



16<sup>th</sup> October 2009

Dear Parent / Guardian

As the first part of their expedition training we are holding a navigation and camp craft training day at school on Sunday 8<sup>th</sup> November. The day will begin at 9:30am outside the Science block (entrance opposite Technology) and we hope to finish by 3pm.

The training will be led by Mr. Matthew (with the assistance of other LRGs teaching staff and assistant group leaders) and will be in three areas:

- 1) navigation,
- 2) general camp craft and
- 3) catering for an expedition (food and cooking).

For the navigation part of the training we will also be using Williamson Park. We aim to be outdoors for the majority of the day so it will be important that your son is appropriately dressed. Please see the list at the bottom of this letter as a basic guide. This will also be a useful opportunity for the boys to ask whether equipment they have will be suitable for the expeditions, and I recommend that no new equipment is bought until the participants have had a chance to discuss what is required with a member of staff or assistant leader.

Please complete and return the permission and medical information form attached **to Mrs Oversby in the school office** by 11.40am on **Monday 2<sup>nd</sup> November**.

No special insurance cover has been arranged. Mr. Matthew will be carrying a mobile phone on the day and can be contacted on 07757 505456 in the event of an emergency. I hope this provides you with sufficient information but do hesitate to contact me at school should you require any further details.

Yours faithfully

Mr T Matthew

**Clothing and Equipment List.**

Walking Boots or trainers  
Drink

Waterproofs (top and trousers) Hat Lunch Gloves Warm clothing and spares (**not rugby shirts or jeans**)  
**Any Medication needed**