

Trip Information and Permission Form:



March Expedition Training Weekend

We are running a weekend camping and hiking training trip in Warwickshire on the weekend of March 28th– 29th 2015.

This is a trip FOR ALL MEMBERS – BIGS, SMALLS and who ever else wants to take part:

- 1) **All D of E participants:** this is a compulsory training weekend for those that are taking part in the expeditions this year and don't have a prior commitment such as international exchanges or life changing rugby matches.
- 2) Anyone else who wants to have a go at a short weekend away hiking with kit on their back is welcome to come along. Smalls – we're hoping you'll join us and it will be a great taster of what expeditions are like – we strongly encourage you to come along and have a go, it's a giggle.
- 3) Young leaders who will be able to assist with the training of the D of E participants and other attendees.

All expedition team members will be expected to work together to complete the route, preparing and eating hot meals along the way. Food will be supplied to Smalls and Bronze team members, Silver and above will need to bring their own food for the weekend.

All team members will be required to assist in carrying their team kit as well as their own kit, which includes:

- Tents
- Food for two meals
- Snacks
- Water
- Expedition Stove & Fuel
- Waterproofs & Warm clothes
- Sleeping bag & Mat
- Map & Compass

Accommodation

We will be staying in a field and Mousley House Farm campsite. You can find out more about the campsite at [this location - click here](#).

The address of the campsite is :

Mousley House Farm Campsite, Case Lane, Warwick, CV35 7JG

Location and Local Area

We will be starting at Lapworth Church and making our way towards Mousley End. It isn't a long route, very easy to do and quite flat – it's more of a training stroll than a hike. We will be finishing on the Sunday at the Ice Cream shop in Henley In Arden.

The address of the campsite is:

Mousley House Farm Campsite, Case Lane, Warwick, Warwickshire, CV35 7JG

Weather:

The usual weather in March is 8 - 12 degs during the day, maybe with a bit of sun or light rain, 3 or 4 degs overnight. It could be warmer or it could be cooler with rain – this time two years ago we would have been camping in deep snow but the forecasts are for mild temperatures this year. Whatever the weather we know that if everyone has the right gear the weather doesn't matter. This is a good weekend to test your response to the weather, test your gear and make sure you have the right stuff if you are doing your D of E assessments later in the year.

Transport:

As this is very local we ask that parents can drop off and pick up at Lapworth Church (drop off)} and Henley In Arden (pick up).

Activities & Schedule:

The program for the trip is as follows:

Date	Activity / Event
Saturday March 28 th	<ul style="list-style-type: none">• Meet at Lapworth Church at 9am• General instructions to all• Start Route at 10am – 11am• Finish route by 4pm• Set up camp at Mousley House Farm• Make dinner, game of footie – bed.
Sunday March 29 th	<ul style="list-style-type: none">• Get up, pack up• Leave site by 9.30am• Complete hike route for all walkers• Pick up from H-in-A between 4 – 5pm

Equipment:

The weather will have every potential for rain, snow, sun, hail, wind, whatever. However, some sensible equipment will be all that is needed to enjoy the trip in comfort. You won't be cold or wet at all if you have the right equipment.

A kit list is provided on the last page, but the important items are:

- Rucksack: you will need **at least** a 45 litre back pack to carry all your own gear as well as the team gear – if you are intending to do D of E or other outdoor activities in the future then aim for a 60 litre rucksack as a minimum . You need to be fitted for your rucksack if you are thinking of purchasing one. If you don't have one and aren't intending to buy one then please consider borrowing a rucksack off another member. Alternatively we have 6 rucksacks available to lend to members.
- Good warm sleeping bag. A reasonable sleeping bag will be in the region of £30 - £50. Oswald Bailey in Solihull do a Nitestar 250XC Sleeping Bag by Vango for £35 – if you mention Challenge Adventure Group (we are listed under “Scout Groups”) you will also qualify for a 10% discount.
- Sleeping mat. These come in all shapes and sizes but basically you need to keep your body off the floor and on the mat with a good foam support. Typical prices around £10 - £20. If you want to go further, consider a self inflating foam mat, like a Thermarest. Cost: ~£50. Don't buy an expensive mat for a hiking trip as they tend to be heavier and will become damaged.
- Waterproofs: the weather can still be pretty changeable at this time of year.
- Proper Walking boots are essential: you need to make sure you have boots, not cross trainers, shoes etc. You will need a good level of foot & ankle support. If you don't have them you can get them at Oswald Bailey. Look for a boot with a good leather upper, or a water resistant soft outer. Don't spend a fortune, but don't skimp either!! If they don't have anything for you, try Go Outdoors in Coventry, but don't take their specials as they tend to be a bit rubbish - you always get what you pay for.
- If you don't have a warm sleeping bag and mat we will be able to lend you one – please let us know as soon as possible.

