAST & CHECK OUT OF MENDIP LODGE
		ARCHERY ACTIVE
	PM	LUNCH BREAK
		DEPARTURE FROM 1:30PM ONWARDS

N.B. Programme is subject to change depending on factors such as weather however we will always provide the same number of activities. Please note that lunch is not provided on day one.



If you have any questions about what to bring, please let us know. We do require everyone to have the correct clothing to take part in activities.

ESSENTIAL KIT LIST

- Sleeping bag & pillow
- Wash kit & towel
- Activity clothing - all activities require comfy clothing and closed toe shoes that you can move around in and that you don't mind getting muddy or wet. Please do not wear jeans for activity sessions.
- A complete change of clothes for the watersports day including a pair of old trainers that can get wet
- Waterproof coat and waterproof trousers
- Old Towel (as well as a wash towel)
- Walking boots or wellies
- Refillable water bottle
- Cold weather gear (woolly hat & gloves)
- Sun block, sun hat & sunglasses
- Small rucksack to carry packed lunches to activity sites

RECOMMENDED EXTRAS

- Torch
- Plastic bags to bring wet gear home
- Mendip will provide three full meals per day but you are welcome to bring snacks with you
- Please note that Mendip cannot accept responsibility for any valuables that you choose to bring with you
- There is a café onsite at Mendip Activity Centre and refreshments available to purchase. Mendip Activity Centre is a cashless venue.



We have a few basic house rules for residential with both under and over 18's attending. Please ensure these are followed throughout your time with us.

Alcohol

Mendip's Gold DofE residential Lodge is an alcohol free zone. Regardless of age, we cannot allow participants to consume alcohol whilst in our care.

Rooms

All rooms will be single gender rooms. Unless it has been agreed with parents/guardians before arrival, under 18's will not share a room with anyone over the age of 18. Socialising is not permitted in bedrooms, only named persons will be allowed to enter their own room.

Leaving site

Under 18's are not permitted to leave the Mendip site whilst on residential premises, unless a parent or guardian provides a written statement allowing this, prior to your arrival.
Over 18's are permitted to leave but it is asked that they let the residential lead know before leaving.

Medical declaration

Participants aged 16 or over are able to sign their own medical declaration. You are welcome to fill this in when you arrive or [click here](#) to print and sign before your arrival.



FURTHER INFO

Please ensure the participant completes the following questionnaire:

[Click Here for Gold DofE Residential Questionnaire](#)

If you have any questions not answered in this pack, please don't hesitate to get in touch via dofe@mendip.co.uk.

We look forward to welcoming you to Mendip!

