



Activity packages for stags & hens

Looking for a fun, memorable activity for your stag or hen event? Do your friends enjoy getting physical and are they up for a challenge? Want to quickly bond a group of friends who may not know one another very well?

Adventure Unlimited offers a range of ready-made packages for stags and hens, taking place at a number of different venues in Sussex. They provide a complete stag or hen day in themselves or are a great prelude to a night out on the town.

1. Woodland Adventure Day

Hidden in the glorious Sussex countryside, Brook Farm activity site is designed to remain empathetic with its Area of Outstanding Natural Beauty status. A typical day includes:

- **Games** – Use your group's creativity, communication and problem solving skills to tackle our challenges and 'Get Out Of That'!

AND:

- **Obstacle course** – Laugh your way through over 10 challenges including swamp crossing, fairy loops, and giant swing.

AND EITHER:

- **Archery** - Our expert tuition will have you hitting the gold in no time.

OR:

- **Climbing** – Trust your partner to keep you safe whilst you scale our woodland climbing wall.

2. Survival Challenge

Test your survival skills by working as a group to rescue one of your friends.

You'll each learn and use a range of skills including stretcher building, navigation and search patterns. Race against the clock to become a team of heroes and save the day by finding, treating and returning your injured friend to base camp.

3. Bushcraft

Become the next Ray Mears or Bear Grylls by learning to live in the woods!

A typical bushcraft day will teach you the basics of surviving in the wilds as well as woodland skills including fire making, shelter building and camp-fire cooking.

Depending on the season you could be learning about tracking, wild foods, charcoal making and much more.

4. Get out of that!

Use your group's creativity, communication and problem solving skills to tackle a range of challenges and 'Get Out Of That!' Activities will be adapted to suit your group's needs, but usually include:

- **Critical Mass** - Avert a nuclear disaster and save the world by protecting the radioactive Uranium. Racing against the clock you'll need to get the Uranium through the dangerous chamber using only the mats and tubes provided.
- **3 Wise Monkeys** – With one blind member, one mute member and one deaf member, you must work as a team to retrieve all 'lost' items. Communication and team work are essential for solving this tricky challenge.
- **Toxic Leak** - Retrieve a container of toxic liquid without losing group members to the acid swamp. With limited equipment you'll need to plan and practice this challenge to make sure everyone survives.

5. Indoor climbing

Book our indoor climbing wall at the Rock Court, Stanley Deason Leisure Centre, for an exclusive climbing session for your group. All equipment and tuition provided. Suitable for complete beginners as well as for those with some climbing experience.

We can offer transport and lunch for some of these activities. Please contact us to discuss your requirements.

For more info or to book call us on: 01273 681058 or email: info@aultd.org