



Ullswater Community College

Headteacher: Mr N Ellery, BEd, PGCE

Friday, 11 May 2018

Dear Students and Parents / Carers,

Ullswater Community College Duke of Edinburgh's Award Scheme

Soon your exams will be over and we can think about our Duke of Edinburgh Silver practice and qualifying expeditions!

Practice expedition

Monday, Tuesday and Wednesday 9th to the 11th of July.

Please meet at school at 9am with food for 3 days and all your kit packed in one rucksack. (see attached suggested kit list). We will transport you by minibus to Aira Force car park for some navigation training, before a short walk (5 miles) to a campsite near Glenridding, Gillside Farm, Glenridding, Cumbria CA11 0QQ, 017684 82346. We will do some training on pitching tents, camp-craft skills and cooking. The next day I have planned a route to High Bridge End Farm, Thirlmere, Keswick CA12 4TG, 017687 72166. On the Wednesday we will walk to Threlkeld, followed by a mini bus ride back to school for approximately 3pm. You could then either be picked up or return home on your school bus, assuming you walk at a reasonable speed and don't get lost!

Qualifying Expedition

This is to take place Friday, Saturday, Sunday 13^h to the 15th of July.

This is not ideal as you may still be tired from the practice so do spend Thursday resting! Meet at 9 am at school, again with food for 3 days and all your kit packed in one rucksack. We have booked campsites at Friday 13th July, Hoathwaite National Trust Campsite near Torver, Coniston LA21 8AX, 015394 32733 and Saturday 14th July, Great Langdale, Near Ambleside, LA22 9JU, 01539 437668.

The finish point is Borrowdale YHA, **where students will need to be collected by parents/carers**. This is approximately 6 miles along the Borrowdale road from Keswick. Finish time should be 4pm although there is a big hill to get over so this may be sooner or later depending on speed of walking!

You will need to plan a route and complete a route card. Please get your group together to see me for further details.

Some equipment is provided by the school (tents and cooking equipment) and some equipment can be borrowed if you don't have something suitable; for example waterproofs, boots, a sleeping bag, roll mat, a suitable large rucksack etc. Students need to collect what they need from me. See suggested list below.

If you have not done so already, please make a cheque payable to the school for £90. This includes a **refundable** deposit of £20 on return of the schools' camping equipment from both expeditions, in good order. Some families may be eligible for help with these costs and can be applied for through the school's hardship fund.

Wetheriggs Lane, Penrith, Cumbria CA11 8NG
Telephone: (01768) 210206
e-mail: admin@ullswatercc.co.uk

If you require any further information please do not hesitate to contact me. I generally teach in Cumberland block in C3 and I will be available at break or lunch time if students have any questions. You can also email me at rdaley@ullswatercc.co.uk or telephone the school.

Yours sincerely



Mr Daley
Duke of Edinburgh Co-ordinator.

Kit List for SILVER Duke of Edinburgh Award Expeditions

<p>On the day you should be wearing:</p> <ul style="list-style-type: none"> • Walking boots (not trainers or shoes) • Thick socks (bring 2 spare pairs) • Walking trousers or tracksuit bottoms (Not jeans or heavy cotton) • T- shirt • Jumper or fleece <hr/> <p>Each “Tent Group” will be provided with:</p> <ul style="list-style-type: none"> • Tent • Stove between 2 -4 people & Fuel • First Aid Kit • Map • Compasses • Lighter / Matches 	<p>Each individual will also need:</p> <ul style="list-style-type: none"> • Rucksack (about 50-70 litres) • Large thick plastic rucksack liner or bin bags • Waterproof jacket with hood • Waterproof trousers • Hat and gloves • Sunglasses, sun hat, sun cream • Sleeping Mat (eg Karrimat) • Warm sleeping bag (must be wrapped up in waterproof bag/bin liner) • Torch • Watch • Whistle (often on rucksacks already) • Drinks bottle(s) to carry 1½ litres water • Plastic dish, cup and spoon • Spare clothes (socks, underwear, spare jumper, T-shirt) • Small wash kit eg toothpaste toothbrush & wetwipes • Personal first aid kit (eg blister kit) • Any personal medication (eg inhaler) • Snacks and emergency food
<p>Suggested food: Lunch day 1: Sandwiches, cereal bars etc Evening meal day 1: Hot drinks, Pasta, packet sauces, dehydrated camping meal, custard powder, cake. (NOT POT NOODLE!) Breakfast day 2: Hot drinks, oats-so-simple, cereal, dried milk, dried fruit Lunch day 2: Cereal bars, sandwiches, nuts, dried fruit, oat cakes, sreen, flapjack, Evening meal day 2: Hot drinks, rice, packet sauces, dehydrated camping meal, biscuits. (NOT POT NOODLE!) Lunch day 3: Cereal bars, wraps, nuts, dried fruit, oat cakes, sreen, flapjack, Lots of sweets/trail mix/chocolate bars to eat on the go.</p>	