



## Coastal Adventure Day

### Hello!

Thank you for booking on to one of our adventures. We really hope that your children have a fantastic time and will make sure that we do everything we possibly can to ensure that they have an adventure to remember! Here are the details of your booking - please could you read them through and check they are what you were expecting.

There will be a consent form to fill out on the day, but if there are any medical or dietary requirements that you think we need to know beforehand, then please just let us know on the booking form as we have hot chocolate, brownies and marshmallow smores.

### Meeting point

Meet and pick up at the Kids Adventure Company van, Baggy Point National Trust car park, Croyde. You will need to pay to park, but if you are a National Trust member, remember to bring your card as it is free.

This session is from 10.00am – 15.00pm

### Here's a few tips to make sure you enjoy your session!

- Wear trousers or shorts if it's hot, a T shirt, trainers with good grip and bring a waterproof jacket. If you have your own climbing gear then we are happy for you to use it once we have checked it. (But don't worry as we can provide everything you need)
- **Bring a small rucksack with your packed lunch, a drink, a jumper and spare trousers, in case you get wet.**
- Bring any medication including asthma inhalers
- If it is hot put sun cream on before the session and bring it with you
- There is a toilet in the car park (Baggy Point)
- Lastly and most importantly, come ready for a challenge with a smile on your face 😊

Get ready for a Great Adventure and see you there!

Jo and Mike

Phone 07837 649839 if you have any problems on the day