

LANCASTER ROYAL GRAMMAR SCHOOL

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Dr A Shawcross D of E Coordinator

3rd April 2019



Dear Parent / Guardian,

On Thursday 25th April the boys will be undertaking a day of expedition training. They do not need to go to registration in the morning, but should instead report straight to the assembly hall at 9am. They should come dressed prepared to be outside for some of the day and bring all the personal items on the kit list below. During the day they will be learning about campcraft, navigation, first aid and packing their rucsacs. Their lunch arrangements can be the same as on a normal school day, packed lunch/canteen/grab and go et c. We will be finished the training by 3:30 and then depart at 4pm for the NE Lake district for their practice expedition. We will return by around 5:00 pm on Saturday 27th April.

The party will be led by Dr Shawcross. Our intended destination is the area in the Lake District between Penrith and Ambleside. As the boys are all following different routes, they can inform you of their exact intentions but all groups are camping near Pooley Bridge on the Thursday night and at Sykeside Campsite in Brotherswater on the Friday night. They shall be supervised during the day by means of a series of checkpoints along their routes. It is essential that boys bring appropriate clothing and equipment for a 2 day expedition outdoors in the mountains, expecting the weather to be cold and wet. We have a number of tents and stoves in school which the boys can borrow if necessary. They will need to provide all other equipment that they need. 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 seek advice from one of the D of E leaders.

Please complete and return the medical information form attached to ACS's desk in the Science department room by the end of school **Tuesday 23rd April**, and make a payment of £65 via the "NOT CCF Silver DofE practice expedition" entry on Wisepay, which should be up in the next day or two, by **Tuesday 23rd April**. As ever if there are issues with finance, please contact me in the first place.

No special insurance cover has been arranged. Mr Whitehouse has agreed to act as a contact at the school. He can be contacted on 07825 166762. Dr Shawcross will be carrying a mobile phone, and can be contacted on **0774 0752893** 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 not hesitate to contact me at school should you require any further details.

Yours faithfully,

Dr A Shawcross
Duke of Edinburgh Coordinator

Clothing and Equipment List. (minimum requirement)

Individual kit

Walking Boots

Waterproofs (top **and** trousers) These must have taped seams and the jacket a hood (see ACS if unsure of suitability asap)

Warm socks (3pairs)

Warm Hat

Gloves

Warm clothing and spares (not jeans) (including at least one non-cotton base layer and a polyester fleece type jumper)

Warm (3 season minimum) sleeping bag and camping mat

A working torch and spare batteries

Food (2x substantial hot dinners, 2xlunch, 2xbreakfast – best to coordinate within the team)

To give an idea, I'd take:

Breakfast: Mixture of muesli/dried milk powder in a freezer bag – just need to add water and can eat out of the bag – no washing up. Coffee.

Lunch: Wraps, cheese, cured meat, nuts, dried fruit.

Tea: Cup a soup. Packet of cous cous, packet of curry sauce type powder, cured meat, cake, custard powder, hot chocolate

Drinks bottle c. 1l

Cutlery, please remember that penknives et c shouldn't be brought to school.

Mug

Bowl

Personal first aid/blister prevention/treatment kit is useful

Any Medication needed

Group kit

Basic first aid kit (provided)

Tent (can be provided by school)

Stove (only resealable gas canister stoves please – can be provided by school)

Gas canister if using school stove, resealable screw type 500g – see ACS before buying if unsure

Pans (can be provided with school stoves)

2xcompass (provided)

2x OS 1:25000 NE Lakes maps (provided)