Good Afternoon.

Your son/daughter is soon to go on their Duke of Edinburgh Practice Expedition. As some people were unable to attend the meeting on the 19th April, I wanted to send out the information so you all have a copy. It is my obligation to have contacted everyone, so please don't feel as though I am pestering.

The dates of the expedition are; **Tuesday Group: 12th - 13th May**

**Wednesday Group: 9th - 10th June**

Both of these expeditions take place at Guy's Farm, Forton, LA2 9DF

Details of how to get there can be found in the handout notes from the meeting. I personally use the motorway, coming off at Lancaster Services, keeping left and passing through the disused police entrance. You can do the same to go home, but will obviously need to use the services on the southbound side of the motorway.

Ahead of this expedition your son/daughter must have a full 3B medical form filled in, specific for Duke of Edinburgh. We ask that these at returned to school by **Thursday 3/5/18** in order to give us time to collate and prepare the information. A version of the medical form can be found on the school's website.

Your Son/Daughter will need to be dropped off at Guys Farm for **9:30 on the Saturday**. Due to limited car parking, shared lifts are advised. They will need to be collected from the same place at **4pm on the Sunday**. Please ensure that your son/daughter arrives to the site with everything that they need. We require them to set them off walking almost immediately and so there will be no time for them to repack their bag or fill up water bottles.

We recommend a bag size of approximately 60L capacity. The bigger the bag, the more you are likely to pack and therefore the more weight your son/daughter will have to carry. Their bag must contain all of the equipment that they will need. School do have some bags to loan out to pupils if required. **School will provide all participants with the stoves, pans and gas to cook their meals as well as the tent to sleep in. We will also provide maps and compasses.** All other equipment including sleeping bags, roll mats, food and toiletries will need to be brought by each participant. We recommend you do not forget the following;

sun cream,

first aid kit - including painkillers, blister plasters and antihistamines.

a small towel,

warm clothing for the evenings - hat, gloves and warm jumper.

WATERPROOFS

snack food for walking - your son/daughter will know what they want/need for each meal and snacks.

good walking pants/shorts - no denim

pairs of comfortable walking socks - they will reduce blisters.

Please ask if you are unsure on any aspect of the equipment.

Mobile phones are permitted to be brought on the expeditions. They can be used as cameras to take pictures for evidence but must not be used to call anybody during the weekend (or risk failing the expedition). If a message needs to be sent to your son/daughter please call school who will pass them message to them via myself. If a message needs to be sent the other way, we will pass it to school who will contact you. Our link at school is Mrs Withers.

The same information will apply for the Qualifying Expeditions, which take place week commencing 2nd July. This expedition will be in school time. A new medical form for the Qualifying expedition will need to be filled in for this.

Your son/daughter has also been given an EDofE login. This website ([www.edofe.org](http://www.edofe.org/)) is used to record all of their activities for their chosen sections. They must fill this in as it is the only part that is checked to determine completion of the award. Please encourage you son/daughter to continually log into the site and record their progress.

Please do not hesitate to get in touch if needed, either by phoning school and requesting I ring you back or by emailing me.

Many thanks,

Mr D. Cairns,

Duke of Edinburgh Coordinator,

Walton-le-Dale High School.