



MENDIP
ACTIVITY CENTRE

GOLD DUKE OF EDINBURGH ACTIVITY RESIDENTIAL

Information Pack



IT'S EVERYONE'S ADVENTURE

INTRODUCTION

Thank you for choosing Mendip Activity Centre for your Gold DofE Activity Residential.

This information pack is designed to answer any questions you have about your upcoming stay. If you have any further queries, please email dofe@mendip.co.uk

We look forward to welcoming you to Mendip!

Your package includes:

- Five days of instructor-led, outdoor activities
- Four nights accommodation in Mendip's Residential Lodge
- Qualified, experienced, directly employed, DBS checked and first aid trained instructors
- All specialist outdoor equipment
- PCV minibus transport between activity sites where required
- Cooked evening meals, breakfast buffets and packed lunches
- 24/7 Emergency contact
- AALA licensed
- £5m liability insurance
- PHAROS Emergency Response



ACCOMMODATION

MENDIP RESIDENTIAL LODGE



Located right in the heart of our 250 acre outdoor activity site within the Mendip Hills National Landscape this bunkhouse makes for the perfect activity residential accommodation! It's within walking distance of our activities and overlooks our artificial snowsports slope.

En-suite bedrooms, a private dining room and exclusive use of the whole building will allow everyone to fully relax and enjoy your residential. All lodge bedrooms have solid, metal framed bunkbeds with proper mattresses, USB charging facilities and storage.



FULL BOARD CATERING

The residential is fully catered. Each morning the self-service food station will be freshly stocked so you can fill up for breakfast and build your own packed lunches.

In the evenings, you'll be welcomed back to the Lodge with dinner and dessert.

Our catering team proudly cook nutritious and home-cooked meals, accommodating for all dietary needs and requirements.

SAMPLE MENU

Tomato pasta bake, toppings and sweetcorn

Chicken fajitas, wraps, rice and peas.

Beef Lasagna, wedges and broccoli.

Sausages, cheesy mashed potato and beans.





ACTIVITIES

Our fully qualified and experienced instructors will always tailor your activity sessions to your groups specific needs and requirements.

We've included a packed programme of our most popular activities for you to try. Real adventures in the real outdoors designed to challenge, thrill and delight you.

Activities include:

Watersports

Splash! You'll visit our private watersports site and try paddlesport activities such as Kayaking, Raft Building and our Assault Course.

Target Sports

On target! Test your aim with a number of Target Sports from the traditional Archery and Air Rifle to Axe Throwing and the combat game ArcheryActive. We're also home to one of the UK's only 18-hole Frisbee Golf courses.

Rock Sports

A short walk across our site is our private 50-acre rock sports quarry, perfect for Rock Climbing and Abseiling.

Team Challenges

On top of all the above, your week will include several team-focused activities in and around our stunning ancient woodland including Bushcraft, our Mission Impossible challenge and an evening campfire.



SAMPLE PROGRAMME

	Morning	Afternoon	Evening
Monday	Arrive at Mendip Activity Centre 12:30pm	Mission Impossible: Team Challenges	Games & Free Time
Tuesday	Kayaking	Assault Course & Raft Building	Archery
Wednesday	Rock Climbing	Abesiling	Bushcraft including campfire dinner
Thursday	Axe Throwing & Air Rifle	Frisbee Golf	Movie Night & Free Time
Friday	Archery Active	Departure 2:30pm	



KIT LIST

Essential Kit

- Sleeping bag & pillow
- Wash kit
- Towel for showers
- Old towel for activities
- Nightwear
- Underwear & socks
- Comfy clothing you can move around in and that you don't mind getting muddy or wet. Please avoid jeans: joggers or leggings are ideal
- Fleece
- Closed toe shoes (two pairs, one to get wet)
- Waterproof coat and trousers
- Walking boots or wellies
- Refillable water bottle
- Cold weather gear- woolly hat and gloves
- Hot weather gear - sun protection, sun hat, sunglasses
- Reusable water bottle (1 litre)
- Small rucksack to carry packed lunches, waterproofs and spare clothes to activity sites

Recommended Extras

- Torch
- Bin bags for wet kit
- Book/Games
- Extra snacks. Please avoid bringing any nut products

Please note that Mendip cannot accept responsibility for any valuables that you choose to bring with you

There is a cafe and retail outlets onsite at Mendip Activity Centre and refreshments are available to purchase. Mendip Activity Centre is cashless.





