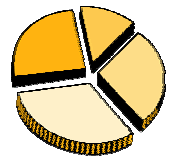




# ADEYFIELD SCHOOL

## A Business & Enterprise College

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**Business &  
Enterprise**

15<sup>th</sup> May 2010

Dear Parent / Guardian,

### Re: Lake District Expedition July 2010

I would like to invite your son / daughter, along with their group to take part in an expedition in the Lake District this summer. This will involve being away for 7 days and 6 nights. This will be an exciting and extreme expedition in some of the UK's most remote, wild countryside. Weather permitting it will include 3 of the country's highest mountains. For both gold and bronze candidates this will be an opportunity to complete the expedition sections of their awards. **The cost will be £80.**

We are planning to travel up to Cumbria on Sunday 4<sup>th</sup> July in the school minibuses. On Sunday evening and Monday there will be a programme of pre-expedition preparatory activities. There are groups of different levels and abilities going this year so for further details **please see the attached programme of events sheet.** During the expedition they will cover about 50 miles and will need to prepare some of their own meals (dehydrated expedition meals can be purchased on expedition for £2 each). The expedition will finish in the afternoon of Friday 10<sup>th</sup> July. We will stay overnight in Cumbria and return home on Saturday, arriving at school at about 5pm.

Please be aware before you sign the attached **consent form** that the expedition section requires an **unaccompanied, self-reliant journey.** This means that your son/daughter will be walking with their group **unsupervised by school staff** for large periods of time. Staff will meet students at checkpoints and at their camps every evening. Staff be in the area and be on hand if contacted in an emergency. Students will have radios to communicate in an emergency although, like mobile phones, these cannot be relied upon to work all the time.

**The area we are visiting has numerous and significant risks.** Training has been given and will be given once on location to minimise these risks. Weather forecasts will be given to the groups every morning and if necessary alternate plans will be used. To prepare for this expedition your son / daughter completed a practice expedition and we have been doing expedition planning sessions in school prior to departure on this expedition. The training has covered navigation and route planning, equipment, first aid and emergency procedures, awareness of risk, food and cooking, team building, Country and Highway codes, observation and recording.

Before the expedition your son / daughter will **need to do some preparation of equipment and food.** A lot of equipment can be borrowed from school however the planning and preparation of equipment and food is the responsibility of your son/daughter. Any help you can give them with equipment would be extremely useful. Please see the attached equipment and food plan sheets. Please note the school has an arrangement with "Complete Outdoors" (between Hemel and Berkhamsted) and kit can be purchased at a **10% discounted rate.** I will be arranging a shopping visit prior to the expedition for students where they can buy kit and expedition food at a **20% reduction.** The consent form for the expedition also covers this shopping trip.

**The cost of this expedition will be £80. An additional £20 pocket money** will be useful to pay for 2 meals, whilst travelling to and from Cumbria.

Please could you return the signed consent form and the money to me as soon as possible. (Cheques should be made payable to Adeyfield School). More information can be found in the DoE section of the school website. If you have any questions about the expedition section or the award scheme please contact me.

Best regards

Nick Larman  
Duke of Edinburgh Award Leader  
Adeyfield School

