

Ref: 032/19

March 2019

Dear Parent/Carer

**Expedition dates: (Your son is in Group 2)**

**Practice Expedition Saturday 8<sup>th</sup> June – Sunday 9<sup>th</sup> June 2019**

**Qualifying Expedition Saturday 15<sup>th</sup> June – Sunday 16<sup>th</sup> June 2019**

Tawd Vale Scout Camp Site, Lowry Hill Lane, Lathom, West Lancs. L40 5UL

Arrive 10.00am on Saturday

Pick up 3.00pm on Sunday.

**Directions from Liverpool Switch Island, end of M57.**

Take the M58

Leave the M58 at Junction 3 and take the first exit.

At the next roundabout take the 2nd exit onto the B5240 (Lyelake Lane)

At the end of Lyelake Lane Turn Left onto the A577 (Wigan Road)

Turn immediately right at the next junction back onto the B5240 (Plough Lane)

Follow Plough lane until you reach a mini roundabout, take the 2nd exit onto the A5209 towards the M6

Tawd Vale Scout Camp is approx 1km on the right.

**Directions From the M6**

Leave the M6 at Junction 27 and follow the A5209 Signposted Parbold

Follow the A5209 past the Hospital, over Parbold Hill, through Newburgh Village.

Tawd Vale Scout Camp is on the left just after the small bridge.

Your son will walk with other young people and work in a team and be Supervised and Instructed on the Practice Expedition then supervised and met at points by a team of Instructors monitoring their progress during their Qualifying Expedition. Each day they will walk about 12 km (8 miles) with their expedition kit and food so they are self-sufficient. They are not allowed to buy anything on their qualifying expedition. They may return tired and achy from having done exercise they may not have done before but generally they recover by having a meal at home, bath and bed.Equipment

In order for your son to enjoy the expeditions in comfort and safety, it is essential that they are properly equipped. **We will provide** a 65litre backpacking rucksack, stove, tent and roll mat for use over both the practice and qualifying weekend.

You will find an equipment list on St Margaret's Web Site. **Walking Boots that come over the ankle** will be needed, they do not need to be expensive but they do need to have ankle support. Outdoor World, Sports Direct, stock them for about £20. **Walking shoes are not suitable, neither are Trainers.**

**Food and menus – this will be planned on the training day.**

We will not have a fridge to store milk and any fresh produce, pies etc. We will be cooking on a camping stove, and we advise not to bring fried food or food which has to be baked.

Your son/daughter will also need to provide food for the following meals:

**Food should be:**

- ❖ Ready to heat and eat.
- ❖ A 2 pan meal for tea, shared with at least one more team member.
- ❖ Fast cooking time.
- ❖ Nothing that needs to go in a fridge.
- ❖ Light and easy to carry.
- ❖ Wide range of meals you could not otherwise have.
- ❖ Not fried.
- ❖ No jars as they break.
- ❖ You can cook as an individual or in your group. Remember you will be sharing a stove so if you cook individual it will need to be washed before the next person can use it.

### **Bronze DofE Food suggestions.**

**Saturday Breakfast – this will be at home so please have something,** toast, cereal, jam butty, bacon butty or a full English!

You will travel to the campsite so have a snack and drink ready for when you arrive there.

You will be walking with all your kit from then on.

### **Saturday Packed Lunch – brought with you.**

Drink – water bottles will be filled during the walk and there is drinking water on camp.

Crisps and snacks from home

Sandwiches,

Pies, sausage rolls to be eaten on the day and not kept overnight as they will make you sick and will go off quickly!

Biscuits etc

### **Saturday Tea – evening meal.**

**You will cook this yourself with supervision of staff. You will have walked all day and used about 4000 calories so stock up – an empty sack does not stand.**

**You will have 2 pans to use with your stove.**

**Anything you can buy on a supermarket shelf.**

#### **Suggestions:**

Cup of soup to start as you may be cold after working hard walking and stopping

Pasta in sauce, cheese, tomato, etc (1 packet for one person)

Couscous in packets

Noodles (not just a pot noodle – this is counted as a snack and needs to be with something else to count as a meal)

Pasta

Packet potato mash.

Rice – either savoury or microwavable that you can also boil

Tins of curry, meatballs, chilli, steak, tuna, chicken, etc.

Pepperoni in vacuum packets

Vacuum packed breads, naan, pitta, sandwich thins,

Rice, semolina pudding

Packet custard

Cake

Fruit loaf

Pancake wraps with sweet filling

Biscuits

### **Supper**

Hot drink made with water and biscuits, chocolate etc.

### **Sunday Breakfast –**

Warburton's fruit pancakes

Long life croissants, choco pains, wraps,

Porridge pots

Dried fruit and nuts to go in porridge pots.

Tinned Beans and sausage

Tinned All day breakfast

Jam butties will keep overnight if needed

Cereal and breakfast bars (not just dried cereal as you have no milk and they have to be eaten with a fluid).

Hot drink made with water.

Fruit cordial.

### **Sunday Lunch – Food that does not require cooking and refrigeration.**

Sandwich thins

Pitta bread

Naan bread

Digestive biscuits

Oatcakes

Wraps

Premade cheese sandwiches or jam butties keep both may get squashed though!

Primula cheese, potted spread, cheese strings, tuna or pepperoni from the supermarket shelf

Soreen fruit bread

Crisps

Snacks

Drinks bottles saved from the day before.

**There is a menu plan to prepare as well and if cooking together, make a shopping list so the cost can be shared.**

**Sunday Tea is at home.**

Please talk to or email Mrs Riding if you have any questions about the events. The boys will be shown how to use the Trangia camping stoves on the training day and again on the practice.

It is strongly suggested that the food for these meals is shared amongst members of the groups (buying together saves bringing too much and costs less!).

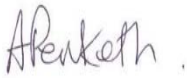
**Transport to the Expedition Sites:** You will be expected to transport your son to and pick up from the venues for the expeditions. Routes and directions will be issued closer to the event but it is hoped this task will be shared with parents working together.

**Emergency contact number 07771 693 007**

There is a Duke of Edinburgh section on the School Web Site under Curriculum where you will find out more about the Award, a kit list is also attached for your use.

I have also enclosed an Excursion Medical Form. Please return to the School Office by Monday 27<sup>th</sup> March along with the reply slip below.

Yours sincerely



Andrea Penketh  
Vice Principal



Jean Riding  
D of E Coordinator

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**REPLY SLIP TO: School Office**

Student: \_\_\_\_\_

Form: \_\_\_\_\_

I give permission for my son to take part in the following Expeditions:

Practice Expedition Saturday 8<sup>th</sup> June – Sunday 9<sup>th</sup> June 2019

Qualifying Expedition Saturday 15<sup>th</sup> – Sunday 16<sup>th</sup> June 2019

Tawd Vale Scout Camp Site, Lowry Hill Lane, Lathom, West Lancs. L40 5UL

Signed: \_\_\_\_\_ (parent/carer)

Date: \_\_\_\_\_