

Trip Information and Permission Form



Castleton Camping & Activity Weekend: 1st to 3rd July 2016



We are running a 2 night trip to Castleton for a weekend of fresh air and adventure, which is what we're all about at CAG. This is one of the very special trips we are running over the summer which is heavily subsidised. The all-inclusive cost of the trip is just £30 per person and would have cost £130. So if you want a weekend of camping and the chance to experience squeezing yourself through holes in rocks or dealing with waterfall climbs, tricky rock traverses, rocky obstacles and plunge pool jumping – this is the perfect trip for you.

The trip in summary;

We will be traveling to the Peak District on Friday evening. Saturday will be spent with Twin Peaks Outdoor Activities for a day of Rock Scrambling & Weaseling and Gorge Walking. This will be delivered in an environment which provides maximum adventure but is supervised by qualified activity staff. You'll be safe but you need a

sense of adventure to partake in these activities – not that you need it, you're already a true member of CAG after all!

On the Friday and Saturday evening we will be camping in the Derbyshire hills, with a bbq and games to make the most of the British Summer. On Sunday we will be hiring mountain bikes in the Derwent Valley to explore the Derbyshire Dales, before returning on Sunday late afternoon/early evening.

Interested? Read on and sign up! As always, there are limited spaces and this trip will fill up fast.



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Accommodation

We will be staying at Rowter Farm campsite. The farm sits at the head of the Hope Valley, some 230 metres above sea level, and just above the spectacularly steep-sided Winnats Pass.

<https://www.coolcamping.co.uk/campsites/uk/england/peak-district/derbyshire/190-rowter-farm>

Address: Castleton, Hope Valley, Derbyshire, S33 8WA. Tel: 01433 620 271

Activities & Schedule:

The program for the trip is as follows:

Date	Activity / Event
Friday 1 st July	<ul style="list-style-type: none">Meet at Knowle long stay car park at 6pm for departure to Castleton. Trip duration: around 2 hours. (Please eat dinner beforehand)Arrive at campsite and pitch tentsSnack and games before bed
Saturday 2 nd July	<ul style="list-style-type: none">Get up and eat breakfastFull activity with Twin Peak Outdoor Activities. 2 activities are; Rock Scrambling & Weaselling and Gorge Walking. Check out the pictures http://www.twinpeaksoutdooractivities.com/home.htmlEvening Dinner at the campsiteGamesSnack and bed
Sunday 3 rd July	<ul style="list-style-type: none">Get up, have breakfast and make packed lunchesTake down tents and tidy upHead to the Derwent Valley for 10:30am to hire mountain bikes for 4 hours http://www.peakdistrict.gov.uk/visiting/cycle/cycle-hire-centres/derwentGrab an ice creamEveryone into vehicles to return home to Knowle Long Stay Car Park for 6pm.

Leaders:

The leaders on this trip are as follows:

Leader	A little about them, in case you didn't already know
Simon Thomas Likes: A tidy store room and crème caramels Dislikes: Birmingham City & Hair Age: 49 going on 13 ½	Simon has been planning and running trips for youth groups for over 20 years. Simon has extensive mountain experience and is currently completing his Mountain Leader award. He's a very smart fella! Having worked in the U.S. for 16 years, Simon was also a waterfront activities director at a kids summer camp in Maine, USA. Interesting Fact: Simon can tie a knot in a twig using just the stare of his eyes!!
Jerome Ment Likes: Skiing and ferry crossings Dislikes: The sight of blood, it makes him faint Age: 65	Jerome is a new(ish) leader with CAG after following his son Charlie to join us. Jerome is a very enthusiastic trip participant and only gets lost occasionally. Interesting Fact: Jerome is a professional piano tuner and can play the Xylophone off peoples chests.
Ruth Billingham Likes: Lemon drizzle cake Dislikes: Crutches Age: You never ask a lady her age!	Ruth will be joining us for the weekend but won't be taking part in the activities whilst her leg gets better. She makes the best pack lunches so everyone should be extra nice to her.

Home Contact Details:

During the trip the home contact, in case of emergency, will be Lindsay Underwood. Her details are as follows:

Mobile Tel: 0779 323 1808

Email: lindsay@challengeadventure.org

These details should only be used in case of emergency. Lindsay will also update you if a later return than planned is anticipated.

Trip Cost

The trip will cost £30. This includes; return travel, 2 nights' accommodation, Saturday breakfast/lunch/dinner, full day of activities on Saturday, plus Sunday breakfast and lunch.

