



www.airtrainingcorps.org

457 (Farnborough) Squadron
Air Training Corps
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Date: 20 February 2010

Hadrian's Wall Expedition - 31st July – 7th August 2010

Activities: - Walking & Camping.

Accommodation: - Tents

Programme: - Meet at 457 SHQ 8:00 hours, Saturday 31st July 10. Check Equipment & Depart for Gateshead (5 hour journey), arrive at 17:00 Set up Camp. 1st - 6th August 10; Follow the Hadrian's Wall Path from the East coast to the West coast camping at a different camp site each evening, arriving at final check point on Friday 6th at approx 17:00hrs, Camp. Saturday 7th August 10 travel home arriving at SHQ at approx 17:00hrs for Debrief and equipment check. Cadets will be able to depart the SHQ after 18:30hrs Cadets will telephone 30 mins before collection,

Please do not arrive to collect until advised by telephone (all timings are Approximate)

Equipment: - The Dress for the weekend Civilian, Kit required:-

3822, Waterproof jacket, Waterproof trousers, Hat, Gloves, T-shirt, Shirt, Fleece, Windproof jacket, Trousers, Socks, Boots (with heel), Survival bag, Whistle, Emergency rations (500 kcals), Day rations including water, First Aid Kit, Medication, Watch, Pen paper pencil, Torch (with spare batteries and bulb), pocket money, Compass, Map case all the above needs to be in a Rucksack.

Cadets will also need to bring, A complete set of spare clothes (in waterproof bag), Sleeping bag (in waterproof bag), Cup, plastic plate & Bowl, Knife Fork Spoon, Matches, Sleeping mat, Toilet requisites, tea towel, holdal & a day bag

Rucksacks can be loaned from the Squadron for the week, written notice is required. Loaned kit can be collected on Thursday 6th August 09 and must be returned on Saturday 15th August 09

Cadets Personal Equipment: - The Air Cadet Organisation, 457 (Farnborough) Squadron or any of its Adult Staff are not responsible for and cannot be held liable for the loss or damage to Cadets personal equipment during the above noted activity. It is suggested that you take out private insurance to cover the loss or damage of any personal equipment.

Contact details: - During the activity the following number(s) will be available as a contact point. Flt Lt A Purkiss: 07855 446231.

Cost: - £100.00 for ALL food, Transport. AND all camping fees.

Food: - All food will be supplied, EXCEPT first day lunch. And an evening dinner on the 7th

Brief: - This will take place on Thursday 29th July 10. The brief will cover the safety aspect of the activity and Cadets **MUST** attend this brief. Cadets can bring along the equipment they intend to use over the week so that it can be checked for suitability. Cadets who bring unsuitable equipment will not be allowed to take part in the activity.

Parental Cover: - Should the above activity be terminated before the planned finish time for any reason, i.e. serious injury to a Cadet or member of Staff, server weather, etc there must be someone available at reasonable notice to collect the Cadet if required. Please complete the contact information below that can be used in the event of early termination of the above activity. Activities will only be terminated early if the supervising Staff cannot find an alternative.

Keep this Half

Hadrian's Wall Expedition - 31st July – 7th August 2010

PTO....

Cadets Name _____ (print name)

- I confirm that the above activity will not be interfering with the above named Cadets schoolwork.
- I confirm that the above named Cadet does/does not* suffer from asthma. (*Asthma detail form attached)
- I do/do not* give consent for the above named Cadet to be filmed/photographed during this activity.
- A **Medical Consent** form is attached

** delete as appropriate*

I _____ (print name) confirm that I have read and understood the above briefing notes and where any topic was not clear I have requested and received all necessary additional information from the Squadron Commander (Flt Lt A Purkiss).

Contact details for Hadrian's Wall Expedition - 31st July – 7th August 2010

Contact Name (print) _____

Home _____

Mobile _____

Address _____

Signature _____

Date _____

Consent forms are not to be returned before the 26th July 2010, and must be returned no later than Thursday the 29th July 10. If Consent forms not in the Squadrons possession by the due date Cadets will not be allowed to attend the week.

PARENTS ARE TO ENSURE THAT THEIR SON/DAUGHTER HAS THE CORRECT EQUIPMENT AND PAPERWORK. IF IN DOUBT PLEASE ASK A MEMBER OF STAFF.

Return This Half

Parental Consent: - As part of the Adventure Training Instructions please confirm, by signing and returning the attached form, that you have read the above notes and that you are satisfied with the above arrangement/activities. Please also complete the attached Cadet personal details; medical consent form and certificate of health. Cadets who arrive at an activity without the correct paperwork being completed cannot take part in the activity. If any Cadet is suffering or has every suffered from asthma you will need to complete another form which is available upon request.

Consent forms are not to be returned before the 26th July 2010, and must be returned no later than Thursday the 29th July 10. If Consent forms not in the Squadrons possession by the due date Cadets will not be allowed to attend the week.

PARENTS ARE TO ENSURE THAT THEIR SON/DAUGHTER HAS THE CORRECT EQUIPMENT AND PAPERWORK. IF IN DOUBT PLEASE ASK A MEMBER OF STAFF.

KIT LIST - Hadrian's Wall 2010

3822	Jacket x 1
T-shirt x 7 max	Jumper or Fleece x 2
Trousers (Not Jeans) x 2	Socks & Underwear x 7
Shorts x 1	Trainers or Shoes x 1
Boots x 1	Notebook x 1
Waterproof jacket x 1	Waterproof Trousers x 1
Gloves (pair) x 1	Survival bag x 1
Pen x 1	Pencil x 1
Hat x 1	Whistle x 1
Sleeping Bag x 1	Sleeping Mat x 1
Spare Clothes (complete set) x 1	Towel x 1
Tent x 1	washing kit x 1
Swim wear x 1	Compass & map case x 1
Holdall or Bag to carry kit (65- 80 Litres) x 1	Small rucksack (25 - 40 litres) x 1

Emergency rations 500 kcal minimum (to be left in tact at the end of the exercise)

Water bottle (made of thick plastic or metal) 1 litre

Torch (with spare bulb and batteries or 2nd torch)

First aid kit - (your painkillers, one triangular bandage, six assorted plasters, *(2 pairs of surgical gloves, CPR mask (optional))*), your medication, Blister care products)

Camera x 1 (optional)

Pocket Money £2 per day (optional)

Space on the mini bus will be tight, please only bring the items listed, your main bag will stay on the mini bus and will be transported for you, you will walk with a small day pack with water, spare clothes, whistle, notebook pen and lunch

Some Equipment can be loaned from the Squadron

PLEASE ASK!!!

Keep this Half