

## Practice Expedition: Important Information

### Practice Expedition: Sunday 17<sup>th</sup> – Monday 18<sup>th</sup> June 2018 Ulverston – Subberthwaite

#### Supervision

For the practice expedition groups will be closely accompanied by a member of staff. This will allow skills to be built on and feedback to be given to aid groups in their Qualifying Expedition. Groups will also be monitored to assess whether their behaviour and skill is adequate to allow them on the unaccompanied qualifying expedition in July. Pupils are expected to navigate the route independently and demonstrate excellent levels of behaviour while following the countryside code at all times.

#### Timings:

Pupils are required to arrive at school at **9:30am on Sunday 18<sup>th</sup> June** ready for a 10am start.

We estimate that groups will return to school in time for the end of the normal school day on Monday 19<sup>th</sup> and pupils will be able to use their usual method of transport home. Please understand that due to the nature of expeditions, timings given are always estimation. Although we do our best to work out the walking speed of groups, this varies dramatically due to weather, fitness, motivation within the group or emergency incidents.

We will do our best to keep parents informed but please be understanding if timings change.

Pupils will be able to contact parents once they arrive back at school to arrange pick up times but we ask that they do not use their mobile phones during the walk itself.

#### Venue:

The expedition will leave UVHS and be a return walk through Subberthwaite. Most of the route follows the Cumbria Way. Accommodation will be tented, all groups have now been issued with their tents and should have checked to make sure they are complete. The campsite address is:

**Birch Bank Farm Campsite,  
Subberthwaite  
LA12 8EW**

#### Contact

The practice expeditions must be unassisted. To ensure this and encourage team work we ask pupils to not use their mobiles whilst walking. We therefore ask that parents do not try to make contact during the expedition.

#### **In an emergency the following numbers can be contacted:**

Staff Mobile 1: 07493 872936

Staff Mobile 2:

School: [01229 483900](tel:01229483900)

Campsite (Birch Bank Farm Campsite, Subberthwaite) 01229 885277

(Please be aware that mobile signal will be inconsistent in our location.)

#### Food

Pupils have planned their evening meal as a group and will be aware of what they need to bring. Most groups chose to bring individual lunches and breakfast. Pupils have training in the appropriate food for expeditions and a guide is in their camp craft booklet or on the school website. (Curriculum> Extracurricular Activities> Duke of Edinburgh)

#### Kit

Groups have been issued with their group kit (tents, stoves, pans and water carriers) as have individuals who wished to loan other items. This kit is to be returned on Monday after the expedition (as it is required for DofE Gold) and is the responsibility of the team or individual who has signed it out. Any lost or damaged kit will be deducted from the £50 kit deposit.

#### **Tents are to be returned and complete in their bag (not as separate parts). Pan sets should be washed, dried and returned clean.**

Pupils have been trained on appropriate expedition kit and how to pack their rucksacks, a kit list is also included in their camp craft booklet or on the school website. Please take note of the minimum safety kit. Pupils without these items may not be allowed to take part.

If there has been a change in medical or contact details please let us know.