

Trip Information and Permission Form



River Severn Canoe Expedition – June 9th – 11th

As you know from the program, we are running a weekend canoe expedition on the River Severn on the weekend of June 9th – 11th.

This is a trip for all members and it is only £90. 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.

We will start on the Friday evening by travelling to the River Severn, camping the night and then getting up early to be ready to get on the river for the first day's

paddling.

We will paddle to the campsite where we will stay the night on Saturday and then carry on down the River on the Sunday to the finish point.

We will provide all major equipment and food, all you need to do is bring yourselves with some clothes and a sleeping bag & mat.

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

Supervision on the River

The expedition will be supervised by our own Level 1 Canoe instructors (Simon Thomas and Stuart Knight) and a professional Level 3 canoe instructor with specialist knowledge of the river.

Accommodation

We will be staying at The Sychpwll centre campsite (www.sychpwllcentre.co.uk) on Friday 9th June and the Severn house campsite (www.severnhousecampsite.co.uk) on Saturday 10th June. There is plenty of space for the tents at both sites – if the weather is good we may even just camp out in the open with a tarpaulin as a roof to keep anything from dropping on us.

Location and Local Area

The area of the River Severn from Crewgreen to Shrewsbury is a beautiful area of the country and possibly the best part of the River Severn. It's an easy part of the River to paddle so specialist skills won't be required – anyone can take part in this trip.

Weather

The usual weather in June is normally quite good – but it could still rain and be a little cool although we hope it won't be. 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 advice.

Transport

We will be using a number of leaders cars to transport everyone with kit and boats to the River Severn – all you have to do is turn up to Bickers on the Friday night and get in. We'll get you there and back.

Activities & Schedule

The program for the trip is as follows:

Date	Activity / Event
Friday June 9 th	<ul style="list-style-type: none">• Meet at Bickers at 5.30pm• Travel to The Sychpwll centre campsite – fish & chips on route• Set up camp• Quick snack• Game or two and then bed
Saturday June 10 th	<ul style="list-style-type: none">• Up, breakfast• Pack up campsite• Make packed lunch & out on river for the day• Lunch on the river• Arrive at sat campsite• Cook dinner, eat• Get to bed at some point
Sunday June 12 th	<ul style="list-style-type: none">• Up, breakfast• Pack up campsite• Make packed lunch & out on river for the day• Lunch on the river• Arrive at end point• Return home to Bickers for 6pm - ish.

Equipment

The weather should be warm and dry, 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.

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.
- **Good warm 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.
- **Sleeping mat.** These come in all shapes and sizes but basically you need to keep your body off the floor and on the mat with a good foam support. Typical prices around £10 - £20. If you want to go further, consider a self inflating foam mat, like a Thermarest or a model by Vango. Cost: £20 - £50. We have a stock of sleeping mats to lend to participants for a small fee.
- **Waterproofs:** the weather can still be pretty changeable at this time of year. 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.

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

Lindsay Underwood

Likes: Honey badger wrestling, Maps and sunshine
Dislikes: Birmingham City, Crème Caramels
Age: 21

Lindsay cooks Mexican food like a native and is good at walking, which comes in handy when she needs to move. She keeps bees in her shed and a fox in her back garden.

Interesting Fact: Linds is going to run for USA president in 2020!!

Stu Knight

Likes: Days off
Dislikes: Football, Chavs & Queues
Age: unknown

Stu enjoys getting out and about at weekends, has hiked to the top of Everest and will be lead command of the International Space Centre in 2019.

Stu has been on several trips with CAG including Skiing so many times he is CAG's best skier and on several hiking expeditions to Kenilworth.

Interesting Fact: Stu has recently completed a Diploma in goat herding at Solihull College. He is also a qualified model aircraft pilot.

Dickie Ackroyd

Likes: Toothpaste and drills
Dislikes: Kids and fizzy pop
Age: 16 - looks older

Dickie is an ex member who turned out half decent. He's now a leader. He is a very enthusiastic trip participant and only gets lost occasionally.

Interesting Fact: Dickie is a professional piano tuner and can play the guitar upside down.

Simon Thomas

Likes: Bear Grylls and teachers trousers.
Dislikes: Almost everything!
Age: about 12

Simon has been bald since birth. His mother was so surprised by his looks all her hair fell out as well! He can ski reasonably well and can light a fire just by staring at sticks.

Interesting Fact: Simon can tie a knot in a twig with his toes, but can't tie his own shoe laces

Ruth Billingham

Likes: Everybody
Dislikes: Nobody
Age: 21

Ruth makes great sandwiches, so be nice to her! She's been skiing with CAG three times and lived to tell the tale (just)

Interesting Fact: Ruth is a fitness fanatic and can run faster than she can drive. She is great at knitting and made her own wetsuit from rubber bands.

Home Contact Details

During to be confirmed.

Trip Cost

The trip is a bargain at £90. Payment electronically to the usual CAG account:

- **Sort:** 40-26-22
- **Account:** 41271806
- **Reference:** "Last name – Canoe"

Application

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

Stu Knight

112 Browns Lane

Knowle

Solihull

West Midlands

B93 9BD

Please return your form to the address above by Tuesday May 29th!! 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.

Intention to Participate:

River Severn Canoe Expedition – June 9th – 11th



Your name:

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

I understand the cost of the trip will be £90

I understand the trip will run from the dates of June 9th - 11th.

I understand the deadline for application and payment of any rental fees will be **Tuesday May 29th 2017**. 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 mat:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	£2
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

I understand the sleeping bags need to be cleaned & aired and the mats to be wiped clean 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 rental fees will be sent via bank transfer to prior to handing in this form:**

- **Sort:** 40-26-22
- **Account:** 41271806
- **Reference:** "Last name – equip rent"

Permission to Participate:



River Severn Canoe Expedition – June 9th – 11th

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 **Tuesday May 29th 2017** to Stu Knight at 112 Browns Lane, Knowle, Solihull, B93 9BD **or the next meeting.**

The trip will take place at:

Crewgreen – Shrewsbury, River Svern.

The trip will take place on June 9th - 11th.

We are leaving from Bickenhill on June 9th at 5.30pm and will return at 6pm on June 11th.

The cost of the trip is **£90** – 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 Shropshire Camping Trip on June 10th - 12th 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

Date of last tetanus immunisation: _____ / _____ / _____

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

Medicines currently being taken:

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 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 List:



River Severn Canoe Expedition – June 9th – 11th

You will need the following:

- Plenty of thin layers
- A hat (preferably fleece) – it could be cold at night
- Gloves - possibly
- Waterproofs
- A set of clothes to travel home in

You will need a set of clothes to paddle down the river that will keep you warm if you get wet, but can get wet. You will also require a set of clothes to change into after we get of the river each day – this can be the same set. A suggestion of what to paddle in is: old trainers, swim shorts, polyester t-shirt, fleece pullover, waterproof trousers and jacket.

The following list is a minimum that you must bring.

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).

Required!!

- Underwear x 2
- Socks x 2
- T shirts x 2
- Swimshorts x1
- Shorts / trousers x1
- Fleece pullover / jacket (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
- Dry set of shoes to wear off the river
- Wicking undershirt??
- Waterproof Jacket
- Waterproof Trousers
- Sleeping Bag – **no pillow!**
- Sleeping Mat

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.

For eating:

- A plastic bowl
- A 'spork' (spoon & fork in one)
- Plastic Cup

Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Gloves & Hat
- A full washkit – if will it be used?

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:

There will not be any opportunities at all to spend money other than during the trip to and from Shropshire – and we aren't planning on stopping other than for food on the way to the river. £10 will be more than enough.