

Five Day Residential - Example Timetable

	Day 1	Day 2	Day 3	Day 4	Day 5
7.15am	Travel to the hostel	Wake up and get dressed	Wake up and get dressed	Wake up and get dressed	Wake up and get dressed/ get packed
8.00am		Breakfast	Breakfast	Breakfast	Breakfast
8.30am		Make packed lunch	Make packed lunch	Make packed lunch	Make packed lunch
8.45am		Room inspection	Room inspection	Room inspection	Room inspection
9.00am	Check in 4pm	Meet instructor	Meet instructor	Meet instructor	Goodbye from the team
9.15am - 1pm	Get unpacked and settled in	Activity Gorge/ River Rapids / Water Fun	Activity Introduction to Rock Climbing at Squirrel Crag	Activity Coasteering (Ganavan, Oban)	Check out 10am Travel home
1pm- 1:30pm		Packed Lunch	Packed Lunch	Packed Lunch	
2pm-5pm		Activity Abseiling Ballachuillish Quarry	Activity Hill walking	Activity Rock climbing (Ganavan, Oban)	
5pm-6pm		Review and Free time	Beach and campfire	Review and Free time	
6pm-7pm	Dinner	Dinner	Dinner	Dinner	
7pm-9pm	Evening Activities - led by your group leader	Evening Activities - led by your group leader	Evening Activities - led by your group leader	Evening Activities - led by your group leader	
9pm-9:15pm	Supper	Supper	Supper	Supper	
9:15pm	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	

NB: Activities are dependent on weather and conditions.