



19 September 2019

Dear Parent

Duke of Edinburgh – Silver Practice Expedition – Peak District National Park
Thursday 10th to Saturday 12th October 2019

As part of the Duke of Edinburgh's Award Scheme, students will be participating in a practice expedition from Thursday 10th to Saturday 12th October in the Peak District National Park. The practice expedition requires students to walk for two days and camp two nights. The expedition will take place in and around the Hope Valley area of the Dark Peak District. The expedition will be led by Lees Brook D of E Staff.

Day before the expedition

Students are expected to attend a preparation session at school the day before their expedition from 3.10pm – 4:10pm approx. to pack their rucksacks. Students will need to bring in all belongings necessary the morning before the expedition, in a bin bag labelled clearly with their name. This will be stored safely in the D of E Store Room and packed after school. Only perishable food should be brought in on the day of the expedition.

Expedition schedule:

Students should arrive at school by 8:00am on the morning of the expedition. We will be leaving school at approximately 8:20am to travel to the Peak District.

We will be returning to school mid-morning on the Saturday. We are unable to provide a specific return time due to the nature of the activity. There may not be mobile signal in the Peak District; however, your youngster will be able to phone you on the way to school to provide you with an estimated time of arrival.

There may be an opportunity to have a campfire during the evening, which will be directly supervised by staff. There will also be a short night walk, led by staff, to develop students' night navigation skills.

Students are required to help unpack equipment upon returning to school which will take approximately 40 minutes. Your youngster will be free to go home when this is complete.

Student details

Please provide any information such as medical conditions, medication or personal circumstances that may affect your youngster's performance whilst on the expedition. It is vital that leaders are aware of this, for the safety and well-being of your youngster and others around them.

In the unlikely situation that your youngster is unwell during the expedition, we may need to make contact with you to arrange for him/her to be taken home. Please confirm your up-to-date emergency contact details on the consent form. Please also indicate on the reply slip if you are happy for your youngster to be given Ibuprofen/Paracetamol by the designated First Aider, should they require it during the expedition.

Kit requirements

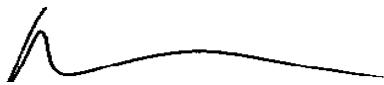
Students will need to bring the items on the attached kit list. We have a limited supply of kit that can be loaned to your child at no extra cost (please see kit list). If your child requires any of these items for the expedition, students should email Mr Waterhouse with their kit requirements, before the return date of this letter.

awaterhouse@leesbrook.co.uk

Please complete and return the attached reply slip, giving your consent for your youngster to take part in this expedition.

Should you have any queries about any aspect of the award, please do not hesitate to contact me.

Yours faithfully

A handwritten signature in black ink, consisting of a stylized 'A' followed by a long, sweeping horizontal line.

Mr A Waterhouse
D of E Manager



Duke of Edinburgh Silver Award Parental Consent Form

Duke of Edinburgh – Practice Expedition – Peak District National Park
Thursday 10th – Saturday 12th October 2019

Please return to the Trips box no later than Thursday 26th September 2019

Name of Youngster: _____

Tutor Group: _____

- I give consent for my youngster to take part in the Duke of Edinburgh Practice Expedition in the Peak District National Park, as outlined in this letter.
- I understand that Lees Brook staff will be leading the activity
- I understand that students will be transported to, from and at times during the expedition via a minibus
- I understand that, as a requirement of the Duke of Edinburgh Award, my youngster will not be under direct supervision at all times, but will be 'remotely supervised' throughout the expedition
- I understand that my youngster is expected to help unpack equipment for approximately 40 minutes upon returning to school
- I give permission for my youngster to leave school to make their own way home on the Saturday, once equipment has been unpacked
- I give permission for my youngster to be given Ibuprofen/Paracetamol by the designated First Aider in the D of E staff team

Please detail any relevant medical information or personal circumstances:

Emergency Contact (Landline)

..... (Mobile)

Signed: _____ (parent/guardian) Date: _____

Print Name: _____

Personal kit Provided by Student		
Item	Description	Check
1	Camp food - 2 dinners, 2 breakfasts, 2 lunches	
2	Emergency food (wrapped in plastic bags and labelled e.g. cereal bar, nuts, dried fruit, jelly)	
3	Plimsolls or light / compactable trainers for use at campsite	
4	Hat - baseball cap in hot weather & woolly hat in colder weather	
5	Gloves (for cold weather expeditions)	
6	Knife, fork, spoon, bowl & mug - small & lightweight (plastic only)	
7	Bin bags x4 - For keeping things dry & rubbish etc.	
8	Personal medication (if applicable)	
9	Sun cream (high factor - essential if hot weather)	
10	Toiletries (Travel size) (toothbrush / paste, toilet paper, hand sanitiser)	
11	Torch – with full batteries	
12	Hand towel (small)	
13	Walking clothes - plus one spare set (t-shirt / shorts / tracksuit bottoms / fleece / underwear) NO JEANS	
14	Walking socks (two pairs)	
15	Watch	
16	Water bottles - plastic ideally; 2 x 750ml bottles or 2 x 1 litre bottles	
17	Whistle for emergency help	
18	Personal first aid kit – including Compeed Blister Plasters	
19	Survival bag (e.g. Hi Gear Survival Bag from Go Outdoors £2.25 approx.)	
20	Emergency blanket (put in carrier bag with name on – transported in the minibus should your youngster be cold at night)	
21	Hot Water Bottle (Optional for cold weather expeditions - transported in the minibus)	

Group kit One Per Walking Team		
Item	Description	Person responsible
22	Brillo pads / washing up liquid in a small bottle	
23	Matches (in waterproof container) no lighters	
24	Old dish cloth & tea towel	
25	Tin opener (if needed)	
26	Wooden spoon	

Kit available to loan from school (or provide yourself)		
We have limited supply. Please email Mr Waterhouse before the reply date of this letter with your requirements: awaterhouse@leesbrook.co.uk		
Item	Description	Check
27	Hiking boots - High enough sides to protect from ankle injuries. Must be fully waterproof.	
28	Compact Sleeping bag (2 season for summer, 3 season for spring / autumn expeditions). Must be in compression sack	
29	Waterproofs - coat and over-trousers. Coat must have attached hood. Breathable fabric and fully waterproof.	

Kit provided by school This kit will be provided to all students.	
Item	Description
30	Roll mat
31	Trangia stove & Gas bottle
32	Lightweight backpacking tent
33	Rucksack (65L) - (you can provide your own rucksack)