

Trip Information and Permission Form



Peak District Outdoor Adventure – Nov 4th – 6th

As you know from the program, we are running an outdoor activities weekend in the Peak District during the weekend of November 4th - 6th.

This is a trip for all members and it subsidised by a grant. All you have to do to get on the trip is be one of the first people to say YES. There are LIMITED spaces on this trip, so don't delay if you want to do it – we CAN'T take everyone.

The activities will include:

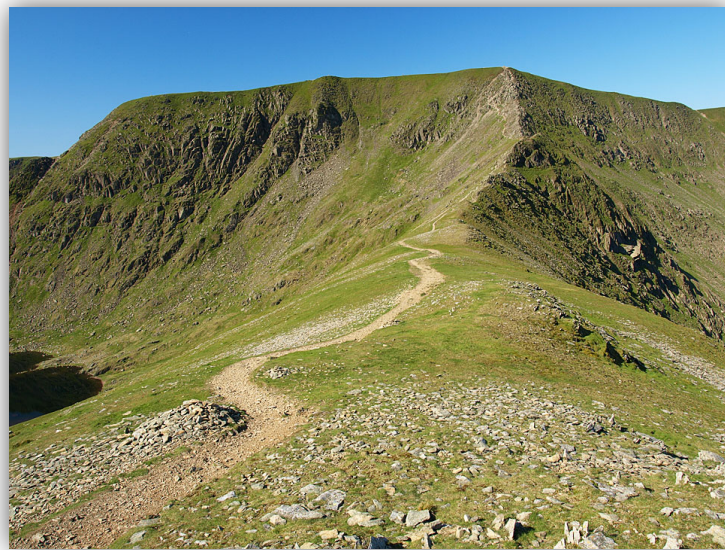
- **Weasling** – see picture above: it's all about going under, around and over rocks to get from one side of a rocky outcrop to the other – it's physical and very mental as it can be quite tight getting through some of the gaps – it's brilliant.
- **Caving** – a trip down the fantastic routes in the area led by a supremely experience and qualified caver. You'll get wet and squeeze through small gaps in the dark – but only if you want to.
- **Peak Cavern Fireworks** – we will visit the "Devil's Arse" cavern on the Saturday evening where the organisers will set up a fireworks show with lights, music, a hog roast and for those that are old enough, a bar.
- **Mountain Hike** – we will finish the trip with a hike around or up a local peak depending on the abilities of the group /

members, weather conditions and time requirements. If we go up Kinder Scout we might even find some remains of some WW2 crashed aircraft that came down on there quite often.

General Itinerary

We will start on the Friday evening by travelling to the Peak District, staying indoors and then getting up early to get on the hills for the first day's activities, caving and weasling.

After the two activities, we will return to the bunkhouse to clean up, get ready and out to the fireworks and then return for the evening. We will stay the night on Saturday and then leave early the next morning to have the second day's activities and then carry on back to Solihull.



We will provide all major equipment and food, all you need to

do is bring yourselves with some clothes and a sleeping bag or duvet.

If you need to borrow a sleeping bag we can help you with this as well.

Adventurous Activities

We will be doing three activities: Caving, Weasling and Mountain Walking. The Caving and Weasling will be run and supervised by professionals in those activities and who are licenced to do so. CAG leaders are trained and authorised to run the mountain walking exercise.

Accommodation

We will be staying at in the Old Barn at Ollerbrook Farm: <http://ollerbrookfarm.co.uk/group-accommodation/the-old-barn/> . The bunkhouse is well equipped with plenty of comfortable beds, a large kitchen and dining area and a lounge area with TV. There are plenty of bathrooms with single shower units.

Location and Local Area

We will be based in the Peak District area around Edale and Castleton. All the activities will take place in this area. We will go down the Caves just at the top of Winnats Pass in Castleton and weasel around Hathersage. The second day will be based around a suitable peak / route given the group abilities, weather and timings.

