

**ADVENTURE
RESIDENTIAL
TRIP**

ALL YOU NEED TO KNOW

**FOR
PARENTS
AND
CARERS**

rootd

**UNPLUG
SWITCH ON, A
JOURNEY TO THE
HERE AND NOW**

SCHOOL TRIP ORGANISERS WITH A DIFFERENCE

OVER 85% OF CHILDREN REPORT FEELING HAPPIER AFTER BEING IN NATURE

Natural England (2021) The Children's People And Nature Survey For England

BACK TO THE BEAUTIFUL BASICS

At Rootd, we see first-hand the positive impact nature and outdoor adventure can have on a child's well-being and development. This doesn't just mean conquering the high ropes and scaling walls, it means going back to basics – building shelters, lighting campfire and exploring the natural environment.

WELCOME TO PHASELS WOOD HERTFORDSHIRE



Set in 95 acres
of meadows
and natural
woodland



Close to London
and within easy
reach of M1 and M25



Unique
accommodation
for all seasons



Exciting
adventurous
activities

MEET OUR INSPIRATIONAL TEAM

BEAUTIFUL HUMANS, INSIDE AND OUT

Here at Rootd we believe our team should not only be superbly trained and professional. They should also be fun, passionate, and fantastic role models, inspiring future generations to grow into resilient, inquisitive individuals that care for each other and the planet.



“Activities, Food and Staff were brilliant. Everyone is incredibly kind, calm and passionate about what they do. So knowledgeable in all subject areas and taught us so much. Beautiful Humans, inside and out. 10 out of 10 from us.”

M Zagerman
Assistant Head Teacher
Heathland Primary School

FOREST ADVENTURES

IN OUR WOODLAND POD VILLAGE



Teacher parachute with fire-pit and refreshments



Teacher pod at the heart of every pod village



Pupil pods nestled in the woodland with bunk beds sleep up to 8 children



Indoor dining room plus shower / toilet facilities



Night toilets and motion-sensored lighting



Chill-out areas with campfire, games and table tennis



A TYPICAL DAY ON YOUR ROOTD RESIDENTIAL

Breakfast

Cereal selection, toast, yoghurt, pastries + fruit juice.

Adventure activities

Go for gold in **archery** before feeling the adrenaline as you reach new heights and work as a team in either **crate stacking** or **abseiling**.

Fancy being an Arctic explorer? Put your trust in your partner as they guide you around the **nightline course**... blindfolded! Then combine your rope skills with teamwork to **build the ultimate buggy**.

Lunch

Picnic in the woods.

Explorer and Survivor Bushcraft

Work together to build the your ideal woodland **shelter** using materials found within the woodland. Learn how to safely use a **fire-steel** and build the perfect campfire to roast **marshmallows**.

Explore the woodland, learning about **Plants & Trees, Insects and Vertebrates** with interactive games and activities. Finish by putting your new-found **plant knowledge** to the test with our fun **foraging** session!

Dinner

Chicken or vegetable **curry** with rice, and our chef's famous **chocolate brownie!**

Evening activity

Cheer your friends on as you whizz down the **Cresta Toboggan Run!**

Campfire

The perfect end to the day, sing along to the **songs** around the **campfire**, before winding down with a cup of **hot chocolate**.

WHAT TO PACK

The following list is designed to give you an idea of the kit children will need to bring with them on their adventure. They will be responsible for carrying their luggage to and from the camp site / pod villages on arrival and departure, therefore we recommend children only carry what they really need for their trip.

