



**ARMY SECTION  
LANCASTER ROYAL GRAMMAR SCHOOL CCF  
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16.03.23

Dear Parent,

**EXERCISE MOUNTAIN MEANDER 8: 23-25 June 2023**

CCF army section cadets who are taking part in the LRGS CCF Gold DofE award may attend Exercise Mountain Meander 8 in the Lake District National Park. There are places for 6 cadets and these will be awarded on a first come first served basis. Successful completion of this exercise will qualify them for the practice expedition section of their Gold DofE award. The expedition will start at 08.00 on Friday 23rd June and finish at 17.00 on Sunday 25th June. The expedition both starts and finishes at the armoury at LRGS. The expedition is walking and camping out. Your son/daughter will need to wear civilian walking clothing as well as bring in his/her rucksack lined with a waterproof rucksack liner the kit listed overleaf.

Due to the arduous nature of the expedition your son/daughter will need to ensure he/she is physically fit for what will be a challenging expedition. I suggest he/she prepares immediately for this exercise.

No pocket / sheaf knives are to be taken. Maps and compasses will be issued as will a cooker, fuel and tent but no rations. Your son/daughter will need to provide rations for himself for the duration of this exercise as well as campsite fees. He/she will need to bring a packed lunch and get on the coach in his/her waterproof coat and trousers. It is important that these are waterproof.

The price of the expedition is £50 payable through the school's Wisepay system under General payments, Army CCF Mountain Meander. The deadline for this payment is 01.05.23. I will send out consent forms after this date.

We will be tweeting the expedition so please follow us on twitter.

Yours sincerely,

Captain Atkinson  
O.C. Army Section.

## Kit List

ITEM NEEDED	ISSUED KIT	GOT IT	PACKED IT
<b>INDIVIDUAL KIT</b>			
1 pair of walking boots. CCF boots may be used.			Wear
2 pairs of walking socks			
2 pairs of sock liners (optional)			
2 t-shirts			
2 fleece tops of similar			
Walking trousers (not jeans)			
Underwear			
Flipflops/trainers/sandals (optional for camp site use)			
Warm hat / Sun hat (as appropriate)			
1 pair gloves (if appropriate)			
Waterproof over-trousers			Wear
Jacket/coat (waterproof & windproof)			Wear
Rucksack (may use CCF bergan)			
Rucksack liner (or 2 strong plastic bags)			
Sleeping bag			
Sleeping mat (may use CCF kit)	yes		
Whistle			
Torch			
Personal first aid kit			
Expedition food (including emergency rations)			
Water bottle (full, 1L) (may use CCF kit)	yes		
Knife, fork, spoon (or spork)			
Plate/bowl			
Wash kit			
Sunblock (if appropriate)			
Towel			
Notebook and pencil			
Watch			
<b>GROUP KIT (to carry between the team)</b>			
Tent (s)	yes		
Camping stove	yes		
Camping stove fuel	yes		
Striker	yes		
Mess tins	yes		
Scourers			
Food			
Rubbish bags			
Toilet paper			
Maps	yes		
Compasses	yes		