Weather

The usual weather in November can be glorious - or it could be pretty wet and cold. We know the area and we know that if everyone has the right gear the weather doesn't matter. Everyone will need water proof jacket and trousers to take part, if you have those you'll be fine no matter whatever the weather does.

If you need advice on equipment please let us know and we will do our best to help and advise. Please see section on equipment below.

Transport

We will be using a minibus with trailer to transport everyone and our kit to the Peak District – all you have to do is turn up to Bickers on the Friday afternoon and get in. We'll get you there and back.

Activities & Schedule

The program for the trip is as follows:

Date	Activity / Event
Friday November 4 th	<ul style="list-style-type: none">• Meet at Bickers at 5.30pm• Travel to Peak District — we will stop for a packet of chips in Ashbourne on the way to Edale• Unpack, set up beds• Get to bed for a very early start
Saturday November 5 th	<ul style="list-style-type: none">• Up, breakfast• Make packed lunch & out on hills for the whole day• Morning will be half taking part in the Caving, half taking part in the Weasling• The activity groups will change over for the afternoon• After the activities, back to bunkhouse to shower and dry out• Cook dinner, eat• Out to the fireworks• Back to the Bunkhouse for the evening, homework session for those that need to do it!!• Get to bed at some point
Sunday November 6 th	<ul style="list-style-type: none">• Up, breakfast• Pack up bunkhouse• Make packed lunch, leave bunkhouse• Go up / around / down a fantastic route in the Peaks – hope it's not cloudy!• Arrive at end point• Return home to Bickers for 5.30pm - ish.

Equipment

The weather will be cool, or even cold, but it could rain, snow, sun, hail, wind, whatever. Some sensible equipment will be all that is needed to enjoy the trip in comfort. You won't be cold or wet at all if you have the right equipment.

IMPORTANT NOTE: Please don't send any cotton clothing as it will suck up any moisture that is around, stay wet, keep the wearer cold and be uncomfortable to wear. We have no ability to dry it either. Please make sure to send polyester clothing, some that is meant to be used outdoors if possible.

A kit list is provided on the last page, but the important items are:

- **Rucksack / bag:** you will need at least a 45 litre back pack or bag to carry all your own gear – if you are intending to do D of E or other outdoor activities in the future then aim for a 60 litre rucksack as a guide. You need to be fitted for your rucksack if you are thinking of purchasing one. If you don't have one and aren't intending to buy one then please consider borrowing a rucksack off another member. Alternatively we have 6 rucksacks available to lend to members for a small fee.
- **Sleeping bag.** A reasonable sleeping bag will be in the region of £30 - £50. Millets in Solihull do a Vango Cocoon sleeping bag for £35 or the Planet 100 for £45 – if you mention Challenge Adventure Group (we are listed under "Scout Groups") you will also qualify for a 10% discount. We have a stock of sleeping bags to lend to participants for a small fee. **Alternatively:** you may bring a sheet and duvet or blankets. We are staying indoors on bunk beds with standard 3ft mattresses so if you want to take the extra to be home from home, we've got space. All members need to take a pillow case – there are pillows in the accommodation but no pillow cases.
- **Waterproofs:** the likelihood is it will rain, or at least be damp. You will need water proof trousers and a jacket. If you need to get new ones, don't spend a fortune, you can get reasonable Regatta waterproofs for very little money. If you have posh waterproofs you will need old basic waterproofs for the weasling to keep you warm – they may get damaged so you don't want anything expensive at all.

The kit list is supplied at the end.

If you don't have any of the kit shown above we have rucksacks, sleeping bags and sleeping mats available to loan to you at a very small cost – we have a limited supply of these and will provide them on a first come first served basis.

Leaders

The leaders on this trip are as follows:

Leader	A little about them, in case you didn't already know
Simon Thomas	
Likes: Aston Villa, Curry, Muse concerts, offshore yachting & Water Skiing.	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!
Dislikes: Fishing, Darts, Snooker Birmingham City, Bear Grylls, Westlife, queues, Halifax bank adverts	Having worked in the U.S. for 16 years, Simon was also a waterfront activities director at a kids summer camp in Maine, USA.
Age: about 12	Interesting Fact: Simon climbed <i>El Capitan</i> when he was just 17 years old!
Ruth Billingham	
Likes: Making pack lunches and gin	Ruth is our safeguarding person and looks forward to weekends away with CAG as often as possible having done two ski trips with CAG.
Dislikes: Simon always making her go camping	She also makes awesome sandwiches and is generally fab at looking after people.
Age: 21	Interesting Fact: Both of Ruth's eyes are made of porcelain and she can walk like an Egyptian.
Lindsay Underwood	
Likes: Aston Villa, Maps and sunshine	Lindsay is fast turning in to CAG's very own Bearess Grylls, although not quite as annoying and full of.... She won't be staying in the building on this trip – instead she intends to find a rotten animal carcass, furnish it with leaves, build a small electrical generating plant out of materials by hand and create a home from home in which to live for the weekend.
Dislikes: Birmingham City, Crème Caramels	
Age: 44	Interesting Fact: Lindsey has just got a new job as chief anchor on ITN's News At Ten.
Stu Knight	
Likes: Aston Villa, like gods	Stu enjoys getting out and about at weekends, watching Aston Villa as much as possible, has hiked to the top of Everest and will be lead command of the International Space Centre in 2017.
Dislikes: Fishing, Birmingham City, Westlife & Queues	
Age: 57, looks good doesn't he!	Stu has been on several trips with CAG including Skiing in Italy three times and on several hiking expeditions.
	Interesting Fact: Stu has recently completed a Diploma in stitching and macramé at Solihull College. He is also a qualified airline pilot.

Home Contact Details

During the trip there will be a home contact who will have up to date information on the trip and will be the initial point of contact during any unforeseen events that may arise to allow the trip leaders to focus on the situation.

The details of the home contact will be confirmed closer to the time of departure.

Trip Cost

The trip is £60. This is a subsidised trip through the assistance of the Big Lottery fund and the National Lottery. This is the **LAST** trip we can subsidise through this fund – don't miss out on an excellent opportunity to get out and about at an exceptionally good cost.



LOTTERY FUNDED

Application

To apply to go on the trip please return your form to:

Simon Thomas
75 St Johns Close
Knowle
Solihull
West Midlands
B93 0NN

Please return your form to the address above by Sunday October 23rd!! THIS IS A SHORT DEADLINE!! Sorry, but we need the forms back in this time period so we can plan the trip.

If you can't return your forms by that time please email simon@challengeadventure.org to notify him of your intention to take part.

In the event that the trip is oversubscribed the members that apply their forms and payment first will take precedence.

Intention to Participate:

Peak District Outdoor Adventure – Nov 4th – 6th



Your name:

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

I understand the cost of the trip will be £60

I understand the trip will run from the dates of November 4th - 6th.

I understand the deadline for application and payment of any rental fees will be **Sunday October 23rd 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:

Equipment Rental

			Rental Cost
I would like to borrow a sleeping bag:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	£5
I would like to borrow a rucksack:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	£5
Total (including trip fee of £60)			£

I understand the sleeping bags need to be cleaned & aired before returning them. I undertake to return the equipment in its original condition and will make good any requirements for repair or replacement for whatever reason whilst in my possession.

I understand the equipment is rented out on a first come first serve basis. **Payment for the trip and rental fees will be sent via bank transfer to prior to handing in this form:**

Sort: 40-26-22

Account: 41271806

Health Form / Permission to Participate:



Peak District Outdoor Adventure – Nov 4th – 6th

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

Please return the lower section of this form signed and dated by **Sunday October 23rd 2016** to Simon Thomas at: **75 St Johns Close, Knowle, Solihull, B93 0NN.**

The trip will take place at:

The Old Barn, Ollerbrook Farm, Edale, Derbyshire

The trip will take place on November 4th - 6th.

We are leaving from Bickenhill on November 4th at 5.30pm and will return at 5.30pm on November 6th.

The cost of the trip is **£60** – excluding rental fees.

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 Lake District Outdoor Adventure on November 4th - 6th 2016.

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

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

Yes No

Yes No

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

Date of last tetanus immunisation: _____ / _____ / _____

Name and address of own doctor:

Medicines currently being taken:

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 and that I may be requested to pick up my child from any location on the trip. 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 Summary:



Peak District Outdoor Adventure – Nov 4th – 6th

You **WILL** need the following:

- Plenty of thin layers – **NOT COTTON**
- A hat (preferably fleece) – it could be cold day or night
- Gloves
- Waterproofs – two sets if you have expensive waterproofs and don't want to damage them in the Weasling – one for normal activity, one for the Weasling
- A set of clothes to travel home in

You must have WATERPROOFS. That doesn't mean 'showerproof', but **WATERPROOF**. If you need to get equipment, some suggestions for you:

- 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). Ask them for their Regatta pack away waterproof trousers and jacket - they are reasonable for the task at hand and very low cost.

For the Weasling: You will need a set of warm clothes made up of several thin layers so that you can add or take them off as desired. A pair of trainers or boots is fine. You will also need water proofs as it may not rain but they will be an additional barrier against the rocks and cold wind. The rocks are rough and abrasive though and you will be lying on, under and along side them – please make sure the waterproofs you wear for this activity are not brand new and you don't mind getting them dirty and possibly damaged by the rocks.

For the Caving: You will need the same as the above.

Please ensure all clothing is NOT COTTON – that means sweaters, t-shirts, trousers must be polyester.

For The Mountain Hike: You will need a set of warm clothes – it is much colder higher up a mountain than it is at the bottom. This means lots of thin NON COTTON layers with a **fleece** sweater or two. Some sweaters are advertised as 'fleece' but are in fact 100% cotton, please make sure to check the material to ensure what it is made of. Waterproofs and a hat and gloves are **ESSENTIAL**. The clothing worn for the previous day activity will be fine provided it is dry and meets the requirements stated.

Please note: if we consider any individual is ill equipped for the activities undertaken we will make the individual more comfortable by loaning any spare equipment we have with us but if necessary will purchase new items from local stores for reimbursement by the parent concerned after the end of the trip. The trip will be far more enjoyable if participants are reasonably equipped and comfortable.

The kit list is below:

Kit List:



Peak District Outdoor Adventure – Nov 4th – 6th

Please check your kit to ensure it is NOT cotton. I.e Jeans, sweat shirt, sweat pants, cotton t-shirts etc. This will get wet, stay wet and keep you cold. If you need any advice on what to bring please contact us.

Required!!

- Gloves & Hat
- Underwear x 3
- Socks x 3
- T shirts x 3
- Shorts / trousers x2 – quick dry if possible
- Fleece pullover / jacket x 2 (not sweatshirt!!)
- Warm Jacket
- Rucksack or bag of at least 45 litres minimum to pack everything in.
- Torch & Spare Batteries
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Personal First Aid Kit – plasters, wipes, blister plasters etc
- Dry set of shoes to wear for journeys
- Wicking undershirt
- Waterproof Jacket
- Waterproof Trousers
- Sleeping Bag or duvet if you are posh
- Day back pack for carrying your gear

Please note:

There may be plenty of wet clothing, please provide a suitable plastic bag to put them in after the activities.

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.

And finally....

Call Simon on 07808 481688 if you have any questions.

Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- A full washkit – if will it be used? Let's be frank: don't put it in if it isn't going to be used, it will just be well travelled.

Do NOT bring:

- A knife of any kind – you won't need it and we'll take it off you!
- Mobile Phone!!!!!! There's no signal there.
- Ipod or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

Spending money:

Our accommodation is remote, there will not be many opportunities at all to spend money other than during the trip to and from the Peaks and at the Fireworks – and we aren't planning on stopping other than for essential comfort breaks and watering. If you wish to bring some money £15 will be more than enough.