The kit list is supplied at the end.

Leaders:

The leaders on this trip are as follows:

Leader	A little about them, in case you didn't already know
Simon Thomas	
Likes: Curry, Muse concerts,	Simon has been planning and running trips for youth groups for 20 years and ran over 40

Yachting & Water Skiing.

Dislikes: Fishing, Birmingham City, Westlife & Queues

Age: about 12 ½

trips during his time as a scout leader. Simon has extensive mountain experience, has completed his Basic Expedition Leader award and completed his Gold D Of E whilst still just 15. He's a very smart fella!

Having worked in the U.S. for 16 years, Simon is also a waterfront activities director at a kids summer camp in Maine, USA.

Interesting Fact: Simon can tie a knot in a twig using just the stare of his eyes!!

Stu Knight

Likes: Aston Villa like gods

Dislikes: Fishing, Birmingham City, Westlife & Queues

Age: 57, looks good doesn't he!

Stu enjoys getting out and about at weekends, watching Aston Villa as much as possible, has hiked to the top of Everest and will be lead command of the International Space Centre in 2016.

Stu has been on several trips with CAG including Skiing in Italy twice and hiking in Shropshire on several occasions.

Interesting Fact: Stu was in a boy band at school – dancing and all!! Who would've thought!!

Lindsay Underwood

Likes: Maps and penguins

Dislikes: Crème Caramels

Age: 34.9 (at the time of the trip)

Lindsay has been with CAG for 18 months now and although is unable to attend Tuesday night meetings, there is nothing more she would rather do with her weekend than spend it with CAG.

A keen map reader and geologist (kind of).

Interesting Fact: Lindsay can play tunes on a blade of grass – without even using her lips!!

Ruth Billingham

Likes: Making pack lunches and running in stripey purple long Johns

Dislikes:

Age: Unknown

Ruth is the CAG safe guarding champion and enjoys joining CAG on camping and ski trips.

Ruth's homemade sandwiches are awesome and she is generally great at looking after the group. Although her singing first thing in the morning is unfortunately something which travels outside of her tent.

Interesting Fact: Ruth will be completing an Interpreting Maps course this summer so may be able to teach CAG a thing or two.

Home Contact Details:

Details to be confirmed.

Trip Cost

Depending on your level there are different trip costs:

- 1) If you are a Small or are training for the **Bronze D of E** award the cost of the weekend will be £20 – we will provide all the food you require for the weekend. You can take extra if you wish but we will provide enough for everyone.
- 2) If you are training for the **Silver D of E** award the cost of the weekend will be £14 – you will provide all the food you wish to take for the weekend in your team.
- 3) If you are a **young leader** the cost will be £14 – you can take all the food you want!!

There won't be any need to bring spending money other than for ice cream in Henley in Arden – there aren't any places to spend money otherwise. Cheques should be made payable to "Challenge Adventure Group" and returned with your form. If you wish to use your member sponsorship account to pay for the trip please indicate that at the top of the form.

Application & Fee

To apply to go on the trip please return your form AND trip fee to the first CAG meeting or:

Stu Knight, 112 Browns Lane, Knowle, Solihull, B93 9BD

Please return your form to the address above by March 20th!! THIS IS A SHORT DEADLINE!! If you can't return your forms by that time please email stu@challengeadventure.org to notify him of your intention to camp. A deposit will be required in this case.

Intention to Camp:

March Expedition Training Weekend



Your name:

Name of CAG member intending to take part in the trip:

I understand the cost of the trip will be £20 / £14.

