



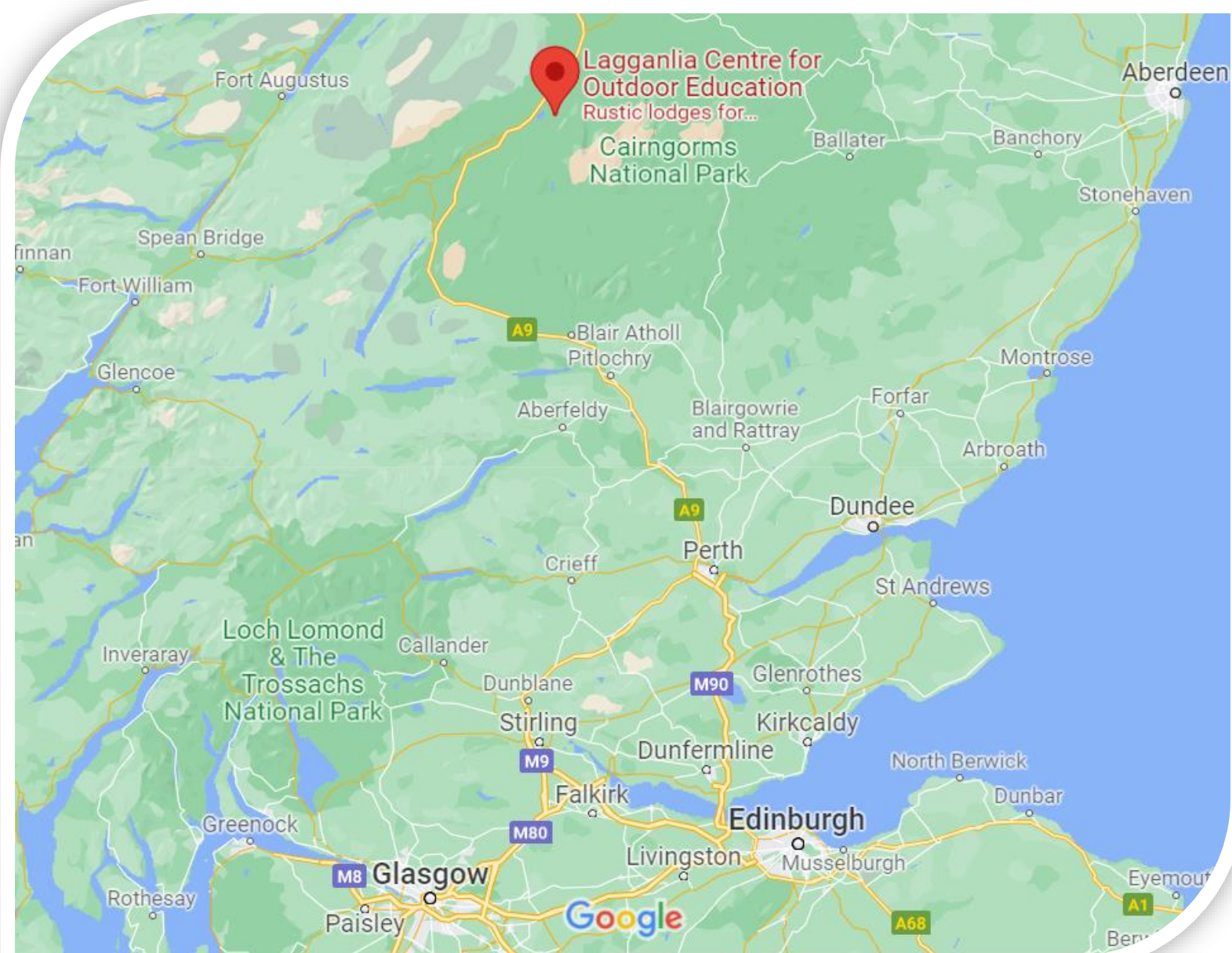
Lagganlia Outdoor Centre

Information Meeting

