

MENS RETREAT 2015

WHAT'S HAPPENING AND WHAT TO BRING

Venue: Gilwell Park Scout Activity Centre, Chingford, E4 7QW

Note: there is no coach or other organised transport. If you don't have a car please arrange transport with someone who does

Friday evening 17th July

When: Arrive 7:30

What: Barbeque, bonfire and devo
Sleep over in tents

Stuff: Barbeque utensils, plates, cutlery, drinks and snacks are provided (you can always bring more) but you bring your own meat and that green stuff called salad

Let Martin know if you are sleeping over and have a tent or if you are sleeping over and need to share a tent. Email saurmaj@gmail.com

Friday night is optional but the fee is the same.

Saturday 18th July

When: If you are just coming for Saturday arrive at 4 a.m. to prove you are a real man even though you don't like tents. Otherwise arrive at 8:30.

What: Breakfast in the restaurant

Devo

Games, games, games

Lunch

More games, games, games

Go home 4 p.m.

Stuff: Lunch is hotdogs, snacks, cool drinks and a token fruit give at least some semblance of a balanced diet. If you have dietary requirements beyond this please bring what you need with you.

What to bring?

Yourself

A competitive spirit

If you struggle with BO then deodorant is recommended

BBQ – meat, salad etc.

A water bottle

A spare set of clothes just in case

If you are sleeping over – a tent and/ or all the stuff to sleep in the tent (sleeping bag, pillow, camping mattress etc.). A torch is also a good idea.

If you are sleeping over you can shower so bring toiletries and a towel

We are having a day of physical games activity so dress appropriately and remember some sunscreen

How much to pay?

£20 cheap!