



Bishop Wordsworth's School

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Head Master: Dr S D Smallwood BSc (Hons) PhD NPQH

7 April 2017

Dear Parents/Guardians

Duke of Edinburgh Gold Canoe Practice Expedition Fri 21 April-Sun 23 April 2017

Further to the training weekend, WOLT have just let me know the instructions for your practice expedition; staffed by WOLT team Kyle Worgan, Ed Elliott and myself. Contact number for the weekend will be 07789 940971.

Friday 21 April

1400 Salisbury Coach station
1415 Depart
1800 Arrive at the campsite near Lucksall, along the River Wye
Put up tents, cook evening meal and explore etc.

Saturday 22 April

0600 Breakfast **Hand all mobile phones etc to staff.** These will be returned when you arrive at Monmouth on Sunday
Paddle towards Ross-on-Wye – stop for lunch on the way
Time Depending on paddle speed. Arrive at Ross-on-Wye – evening meal

Sunday 23 April

0530 Breakfast Paddle towards Monmouth – stop for lunch on the way
Enjoy Symonds Yat rapids
1500 Again depending on paddle speed - MacDonalds.
Return to Salisbury Canoe station – participants will call ahead with ETA

Please let your son use his initiative on the attached kit list. You will need to bring food, drinks and snacks for Saturday and Sunday. Make sure you have funds for fish and chips supper on Saturday and MacDonalds on Sunday.

The cost of the skills training weekend will be £150.00 per student, payment to be made on-line. If you need a link code, please email amh@bws.wilts.sch.uk Payment by Tuesday 20 April 2017. Your son will be covered by the school's insurance; a copy of which is available on the school website.

Please also ensure that we have current emergency contact details and details of any medical conditions, and that your son has all the necessary medication with him. We will use the set of consent forms from the training weekend Please contact Sarah Hayward sah@bws.wilts.sch.uk if you need to update this information. For further information on the weekend please contact info@wolt.org.uk or Mrs Nute amn@bws.wilts.sch.uk

Yours sincerely

T W Churchill
DofE Co-Ordinator

BWS Duke of Edinburgh's Award - Kit List

This is a guide to the equipment which is required. Avoid cotton where possible and pack all kit inside green garden bags or rubble bags NOT bin liners and remember that your rucksack is not waterproof whatever the advertising says. The school has a supply of tents and Trangia's available for use and they are allocated on a first come first serve basis, under the assumption that any damage caused through miss-use will be rectified by the borrower.

TO WEAR WALKING

- 1 pair Walking Boots (broken in)
- 1 pair Walking Socks (maybe 2 pairs)
- 1 Thermal top/t-shirt
- 1 Sweater (woollen or fleece)
- 1 pair trousers (NOT jeans)

PERSONAL KIT (TO CARRY)

- 1 large Rucksack (approximately **65 litre** capacity)
- 2 Strong, large plastic bags (to line rucksack)
- 1 3 Season sleeping bag (in a waterproof bag) and sleeping roll mat
- 1 Orange Survival bag
- 1 Personal First Aid Kit
- 1 Watch
- 1 Whistle
- Small quantity of money
- 1 Notebook & pen/pencil
- 1 Head Torch & Spare battery (eg small Maglite or Petzl headtorch)
- 1 Emergency food rations (sealed and NOT to be eaten until the end)!
- 1 Water bottle or hydration system (eg Sigg, Platypus or strong plastic, to hold 1 to 2 litres)
- 1 Knife, fork, spoon
- 1 Pocket Knife (small, **optional**)
- 1 Plate/bowl and mug
- 1 Box of matches (sealed in a dry container or bag)
- 1 toothbrush
- 1 Good quality waterproof jacket (essential)
- 1 pair Underwear
- 1 pair Walking socks
- 1 shirt (woollen, cotton or fleece)
- 1 Spare sweater (woollen or fleece)
- 1 Spare walking trousers (NOT jeans)
- 1 pair of flip flops (optional)
- 1 Hat (warm)
- 1 pair gloves (woollen)
- 1 sunhat & suncream
- 1 Waterproof overtrousers (essential)

GROUP KIT (to carry between the team)

- 1-2 tents
- 1-2 stoves (& fuel supplied by school)
- 2-3 cooking pots (included in Trangias)
- Maps (1:25 000 laminated) and map case (One between two)
- 1 per map Compass (Silva type)
- 1 Camera
- Food (small & lightweight, avoid bacon etc)
- Water Purification Tablets (Gold only – expensive so share cost)

DofE participants' handbook – for completion by assessor after assessed expedition