Please ensure that you bring the following kit.

* Waterproof jacket and trousers
* 3 changes of outdoor clothes – bring old ones!
* Long sleeved shirts/tops
* T-shirts
* Trousers
* Socks and underwear
* Shorts
* Swimming costume
* Towel x 2
* Hat and gloves
* Warm fleeces/hoodies
* Wellie boots
* Torch and spare batteries
* Drinks/water bottle
* 2 poly bin liners for wet clothes
* 2-3 pairs of trainers (you will need a pair to wear during water-sports)
* Wash bag
* Night clothes
* Any medication you may be taking
* Small amount of money
* If you have a rucksack, even a small one, then bring it.
* ‘Country-Western’ style clothing and hats for Saturday evening’s **Barn Dance**

Please bring everything listed above. If it is on the list, then you will need it. The most commonly forgotten items are torch, poly bin liners and a towel. We do have a stock of wellies and waterproofs if you do not have any.

STUDENT DETAILS

A Consent Form will have to be completed. Please ensure that it is filled in accurately so that we have the information about you which we need.

It is possible to cope with almost every eventuality, providing that the information is available in advance.

# INSURANCE

Encompass Training SW Ltd has full public liability insurance cover up to a limit of £5m. Details are available on request. Personal accident, cancellation and personal belongings are not covered.

# CONTACTING US

If you have any questions etc before the course. Please give us a call or email.

Not all mobile phone networks can get a good signal at Great Potheridge, including 4G, and the same applies to some of the other locations where activities take place. For operational and safety reasons, the use of mobile phones by participants is not suitable during activities. There is limited wifi for students.

We have tried to make this leaflet as complete as possible, but if you or your parents/guardian/carer have particular concerns, or require any further information about any aspects of your course, please feel free to contact us as shown on the front of this leaflet.

ENCOMPASS TRAINING SW LTD

YOUR STAY AT

GREAT POTHERIDGE HOUSE

WHAT YOU

NEED TO KNOW

## Encompass Training SW Ltd

**Great Potheridge House**

**Merton**

**Okehampton**

**Devon**

**EX20 3DN**

**Tel: 01805 603003**

**Email:** [**mail@encompasstraining.co.uk**](mailto:mail@encompasstraining.co.uk)

**Website**

**www.encompasstraining.co.uk**

### THE ADVENTURE ACTIVITY LICENSING AUTHORITY

Encompass Training is licensed by the

Adventure Activity Licensing Authority

to provide the following activities under Licence No R/0720. Watersports (kayaking, open canoeing, improvised rafting), Climbing (rock climbing, abseiling, sea level traversing, gorge scrambling), Trekking (hill walking, mountaineering

**INTRODUCTION**

The courses operated by Encompass Training SW Ltd are designed to provide adventurous experiences which require the application of a mixture of physical, mental and social skills. Opportunities will arise to work, not only as an individual, but also in a team-work situation, on tasks and activities which can be challenging, stimulating and enjoyable. It is important to realise from the beginning that the time spent at Great Potheridge is neither an activity holiday nor an endurance test, but a life skills course which provides a real learning experience, combining decision making, communication skills and responsibility with excitement, adventure and fun.

**GREAT POTHERIDGE HOUSE**

Great Potheridge House is what’s left of a huge palace built in the 1660’s for General George Monke. Monke was responsible for restoring the sovereignty of Parliament and King Charles II to the throne, while removing the military from having a role in British politics. He was the first Lord Albemarle and ‘Captain-General of all His Majesty’s Land Forces’, who formed the Coldstream Guards and Royal Marines in the 1660’s. The House, together with the barns complex, now provides accommodation for groups of approx 80 in bunk rooms for 6-10, complete with showers and toilets. Duvets and bedding are provided. Outside there are 6 acres of grounds which are used for a range of on-site activities.

# PROGRAMME

During the course there will be a full programme of activities although precise content will depend upon the weather, the conditions and the ability of the group.

The course will be developmental in nature using both outdoor and other activities to help you to become confident of your own ability. Other elements develop your communication skills and help you to work effectively with others. Opportunities will be given to review what has happened, both within the group and on an individual basis. At the end, you should leave the course with a personal action plan to help you manage your own future.

Each course is tailor-made for each group, so you will need to speak to your group leader to find out which activities you will be doing. See our website for examples of what we run.

#### SAFETY

Safety is a major consideration in all of our activities, as some of them, by their very nature, can include elements of risk and danger. Recognising this fact is the key element in taking every step to ensure that this risk is reduced to a minimum. Both the staff team and the equipment used are of the highest calibre, whilst the sites used for activities are tried and tested.

Nevertheless, it is important that students adhere to the safety regulations and carry out the instructions of the staff at all times. Those who are unwilling or unable to do so may, for the safety of themselves and others, be removed from the activity or from the course.

# EQUIPMENT AND KIT LIST

All specialist equipment will be supplied. However, if you have any of your own equipment, please bring it with you.

Please don’t bring any unnecessary valuables, such as jewellery, electronic games equipment, laptops or large amounts of money. Encompass Training cannot accept responsibility either for the loss or for the safe keeping of any of these or other valuable items, including mobile phones.

Bring a small amount of spending money as you may come across shops and the occasional ice cream.

* Don’t forget your torch and wellie boots. It is very dark and can be very muddy in Devon!
* Jeans are not ideal leg wear for outdoor activities. When wet they restrict movement and are very cold. Wear them for travelling or in the evenings but not for the outdoor elements.
* Bring waterproof jacket and trousers – we do have some if you don’t.
* Devon weather can be more severe than other parts of the country, so warmth and comfort are more important than fashion or appearance. A hat can be important to you at all times of the year.
* At least 2 pairs of old trainers are essential. If you have walking boots, then do bring them.
* You will need three changes of warm clothing, but be prepared for warm weather as well. Do bring a hat and shorts.
* Dress appropriately for (and in keeping with the spirit of) the **Barn Dance** on Saturday Evening (Dress: ‘Country western style outfits & hats’).