



**ARMY SECTION
LANCASTER ROYAL GRAMMAR SCHOOL CCF
City View, East Road, Lancaster, LA1 3EB**

Telephone 01524 580600

Mobile 07789722086

Twitter @LRGSCCF

e-mail drowe@lrqs.org.uk



11.07.24

Dear Parent,

SELF-RELIANCE EXPEDITION 13-14 OCTOBER 2024 at Holcombe Moor

LRGS year 10 CCF army section cadets are invited to bid for a place to attend the above field day. In the event that it is oversubscribed then places will be allocated first to those doing CCF DofE and then by ballot. The last day for applications is September 30th. If you are unsuccessful in the ballot your money will be refunded.

The price of the expedition is £30 payable through the school's Wisepay system under **General Payments, CCF Army Self Reliance Expedition**. This is a CCF expedition not a civilian one so please don't sign up for one of Dr. Shawcrosses civilian DofE expeditions by accident. The word 'General' is the clue, remember the military rank of a senior officer. If you cannot afford the price please contact me on drowe@lrqs.org.uk to see if a bursary or the opportunities fund can be accessed.

Your informed consent will also be required and an on-line form will be e-mailed to you.

This exercise will start at 08.00 on Sunday 13th October and finish at 16.00 on Monday 14th October. To ensure cadets have brought full waterproofs they will need to be wearing them on arrival. The self-reliance exercise is walking and camping out. Your son will need to wear civilian clothing and walking boots although his issued boots will suffice. Trainers, even fell running shoes are inadequate. The kit list is attached.

He will need to provide rations for himself for the duration of this self-reliance exercise. In particular he will need to cook a substantial meal on the Sunday night.

In order for this self-reliance expedition to count towards the Duke of Edinburgh's bronze award he must already be a member of the LRGS CCF Army DofE scheme and have previously attended the majority of CCF training. You may already be a member of this scheme by dint of you having paid. If not then if places are still available payment may be made through Wisepay, General Payments, **CCF ARMY BRONZE DofE ENROLMENT 2024**. Further details of the 20 conditions used to assess the expedition are available on the DofE website.

If you have any problems with this or other concerns, please don't hesitate to contact me on the above number.

Yours sincerely,

David Rowe (Lt.Col)
C.O.

Kit List

ITEM NEEDED	ISSUED KIT	GOT IT	PACKED IT
INDIVIDUAL KIT			
1 pair of walking boots. CCF boots may be used.			
2 pairs of walking socks			
2 pairs of sock liners (optional)			
2 t-shirts			
1 fleece top of similar			
1 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			
Jacket/coat (waterproof & windproof)			
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			
GROUP KIT (to carry between the team)			
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		

Maximum weight of rucksack not to exceed $\frac{1}{4}$ of body weight