

# C1

## Youth Hostel Trip Menu

### Example Menu (2 days, walking/climbing activity)

The menu below would be suitable for a 2-day Youth Hostel trip where the group has decided to walk and climb as the main daytime activities. Please adapt it for your own group and activities. In this case, it was not necessary to provide vegetarian or nut-free alternatives.

#### Breakfast 1

Variety pack cereals  
Toast, spread, marmalade  
Tea or coffee  
Milk and sugar

#### Breakfast 2

Variety pack cereals  
Bacon, scrambled eggs, mushrooms  
Tea or coffee  
Milk and sugar

#### Lunch 1

2 rolls and spread  
Ham or cheese  
Salad  
Nutella spread  
Crisps  
Fruit  
Chocolate bar

#### Lunch 2

2 rolls and spread  
Tuna or cheese  
Salad  
Nutella spread  
Crisps  
Fruit  
Chocolate bar

#### Dinner

Chicken and noodle soup  
Mince beef  
Onions, tinned tomatoes, peppers, herbs or ready-made pasta sauce  
Pasta shapes  
Treacle pudding and custard

#### Supper

Cocoa or coffee  
Cake or biscuits

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## Youth Hostel Trip Activities

### Example Programme (2 days, walking/climbing activity)

The programme suggested below would be suitable for a 2-day Youth Hostel trip where the group have chosen to walk and climb as the main daytime activities. Please adapt it for your own group and their interests.

#### Friday

|       |                                            |                                                    |
|-------|--------------------------------------------|----------------------------------------------------|
| 17:00 | Leave for Edale YH<br>in the Peak District | Bring a packed tea or money for a<br>Motorway meal |
| 20:00 | Arrive Edale YH,                           | Allowing for 30min break                           |
| 20:30 | Settle in                                  | Make up beds, transfer luggage and food            |
| 21:00 | Free Time                                  | Quiet games                                        |
| 22:00 | Supper                                     |                                                    |
| 22:30 | Prepare for bed                            |                                                    |
| 23:00 | Lights out and quiet                       |                                                    |

#### Saturday

|       |                                   |                                                         |
|-------|-----------------------------------|---------------------------------------------------------|
| 07:00 | Get up and wash                   | Dress for the day's walking, except<br>outdoor footwear |
| 07:30 | Prepare breakfast                 | Duty helpers and staff                                  |
| 08:00 | Breakfast, prepare packed lunches |                                                         |
| 09:00 | Walk from Edale YH                |                                                         |
| 16:00 | Return to Edale YH                | Change and shower                                       |
| 17:00 | Prepare dinner                    | Duty helpers and staff                                  |
| 18:00 | Dinner                            |                                                         |
| 19:00 | Climbing knots and equipment      | Led by BB leaders/YH staff                              |
| 21:00 | Free time                         | Quiet games                                             |
| 22:00 | Supper                            |                                                         |
| 22:30 | Prepare for bed                   |                                                         |
| 23:00 | Lights out and quiet              |                                                         |

#### Sunday

|       |                                   |                                                          |
|-------|-----------------------------------|----------------------------------------------------------|
| 07:00 | Get up and wash                   | Dress for the day's climbing, except<br>outdoor footwear |
| 07:30 | Prepare breakfast                 | Duty helpers and staff                                   |
| 08:00 | Breakfast, prepare packed lunches |                                                          |
| 09:00 | Climbing on the Edges             | Led by YH staff                                          |
| 12:30 | Return to Edale YH                | Change and shower                                        |
| 13:00 | Lunch                             |                                                          |
| 13:30 | Clear up                          | Pack, clean rooms                                        |
| 14:00 | Leave for home                    | Money for a drink and snack                              |
| 17:00 | Arrive at home                    | Allowing for 30min break                                 |

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## Personal Kit for a Youth Hostel Trip

### Example Kit List (2 days, walking/climbing activity)

The kit list below would be suitable for a 2-day Youth Hostel trip where the group have chosen to walk and climb as the main daytime activities. Please adapt it for your own group and their chosen activities.

In a sports bag or small suitcase

#### To take while traveling and at the Hostel

Changes of underwear  
Normal indoor clothes  
Indoor shoes / trainers

Toothbrush  
Toothpaste  
Soap or Gel  
Towel  
Brush or comb

Torch (\*)

Swimming gear (\*)

A quiet game (cards or a board game)

In a rucksack for day walks

#### To take while walking

Warm clothes  
Thick socks  
Boots / strong shoes

Cagoule  
Woolly hat and gloves  
Leggings (\*)  
Sandwich box  
Water bottle  
Flask (\*)  
1st Aid Kit  
Whistle  
Compass (\*)  
Mapcase (\*)  
Penknife (\*)  
Personal medication

*\* optional items*