ESSENTIALS

- ✓ Sleeping bag (3 season)
- ✓ Pillow
- ✓ Large rucksack / holdall (avoid wheeled suitcases)
- ✓ Clothing for each day of your trip to include:
 - Tracksuit
 - Hard-wearing trousers / shorts (no jeans)
 - Base layers / vests / T-shirts
 - Warm fleece / jumpers
 - Socks / underwear (we advise bringing 2 pairs of socks for each day)
- ✓ Waterproof jacket
- ✓ Warm pyjamas (please remember even in the summer camping can be cold at night, so layers are essential)
- ✓ Sturdy shoes or boots, e.g. Walking boots, or old trainers for activities
- ✓ Trainers (not plimsolls) for evenings (No sandals / crocs. You can bring flip flops for the showers)
- ✓ Named water bottle
- ✓ Toiletries including toothpaste, toothbrush, roll-on deodorant (not aerosol). All preferably in a named wash-bag
- ✓ Towel
- ✓ Torch with spare batteries
- ✓ Plastic bag for dirty clothes

RECOMMENDED

- ✓ Waterproof trousers
- ✓ Book / cards / games (nothing electronic or valuable) to enjoy during down time
- ✓ Plastic / Bin bag for wet / muddy clothes

WEATHER DEPENDANT

- ✓ Wellies
- ✓ Sun cream
- ✓ Sun hat
- ✓ Warm hat / gloves

Please ensure that your child packs their own bag so they know what they have with them and can find it easily on arrival

FAQS

What does a Rootd adventure include?

We provide all activities, equipment, instruction, meals (except packed lunch on day 1) and accommodation in either our woodland camp, or pod villages. Children will need to bring a sleeping bag and pillow for their bunk beds and particularly if camping, please try to ensure children have a warm, 3-season sleeping bag as even in the summer it does feel cold at night.

What arrangements are in place for night-time?

Rootd staff stay on site overnight, and are on hand as a support to teachers in case of any emergencies. Both our woodland camp and pod villages are fitted with a motion-sensored lighting system for the safety of teachers and children. Night toilets on the camp are also provided.

What qualifications do Rootd staff hold?

All Rootd instructors and leaders are first aid trained, DBS checked, and have specialised experience in outdoor education as well as all the necessary qualifications for the activities undertaken (archery, bushcraft, environmental education etc.). Most importantly, our team are friendly, energetic, and share our passion for working with children to inspire a love of the great outdoors.

Do you cater for specific dietary requirements and allergies?

Yes, all dietary requirements are catered for as long as we are aware of them in advance. Please ensure you provide any relevant medical / dietary information to your school by 8 weeks prior to the trip. Here at Rootd, we encourage children to try new things, including the delicious, freshly prepared meals, however, if you still have concerns regarding fussy eating we can discuss this with you further.

FAQS

What happens in bad weather?

All activities will go ahead in bad weather if safe to do so. The odds are that your child will experience at least some rain or bad weather during your trip. As long as they have enough layers and waterproof clothing (see separate kit list), they are generally happy to undertake outdoor activities undeterred by the British weather! An indoor area is available for mealtimes.

Are shower facilities available?

Yes, separate male / female toilet and shower facilities are available, as well as night-time toilets.

What kind of food will be available on the trip?

All meals are freshly prepared on site including a balance of meat, vegetables, fruit and carbohydrates. We also provide the all-important marshmallows around the campfire! Typical meals may include lasagne, curry, and pasta bolognese, all served with salad / vegetables, and finished with a tasty dessert!

Should my child bring any money?

No, there isn't an opportunity for spending it, so your child won't need to bring any money.

What valuables should my child bring with them?

Children will spend their time engaged in outdoor activities, and we don't have any where to store valuables, so we advise against bringing mobile phones, tablets, electronic games etc. and we would also ask you to ensure they aren't wearing any jewellery that could get lost or damaged during the activities.

Can I contact my child while they are away?

Your school will be able to contact us in case of an emergency, but otherwise we find children settle better and enjoy their time away when they don't have outside contact that may encourage homesickness.

Who can I contact if I have any questions?

Please refer any questions to your school or group leader in the first instance. They should have all the information they need to answer your queries, or they can contact us for anything else.



LET THE
ADVENTURE
BEGIN



www.rootd-adventure.com



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