

Residential Courses at Bowles Information for Schools and Groups

Travel: The Centre is situated half a mile east of the A26 Tunbridge Wells to Brighton road about 5 miles South of Tunbridge Wells. The Centre is signposted (brown and white tourist sign) from the main road.

Clothing: You should bring two or three complete sets of old, warm clothing, including sweatshirts and long trousers (tracksuit bottoms are better than jeans) also slippers or flip flops. It is important to remember that activities continue whatever the weather. Bring a towel, toiletries and a swimming costume. Bedding is provided.

All specialist equipment needed for the activities is provided. You should bring a waterproof jacket and trousers if you have them but please do not buy these especially as we can provide them if necessary. Trainers are suitable for most activities, including climbing.

For skiing, a pair of long socks is needed (the thicker the better) together with gloves or mitts (even in summer). If your programme includes walking or camping, bring "sensible" shoes or boots suitable for walking. These could also be useful for orienteering in the winter months. Wellington boots can be used instead and we can provide these if necessary.

You should remember that all items of outdoor clothing may get distinctly dirty at times! A torch is useful but not essential. Sun cream and insect repellent are recommended from May to August.

Catering: All meals are cooked fresh and comply with the Government's Healthy Eating Policy (5-a-day). A no choice menu is the norm with the exception of special diets (vegetarian, gluten free, dairy free etc.) Information about special dietary requirements should reach the office 2 weeks before the date of arrival. Participants are asked to take it in turns to help with clearing up after meals.

Money: All course fees are fully inclusive and further expenditure is not necessary. However, you may wish to buy sweets, gifts and souvenirs at the centre tuck shop, which opens briefly each lunchtime, and to use the vending machines for hot and cold drinks. It is helpful if some £1 coins are brought, rather than bringing notes.

GENERAL If you have any problems after you arrive, please contact the Duty Instructor. If you have any queries before the course we shall be pleased to answer them over the phone on (01892) 665665 during office hours.

There is also lots of useful information available on our website www.bowles.rocks