We will stop for a comfort break on the way to Castleton and a snack on our return journey home so £10 - £15 will be more than sufficient. If you need us to keep this safe for you we will put it in an envelope and hold on to it for you.

ACTION ITEMS:

Trip Application & Fee

We are limited in the numbers we can transport so please, if you want to go don't delay in returning your forms.

If you wish to attend it is better to get your forms in sooner rather than later as we will take the first people applying in case of over subscription. You will need to submit:

- The intention to attend
- The permission / health form.
- Pay £30 online using the reference "Castleton"

Please return your form **by 7th June** to:

Lindsay Underwood
33 Stonerwood Avenue
Hall Green
Birmingham
B28 0AX

Alternatively, hand it to Simon at the CAG meeting after half term on Tuesday 7th June. If you can't return your forms by that time please email lindsay@challengeadventure.org to notify her of your intention to camp.

Intention to Attend

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Parent / Guardian name:

Name of CAG member intending to take part in the trip:

I understand the cost of the trip will be £30.

I understand the trip will run from the dates of Friday 1st July to Sunday 3rd July.

I understand the deadline for application and payment of the full fee will be **Tuesday 7th June 2016**. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

By signing this form I confirm that the above named CAG member will take part in the trip and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

Date:

Permission / Health Form



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To be signed by a parent / guardian. Please complete legibly in black ink.

Please return this form signed and dated by **Tuesday 7th June 2016** to Lindsay Underwood at: 33 Stonerwood Avenue, Hall Green, Birmingham, B28 0AX or to a CAG meeting.

The trip will take place at:

Castleton, Peak District

We are leaving from and returning to Knowle Car Park (behind the library). The trip departs on Friday 1st July at 6.00pm, returning at 5pm on Sunday 3rd July.

The trip will take place on 1st to 3rd July 2016.

The cost of the trip is £30.

No responsibility for the personal equipment / clothing and effects can be accepted by the camp organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

Does he have any special needs? Please continue overleaf if necessary.

to attend the Castleton Trip on 1st to 3rd July 2016.

Has he been in contact with any infectious diseases within the last three weeks:

Yes No

Date of last tetanus immunisation: _____ / _____ / _____

Medicines currently being taken:

Does he have any conditions that may prevent him / her from taking part in the programmed activities?

Yes No

If so, please provide details below. Please continue overleaf if necessary.

Name and address of own doctor:

Does he have any allergies to food, medicines or other? Please provide details.

Date of birth: _____ / _____ / _____

Does he have any special dietary needs? Please provide details.

During the event I can be contacted in an emergency at:

Address: _____

Telephone number: _____

Mobile Number: _____

I understand that the Leader reserves the right to send any participants home if necessary. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

Signed: _____

Date: _____

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

Kit List



Castleton Weekend

The following list is a minimum that you must bring.

You must have **WATERPROOFS**. That doesn't mean 'showerproof', but WATERPROOF. For safety reasons, if we consider the waterproofs or other clothing is not up to the required standard for the weather that we encounter, we will purchase suitable replacements and pass on any costs.

If you need to get equipment, go to Millets in Solihull they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).

You will need a set of clothing you don't mind getting wet and muddy for the outdoor activities on Saturday. You will need dry clothes to change into after gorge walking, including shoes.

Required!!

- Clean clothes to travel in (both ways)
- Lightweight Trousers / shorts x 2
- Underwear x 3
- Socks x 3
- T shirts x 3
- Sweatshirt or fleece (preferable) x 2
- Warm Jacket
- Hat & gloves
- Day Backpack
- Torch & Spare Batteries
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Toiletries
- Towel
- Trainers for activities (old trainers ideal)
- Spare pair of trainers/pumps
- Waterproof Jacket
- Waterproof Trousers
- Sleeping Bag
- Sleeping Mat
- Sun screen and sun hat

Optional

- Cards or games for the campsite
- Camera
- Sunglasses
- Personal First Aid Kit

Do NOT bring:

- A knife of any kind – you won't need it
- Electronics – they don't work in the Peak District. If you do bring them, the sheep may eat them. Better to leave them at home.

Spending money:

£10 - £15 will be more than enough. If you would like your money to be held safe by us we will put it in an envelope for withdrawal whenever required.

Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you.

Call Simon on 07808 481688 if you have any questions.