Welcome

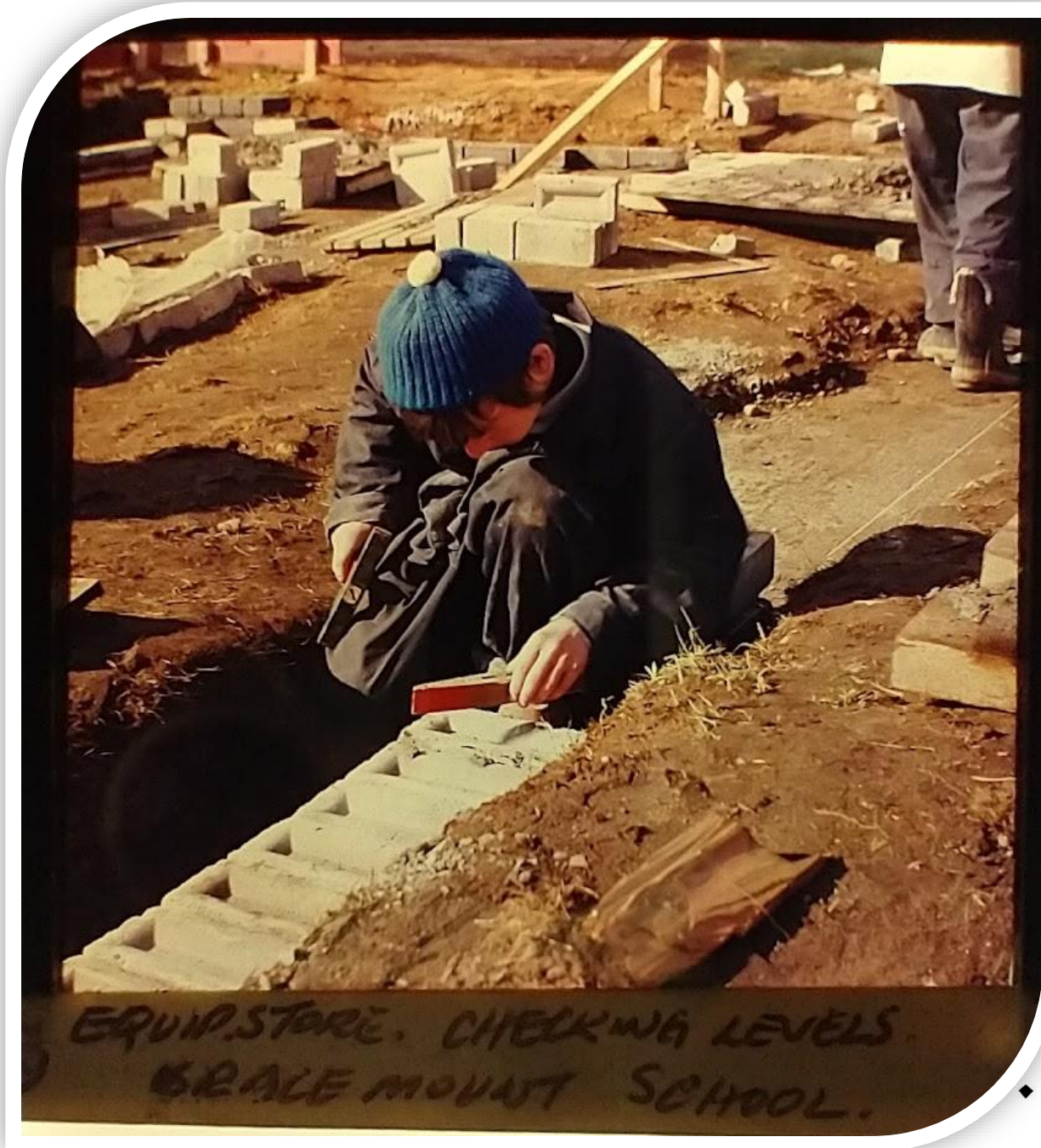


Where is Lagganlia?





Happy 50th Birthday!



