

Our Ref: 099/14

24th June 2014

Dear Parent/Carer

DUKE OF EDINBURGH'S AWARD BRONZE PRACTICE EXPEDITION

A D of E Practice Expedition weekend has been organised and will take place on Saturday 5th to Sunday 6th July. Students should arrive at Nant Mill Country Park, LL11 3BT (near Wrexham) no later than 10.00am on Saturday morning. They will walk with an experienced Mountain Leader, developing their navigation skills, then camp overnight, completing the expedition on the following day. They will be remotely supervised whilst camping, and when walking on the second day.

As per the information given at the start of the course the transport arrangements are the responsibility of the parents and it is suggested that car sharing is arranged to reduce costs. Parents to collect students at Treuddyn Village Hall, Queen Street, Treuddyn, CH7 4LU at 4pm on Sunday.

Equipment

We would obviously like to ensure utmost safety and comfort for the pupils, so the following will be necessary:

- **1 pair boots and thick socks**
- **spare thick socks**
- **Base layer T shirts (not cotton)**
- **Mid layer (fleece or warm jumper)**
- **Waterproof coat**
- **Waterproof trousers**
- **Walking Trousers NOT JEANS (track suit bottoms are fine)**
- **Full spare set of clothing (underwear, trousers, top,) in case they get wet through**
- **Hat/sun hat**
- **Gloves**
- **Rucksack (at least 60 litres)**
- **Rucksack liner/ heavy duty bin bag (keeps clothes dry in sack)**
- **Sleeping bag (in waterproof bag/bin bag) Mummy bags are best.**
- **Camping mat**
- **Knife, fork, spoon, plate, and cup.**
- **Torch and spare batteries**
- **Matches/lighter in waterproof container**
- **Washing equipment-soap, toothbrush, toothpaste, small towel.**
- **Water container at least 2 litres (refillable).**

- **Food 2 lunches, one evening meal and 1 breakfast, including snacks for walk.**
- **Emergency rations (chocolate dried fruit etc.)**
- **Watch**
- **Small first aid kit**
- **Pen/pencil and paper**
- **Sunglasses**
- **Personal medication**

Also (possibly as group kit)

- **Small amount of washing up liquid and pan scrubber**
- **Sun cream**

Group kit supplied by school:

- **Tent**
- **Stove**
- **Pan**
- **Phone and emergency contact details**

Food

Students will need to provide:

1 breakfast, 2 lunches (sandwich/crisps/fruit/etc) and 1 evening meal. D of E requirements are that the candidates should cook and eat a substantial meal each day, although this is optional on the final day. So the evening meal needs to be hot. I would recommend that students bring food that they like. Cans should not be carried. **A 'Pot Noodle' is not sufficient** as the candidates will be using a significant number of calories. Self-contained 'boil in the bag' ready meals from Wayfarer are a particular favourite as they are not dehydrated. Wayfarer meals can be obtained from Blacks or Cotswold outdoors. Make sure that you mention that you are with the D of E to receive your discount.

One last point, the maximum weight of your rucksack, complete with water, is $\frac{1}{4}$ of your body weight. If it is more than this you will not be allowed on the expedition.

Yours sincerely

Mr. I. Webster (Award Co-ordinator)

REPLY SLIP: MR I WEBSTER, DUKE OF EDINBURGH BRONZE PRACTICE EXPEDITION

NAME OF STUDENT _____ FORM _____

I authorise my son/daughter to take part in the expedition taking place in Wales on 5th - 6th July 2014.

Signed _____ Date _____