



5<sup>th</sup> November 2009

Dear Parent / Guardian

As the first part of their expedition training we are going on a navigation training day to the Lake District on Sunday 29<sup>th</sup> November. We will depart at 8.45am from the bus stop outside the Old School building (boys should congregate in front of the Sixth Form centre by 8.40am to allow a punctual departure) and we aim to return by 4.45pm.

The party will be led by Mr. Matthew and our intended destination is Grisedale Forest. We will spend the day in the forest developing and practising navigation skills. The route will be suitable for a boy of reasonable fitness but our exact route will be dictated by the weather on the day which could also dictate that the destination be changed or that the event should be cancelled. It is essential that boys bring appropriate clothing and equipment for a day outdoors in the mountains, expecting the weather to be cold and wet (please see the list below). If we feel that any boy is not properly equipped then for his own safety he will not be allowed to go. If any boy is unsure of the suitability of the equipment they currently have, they should bring it along to a Thursday lunchtime meeting to get advice from me or one of my experienced assistants. I would like to discourage anyone from going out to buy lots of new equipment prior to this first Navigation Training day.

In order for this training to operate we must ask you for a donation towards the costs of the trip. Please complete and return the permission and medical information form attached along with a cheque **payable to LRGs** for £8 to **Mrs Oversby in the school office** by **Wednesday 11<sup>th</sup> November 2009**. If a family has particular difficulty with the costs then please consider the Jubilee Fund (information on this fund and application for it via the DofE website) or contact Mr Matthew, as there are sources available in school to ensure that no boy misses the opportunity to participate on financial grounds.

No special insurance cover has been arranged. Mr Whitehouse has agreed to act as a contact at the school. He can be contacted on 01524 380495. Mr. Matthew will be carrying a mobile phone on the day and can be contacted on 07757 505456 in the event of an emergency. Please bear in mind that mobile reception cannot be relied on in hilly areas such as the Lake District. 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      Waterproofs (top and trousers)      WarmHat      a substantial Lunch      Gloves  
Warm clothing and spares (**not rugby shirts or jeans**)      Drink      **Any Medication needed**