I understand the trip will run from the dates of March 28th - 29th. I enclose the trip fee (non-refundable in the case of acceptance on the trip) payable to "Challenge Adventure Group".

I am making payment by:

Cheque – enclosed with form Member sponsorship account BACS – please use "Mar Exp Training" as your reference.

I understand the deadline for application and payment will be March 20th 2015 and that this will not be extended. I will ensure our forms and payment are sent before this deadline in order to be accepted.

Equipment Rental

Date:

I would like to borrow a sleeping bag and sleeping mat: Yes No

I would like to borrow a rucksack: Yes No

I understand the sleeping bags need to be cleaned & aired and the mats to be wiped clean before returning them. I undertake to return the equipment in its original condition and will make good any requirements for repair or replacement for whatever reason whilst in my possession.

I understand the equipment is rented out on a first come first serve basis.

By signing this form I confirm that the above named CAG member will take part in the trip, and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

Date:

Permission to Camp:



March Expedition Training Weekend

To be signed by a parent / guardian. Please complete legibly in black ink.

Please return the lower section of this form signed and dated by **March 20th** to Stu Knight at: **112**

Browns Lane, Knowle, Solihull, B93 9BD or the first CAG meeting available.

The trip will take place at:

Mousley House Farm Campsite
Case Lane, Warwickshire, CV35 7JG

The trip will take place on March 28th - 29th.

We are meeting on March 28th at 9am at Lapworth Church and will finish between 4-5pm on March 29th at Henley In Arden Ice Cream shop.

The cost of the trip is £20 or £14 depending on level.

No responsibility for the personal equipment / clothing and effects can be accepted by the camp organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

to attend the March Hiking Trip on March 28th - 29th .

Has she / he been in contact with any infectious diseases within the last three weeks:

Yes No

Date of last tetanus immunisation: _____ / _____ / _____

Medicines currently being taken:

Does she / he have any allergies to food, medicines or other? Please provide details.

Does he / she have any special dietary needs? Please provide details.

Does he / she have any special needs? Please continue overleaf if necessary.

Does he / she have any conditions that may prevent him / her from taking part in the programmed activities?

Yes No

If so, please provide details below. Please continue overleaf if necessary.

Name and address of own doctor:

Date of birth: _____ / _____ / _____

During the event I can be contacted in an emergency at:

Address: _____

Telephone number: _____

Mobile Number: _____

I understand that the Leader reserves the right to send any participants home if necessary. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

Signed: _____

Date: _____

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

Kit List:



March Expedition Training Weekend

You will need the following:

- Plenty of thin layers
- A hat (preferably fleece)
- Gloves - possibly
- Waterproofs
- A set of clothes to travel home in

The following list is a minimum that you must bring.

You must have WATERPROOFS. That doesn't mean 'showerproof', but WATERPROOF. If you need to get equipment, some suggestions for you:

- Go to Oswald Bailey in Solihull – they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).
- If you need to buy boots: don't spend a fortune! You will be able to get a very reasonably priced set of boots that are sturdy and not too padded. The spongy cheap padded boots will rub so don't buy these either. Get leather uppers if possible, they will be more waterproof and last longer.

Required!!

- Underwear x 1
- Socks x 2
- T shirts x 1
- Sweatshirt or fleece (preferable)
- Warm Jacket
- Hat & gloves
- Rucksack of at least 45 litres minimum - essential
- Torch & Spare Batteries
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Personal First Aid Kit
- Walking boots & walking boot socks
- Wicking undershirt??
- Waterproof Jacket
- Waterproof Trousers
- Sleeping Bag – no pillow!
- Sleeping Mat

Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you. Call Simon on 07808 481688 if you have any questions.

For eating:

- A plastic bowl
- A 'spork' (spoon & fork in one)
- Plastic Cup

Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Gloves & Hat
- A full wash kit which may be left in the vehicles if required.

Do NOT bring:

- A knife of any kind – you won't need it
- Mobile Phone!!!!!!
- Ipod or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

Spending money:

There will not be any opportunities at all to spend money other than during the end of the trip. If you wish to bring some money £10 will be more than enough.