

Ref: DAN/EEFOBT03

Monday 12th October 2026

Re: Outward Bound Trust Final Details

Dear Parent/Carer,

I am writing to give you some final details for the upcoming Outward Bound Trust residential.

Students should arrive to the Academy at normal time on Monday 9th November, in their own comfortable and travel appropriate clothing. We will be leaving the Academy at 9:00. Students should bring any medication, including asthma pumps, clearly labelled with student name, dosage and frequency. We will return to the Academy at 17:00 on Friday 13th November.

We strongly recommend that students **do not bring any valuables**, as we cannot take responsibility for the safe keeping of any valuables. However, if you choose for your child to bring a phone, they will need to hand it in and we will allow students **access to their phones at designated times each evening**, subject to appropriate use.

Please find attached a suggested kit-list and sample itinerary. Activities are subject to change due to weather and availability, but will be from the lists below. All activities are fully covered by qualified instructors and risk assessments.

Potential land based activities: hill walking; mountain scrambling; overnight camping; climbing and abseiling; mountain biking and off-road biking; orienteering; high challenges and dynamics; problem solving exercises; fires and stoves.

Potential water based activities: combined water and rock e.g. gorge walk; paddle sports – kayak and canoe; improvised rafting; powerboat operations; rowing; sailing; jog and dip; swimming.

As some of the activities include the potential for swimming and paddling in the water, we require you to notify us of your child's confidence in water, as well as swimming ability. Please complete and return the attached form by Friday 19th October.

Yours faithfully,



Mr D. Albon
Assistant Head Teacher
d.albon@lan.merciantrust.org.uk

Life to the full in pursuit of what is good, right and true.



Q3 Academy Langley
Moat Road
Oldbury B68 8ED

T 0121 516 7070
E enquiries@q3langley.org.uk
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Chief Executive: Mr Daniel Parkes BA (Hons), MA | Head of School: Mr Peter Lee BA (Hons), M.Ed, PGCE, NPQH, NPQEL

Q3 Academy Langley Outward Bounds Trust – Consent for Specific Activities and Swimming

I give consent for (Student Name) _____ to take part in the activities outlined in the letter attached, and I understand that depending on weather and availability the activities during the visit may not include all activities in the list.

My child's water confidence/swimming ability is best summarised by the following (please tick):

No experience in open water ☐

Not confident in open water ☐

Not a strong swimmer, but comfortable in water with floatation support e.g. life jacket/buoyancy aid. ☐

Can swim short distances unaided ☐

Strong swimmer ☐

Any further comments about activities or swimming:

Signed (Parent/Carer): _____

Print Name: _____

Date: _____

Please return this slip to Reception, Mr Albion or your child's Head of Year by Monday 19th October.

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SAMPLE PROGRAMME 5 DAYS

(WITH EXPEDITION)

This is what five days at Outward Bound might look like.



DAY 1 MONDAY

ARRIVE: Setting the scene. Course introductions. Hope and fears.

ADVENTURES: Immersion into the natural environment with jog and dip followed by group work.

EVENING: Exploring course aims and personal responsibility.

ACTIVITIES: High challenge activity and stargazing.



DAY 2 TUESDAY

DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: A full day of authentic adventure in the natural environment, such as gorge or scrambling.

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: Preparing and packing for expedition.



DAY 3 WEDNESDAY

DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness of the natural environment.

ADVENTURES: An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

EVENING: Self-reliance. Recognising achievement.

ACTIVITIES: Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



DAY 4 THURSDAY

DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing.

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment. Facilitated discussion and personal reflection.

DAY 5 FRIDAY

DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ACTIVITIES: Group rowing. Team challenges in new groups, course review and presentations of learning.

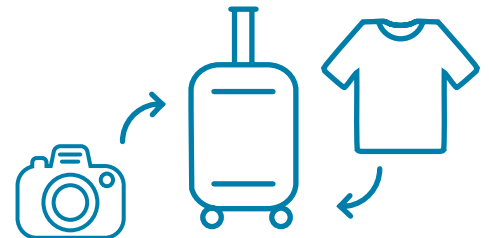
DEPART

KIT LIST

We'll provide you with walking boots, waterproofs, a rucksack, roll mat and sleeping bag (where appropriate) so don't worry about bringing these. You can bring your own kit if you have it, but most people prefer to borrow ours.

Our advice is to leave any valuable items behind. We can give you access to a safety deposit box and if you're travelling from abroad, please keep your passport and important travel documents there.

Aerosols and painkillers are not allowed at our centres.



ITEM	CHECK	NOTES
TWO PAIRS OF TRAINERS	☐	Bring two pairs of trainers - one pair that you don't mind getting wet or muddy. This could be an old pair or some 'wet shoes'.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECEs	☐	Fleecees are ideal as they dry quickly but any of the other items are a good substitute.
TROUSERS, SHORTS	☐	Trousers (tracksuit bottoms, leggings, walking trousers). You can bring jeans for around the centre and travelling, but not for activities because they take too long to dry if they get wet.
T-SHIRTS, LONG SLEEVED TOPS, BASE LAYERS	☐	Aim for tops that cover your shoulders from the sun.
NIGHTWEAR, PYJAMAS	☐	
UNDERWEAR INCLUDING SOCKS	☐	Trainer socks aren't recommended as you'll be wearing walking boots. Sports bras may be useful.
THICK WALKING SOCKS	☐	
SUN HAT, SUNGLASSES, SUN CREAM	☐	Don't bring expensive sunglasses - Sun cream will need to be at least factor 30.
WARM HAT AND GLOVES	☐	We can provide these but feel free to bring your own.
TOWELS	☐	You will need a towel for showering and on activities, so bring at least one.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	☐	It's also a good idea to bring a couple of plastic bags to carry any wet clothes in.
TOILETRIES. Including personal medication. Insect repellent, blister kit or plasters can also be useful.	☐	Don't bring aerosols. Don't forget asthma inhalers or EpiPens if needed.
SPENDING MONEY	☐	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs.