



The Ladies' College
Guernsey

Les Gravées, St Peter Port
Guernsey, GY1 IRW

Tel: (01481) 721602
Fax: (01481) 724209

16th May 2019

Dear Parents/Guardians

Duke of Edinburgh's Bronze Award

Qualifying Expedition 29th & 30th June

We are pleased to provide further information regarding your daughter's Duke of Edinburgh's Bronze Award. We had originally planned to run a qualifying expedition in Jersey over three days and two nights as discussed at our parents meeting in October 2018. However, due to the increasing costs and logistical challenges we have decided to continue with our tried and tested format here in Guernsey. We feel this is the best option to fully support our students, with our main priority being their safety and welfare, and ensuring they all have a successful expedition. Each Supervisor and assessor will have access to their own transport, making it far easier to meet our students' at their various checkpoints throughout the weekend.

The girls will plan to walk between 24 – 32km over the course of the weekend and will camp for one night at Les Maingy's Activity Centre. Here they will be supervised overnight. During the course of the weekend the groups will be met at regular checkpoints to check on their progress and welfare.

This is a fully self-supported expedition and therefore students must bring all equipment and food they require for the weekend. Water gets replenished at checkpoints and this is coordinated by the group supervisor.

Cost

The cost for this expedition is £15. Cheques are to be made payable to '**The Ladies' College Duke of Edinburgh's Award**'. Please return payment to College Reception along with the attached Medical Consent Form by **Friday 31st May**.

Medical & Consent Form

Please ensure that you advise us of any medication your daughter needs and that she brings it along with her on the expedition. Please ensure you make us aware on the medical form of any ongoing issues, especially with regards to knees and joints.

Please ensure that you include a contact number in the event of an emergency.

Principal
Mrs A Clancy BA (Combined Hons)
Email: principal@ladiescollege.ac.gg

Registrar
Miss R McClean
Email: registrar@ladiescollege.ac.gg

Vice Principal, Bursar & Clerk to the Governors
Miss E Bridge MA Oxon, ACA
Email: bursar@ladiescollege.ac.gg

Food

Your daughter will need to liaise with her peer group to arrange the meals, snacks and drinks they need to take with them. I suggest they buddy up into their tent pairs or threes and decide between them what they are going to take. Guidance will be provided in the weeks running up to the expedition, and this will also be discussed during the training weekend on 1st & 2nd June. I would ask you to ensure that they keep the weight of their food to a minimum so they should not be carrying any tinned, jars or quickly perishable food.

Personal Kit

The College will provide the girls with tents and Trangia stoves. Walking boots are not necessary at this expedition level and a good pair of sport trainers will suffice. However, if you wish to invest in walking boots for the future, then I strongly advise that they are ankle high boots, and already broken in.

Fitness

I strongly advise that your daughter does some pre-expedition fitness training over the coming weeks to ensure that her packed rucksack fits well and her shoes are comfortable. She will need to get used to the weight of carrying her equipment. On expedition her bag will weigh between 12-15kg. I would suggest wearing some weight in a backpack for an hour whilst walking the dog, and slowly increase the weight and duration over time. Preparation is key to a successful expedition.

Mobile phone

The use of mobile phones is not permitted during an expedition and we strongly suggest that these are switched off and sealed in a waterproof bag, or left at home. Groups will be required to carry two mobile phones for emergencies only. We do not provide these and so teams are to agree who brings the emergency phone. All other remaining phones need to be switched off, and will be collected in and sealed in a box. Students will be remotely supervised by staff, and will be met at regular intervals throughout the weekend. They will carry their supervisors mobile number in case of emergency. (Please do not expect to hear from your daughter via her mobile phone during the expedition weekend).

First Aid kit

Your daughter requires a small first aid kit for her personal use; this only needs the usual items such as plasters, antiseptics and a blister kit such as Compeed. This will be covered during D of E training on 1st June.

Aftercare of equipment

Any equipment that your daughter has borrowed from the College needs to be returned in a clean condition and any damages noted. Please could I take this opportunity to respectfully ask you to assist your daughter in returning kit in a clean and serviceable condition. Thank you in advance for your anticipated help which will be hugely appreciated.

We have a small number of backpacks and roll mats which will be issued on a first come first served basis. Students will be able to collect these a week before the expedition. Tents and stoves will be issued on the morning of the expedition as part of their training.

Timings

Saturday 29th June

09.30 Registration at Fort Hommet Lower Carpark (Map attached)

Expedition Start 10.00

Overnight Camp Rue Maingys

Sunday 30th June

Expedition End Jerbourg Carpark (Toilets available)

15.00 – 16.00 Parents Pick Up*.

*Please be advised that your daughter will call you for collection once she has completed her expedition. This eliminates the amount of traffic towards Jerbourg Point and the possibility of parents waiting around as teams will be arriving at various times. Once your daughter has called she will need 20 – 30 minutes with her team to have a debrief. This should hopefully allow for a smooth pick up.

Food for the Expedition – You will need:

- An evening meal, pudding & a hot drink for 1 night – *which will be cooked on a Trangia*
- Breakfast & a hot drink for 1 day – *which will be cooked on a Trangia*
- Lunch for 2 days
- Snacks
- 2 Litres of Water (Will be replenished during the walk)

I have attached a kit list to help with packing the essentials. Please do not bring phone chargers, iPod's, iPad's, music speakers or any other electrical items that have not been approved for use on the expedition.

Please do not hesitate to contact me should you require more information.

lmitchinson@ladiescollege.ac.gg

Yours sincerely



Miss L. Mitchinson (D of E Co-ordinator)

The Ladies' College

Attached –

- OA4 Parents' Consent & Medical Form. (to be returned by **Friday 31st May**).
- Kit List

Start Location





Clothing

Got it	Packed it	Equipment
		Walking boots (<i>Broken in</i>)
		Walking socks (<i>plus spare pair</i>)
		T-shirts
		Fleeces (<i>Not hoodies or heavy jumpers</i>)
		Underwear
		Warm hat
		Gloves
		Sun hat & Sunglasses
		Waterproof/windproof jacket
		Waterproof trousers
		Warm nightwear (<i>Thermals? Or consider leggings and a long sleeve top?</i>)

Personal Kit

Got it	Packed it	Equipment
		Rucksack (<i>65 litres</i>) (<i>needs waterproofing with rucksack liner or thick bin sack</i>)
		Sleeping mat (<i>in waterproof bag/bin sack</i>)
		Sleeping bag (<i>2-3 season</i>)
		Wash kit & personal hygiene items
		Towel
		Small amount of toilet paper or wet wipes
		Watch
		Whistle
		Torch (<i>spare batteries</i>)
		Personal First Aid Kit (<i>including personal medication</i>)
		Emergency rations (<i>can be a snack and hot drink</i>)
		Water bottle (<i>1-2 litres</i>)
		Knife, fork & spoon (<i>or spork</i>)
		Plate / Bowl
		Mug
		Notebook & pen / pencil (<i>for making notes for final presentation</i>)
		Sun cream
		Food

Group Kit

Got it	Packed it	Equipment
	Provided	Tent
	Provided	Trangia Stove
	Provided	Gas
		Brillo Pad
		Tea Towel
		Plastic Bags (<i>for rubbish etc</i>)
	Provided	Survival bag (<i>for extreme weather recommended for Silver and Gold only</i>)
	Provided	Maps
	Provided	Compass

		Matches <i>(in waterproof container)</i>
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Optional Extra Kit

Got it	Packed it	Equipment
		Flip flops / Trainers <i>(for camp)</i>
		Sleeping bag liner
		Camera
		Insect repellent
		Spare boot laces
		Shorts / Joggers