HOUSE RULES

We have a few basic house rules for residential with both under and over 18's attending. Please ensure that these are followed throughout your time with us.

Alcohol

Mendip's Gold DofE Activity Residential are alcohol-free. Regardless of age, we cannot allow participants to consume alcohol whilst in our care.

Rooms

All under 18 rooms will be single gender rooms. Over 18 rooms might be mixed gender. Unless previously agreed with parents/guardians before arrival, under 18's will not share a room with anyone over the age of 18.

Socialising is not permitted in bedrooms, only named persons will be allowed in their own room.

Leaving site

Under 18's are not permitted to leave the Mendip site whilst on residential, unless a parent or guardian provides a written statement allowing this, prior to arrival. Over 18's are permitted to leave but must let the residential lead know before leaving.

Medical Declaration

Participants aged 16 or over are able to sign their own medical declaration. You are welcome to fill this in when you arrive or [click here](#) to print and sign before arrival.



ARRIVAL INFORMATION

By car

Please arrive at Mendip Lodge, Mendip Activity Centre, BS25 5PQ **by 12:30pm** on the Monday of your residential.

On the Friday, departure is **from 2:30pm** onwards.

By train

We offer complimentary pick up and drop off service from Weston-super-Mare train station. Please arrive at the station **by midday** where you will find a Mendip minibus in the station carpark.

On the Friday, book onwards travel from Weston-super-Mar train station for **after 2:30pm**.

Is there an option to stay on the Sunday night before?

Unfortunately, we are unable to accommodate guests the night before their residential. If your travel arrangements make arriving on Monday tricky, we recommend staying in Weston-super-Mare town centre on Sunday night.

There are several reasonably-priced hotels and B&B. You can then use the minibus shuttle from Weston-super-Mare train station, which is in the centre of the town, to get to Mendip Activity Centre.

FAQ'S

Will the residential definitely run?

Gold DofE Residentials have a minimum requirement of 5 people attending to run. We have never had to cancel a residential: our residentials are always very popular and often sell out!

How fit do I need to be?

Our instructors are great at adapting activities to suit individual needs. If you have recently complete your Gold DofE expedition, we would expect you to find the week challenging but easily achievable.

Am I insured?

Mendip holds public liability insurance through the Activities Industry Mutual. This insurance does not cover accidental injury or illness so we recommend looking into your own personal injury and travel insurance.

What are your terms and cancellation policy?

You can read our full [terms and conditions here](#).

How many people will there be in a bedroom?

Our rooms are of various sizes, each with the capacity to sleep between 4 - 9 people.

What if I don't want to do one of the activities?

Our instructor team are fully qualified and expert facilitators in helping you step out of your comfort zone. However, we will never force someone to do anything that they are not comfortable with and our primary aim is to deliver a safe and fun week!

Can I attend with a friend? Can we stay in the same room?

The DofE recommends attending a Gold Residential independently; however, it is allowable to attend the same course as someone you know. Please include in your induction form if there is someone you would like to share a room with. We can't always guarantee this will be possible but will always try to take requests into account.

What shall I put on my eDofE programme planner?

Please use the following info on your eDofE account programme planner:

Assessor name: Mendip Activity Centre Instructor

Assessor position: Mendip Activity Centre Instructor

Assessor contact info: dofe@mendip.co.uk

Your instructor will write a personalised report and upload this to your eDofE account within 3 weeks of your residential concluding.



NEXT STEPS

Book your space

Our Gold DofE Activity Residentials run throughout the year and can all be booked online.

**BOOK
ONLINE**

Complete your induction

Once you have a space booked, all participants must complete the short online induction as soon as possible to ensure we are aware of any dietary, medical and access requirements.

**COMPLETE
INDUCTION**

Further questions?

If you have any questions not answered here or would like any further info about our Gold DofE residentials then please don't hesitate to get in touch via email to: dofe@mendip.co.uk

WWW.MENDIP.CO.UK

THE **MENDIP WAY**

Established in 1987, Mendip Adventure is a national activity, education and training provider setting the gold standard in adventure and training.

We Inspire everyone, everywhere, to make time for adventure.

Through our brands, we provide adventure for schools, families, individuals, groups and teams.

We deliver high-quality and important Adventure, Learning and Training with professionalism and passion.

The Mendip Way follows a simple set of values:

Respect Risk: Go safely beyond the comfort zone

Respect Nature: Protect our playground

Respect Choice: Let everyone make their choice

Thank you for supporting the Mendip Way and making time for adventure.





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