OUTDOOR LEARNING

BANGHOLM ♦ BENMORE ♦ LAGGANLIA



OUTDOOR LEARNING

BANGHOLM ♦ BENMORE ♦ LAGGANLIA



Arrival Day

- Depart School Morning, meet at bike sheds from 8:15.
- Arrive Lagganlia 12:30 (ish)
- Lunch ***PLEASE SEND A PACKED LUNCH***
- Framing the Week 13:30
- Fire Drill 13:45
- Meet Instructors 14:00
- Visiting Staff/Lagganlia Staff Meeting 14:00
- Instructors Site Orientation With Group 14:15
- Make Beds/Unpack 16:30
- Lagganlia Staff Meeting 16:30
- Evening Meal 17:30 or 18:30
- Adventure Journals 17:30 or 18:30
- Evening Activity 19:30
- Bed 21:00



A 'Typical Day'

- Wake Up 07:15
- Breakfast 08:00
- Lagganlia Staff Meeting 08:45
- Visiting Staff and Lagganlia Staff Meeting 09:00
- Room Inspections 09:00
- Meeting With Instructor 09:15
- Morning Activities 09:15 – 12:30
- Lunch 12:30
- Afternoon Activities 13:30 – 16:30
- Review of Day 16:30 – 17:00
- Free Time 17:00 – 17:30
- Dinner 17:30 or 18:30
- Adventure Journals 17:30 or 18:30
- Evening Activities 19:30
- Bed 21:00



Activities

- Abseiling
- Rock Climbing/Tree Climbing
- Mountain/Hill Walk
- Mountain Biking
- Adventure Journey Day (foot, bike or boat)

- Skiing (Dry Slope/Snow)
- Snowboarding (Dry Slope/Snow)
- XC Skiing
- Snow Shoeing

- Gorge Walking
- Canoeing
- Kayaking
- Duckies
- Sailing

- Archery
- Orienteering
- Bushcraft
- PSG/Teambuilding





What To Bring...



- SOCKS (including at least 3 thick pairs)
- At least three warm 'tops' (fleeces or woollen jumpers)
- At least three pairs of loose-fitting warm trousers (track suit or jogging bottoms but not jeans)
- Casual clothing for evening use
- Underwear
- Shorts (summer)/T-shirts
- Training shoes (2 pairs, the grubbier the better)
- Slippers, Crocs or something to wear inside the Centre that are 'dry shoes'
- Gloves & hat (we provide these but another set is always useful)
- Pair of wellies (not essential)
- Pyjamas
- Swimming costume
- **Water bottle**
- **Lunch box to fit in rucksack (essential)**
- Soap, towel, toothbrush
- Sun Cream & Insect repellent & lip balm
- Plastic bag for taking home any clothes that are still wet

Please let us know if you need support and please label clothes with your child's name/initials.



Optional Items For Camping Overnight.

- A torch
- Basic toiletries for an overnight stay, wet wipes and hand sanitiser are useful.
- Sleeping bag that is warm and packs down small
- Sleeping Mat or Thermarest.
- Own waterproof jacket/trousers.
- Own fork/spoon, spork!

Only bring if you have these items and want to use your own.

Do not buy for this trip. The centre will provide them.



Sample Day Menu

- **Breakfast** Cereal, toast, fruit juice, hot options including sausage, beans and hash browns.
- **Packed lunch** Filled wholemeal or white sandwich (choose from tuna, chicken, cheese, salad or plain) fruit, crisps and traybake.
- **Dinner** Pasta Bolognaise, Macaroni Cheese, Baked Potatoes, Chicken Curry, Veg/Tomato Pasta, Fish and Chips. Homemade crumbles, Brownies, Ice Cream or frozen yoghurt.
- **Dietary** We are a completely nut free kitchen. We adapt our menu to include options for Gluten Free, Lactose Intolerance with a variety of milk options and a wide variety of intolerances and allergies.



Example Experiences & Outcomes

- SOC 2-07a I can describe the major characteristic features of Scotland's landscape and explain how these were formed.
- MTH 2-18a I can use my knowledge of the co-ordinate system to plot and describe the location of a point on a grid.
- HWB 2-05a I know that friendship, caring, sharing, fairness, equality, and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



Have a great time at Lagganlia!

