



September 2017
Dear Sixth Former and Parents/Guardians,

GOLD DUKE OF EDINBURGH AWARD
HILL WALKING WEEKEND TO THE LAKE DISTRICT 7th – 8th OCTOBER 2017

As part of the training for the Gold Duke of Edinburgh Award, we are travelling to the Lake District for the weekend of the 7th and 8th October. We intend to walk on both the Saturday and the Sunday, but the exact nature of activities will be dictated by the weather conditions at the time. The students will walk in groups led by qualified and experienced members of staff and we hope to undertake two strenuous, high-level day walks.

Accommodation on the night of Saturday 7th October will be in Hawkshead Youth Hostel, Ambleside, Cumbria
Tel: 0845 371 9321. We travel to and from the Lake District by minibus, leaving St. Aidan's at 7.00am (please be at school by 6.45am) on Saturday and returning at approximately 7.30pm on the Sunday.

The cost of the weekend covers transport, accommodation, food and the hire of Mountain Leaders. The weekend forms part of the essential training for the Gold Award. It is an invaluable opportunity for students to get to know one another, improve their navigational skills and gauge their personal fitness and stamina.

Information relating to health and emergency contacts will be taken from the medical form filled in when your son/daughter entered Sixth Form. Please ensure that this has been returned to the Sixth Form office with any medical issues outlined. If your son/daughter needs any medication, such as inhalers, please ensure that they bring them on this trip. Failure to do so will mean that your son/daughter will be unable to participate.

Further information will be passed on to students. Students will need their own proper walking boots (not shoes), which are essential for all the Duke of Edinburgh expeditions. Waterproof jackets and trousers are also required. We do have a small number in school which students can borrow if necessary, but we would recommend investing in your own to ensure comfort during future expeditions. Please do not hesitate to contact me at dofe@staidans.co.uk if you have any queries. Whilst away our emergency contact number is 07824 883 661. Reception during the day can be patchy while we're out walking, an alternative contact number is Mr. Holdsworth on 07793 815 824.

Yours faithfully,

Miss M Phillpotts
Gold Duke of Edinburgh Coordinator

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I consent to my son/daughter undertaking the above weekend. Any amendments to the medical /emergency contact details previously provided are listed below and have been given to the 6th Form Office:

Student's name:.....Tutor group.....

Signed Parent/Guardian.....Date:.....

Headteacher: Mr J Wood
St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR
Tel: 01423 885814 • Fax: 01423 884327 • Email: admin@staidans.co.uk • www.staidans.co.uk

DUKE OF EDINBURGH GOLD AWARD
LAKE DISTRICT WEEKEND KIT LIST

Please bring two separate bags – a rucksack for the walks and a hold all / bag for the hostel (**you will not have access to the latter until we get to the hostel on the Saturday evening**)

Rucksack (lined with a plastic bag)

- Waterproofs (top and bottom)
- Hat, gloves, scarf/buff
- Spare jumper (light fleece type material)
- **Small** personal first aid kit (blister plasters, personal medication e.g. inhalers) (*More comprehensive First Aid kits will be provided by staff*)
- Packed lunch for **Saturday only** (This will be provided for you on Sunday)
- Snacks
- Flask of hot drink (optional)
- Water bottle (minimum 1 litre)
- Emergency rations (Mars bar / Kendal mint cake)
- Torch
- Pencil and notebook
- Small amount of money
- Toilet paper
- Compass if you have one
- **Please leave room in your rucksack for some group kit**

What to wear

- Wear all the clothes you intend to walk in on the Saturday or have them in your rucksack
- Light layers (inner, middle, outer) – insulation and protection from the cold. E.g. layered wicking T shirt/ fleece / jumper – the weather can be very changeable, very quickly
- Walking trousers /leggings/ tracksuit bottoms (no jeans allowed)
- Socks (1 - 2 pairs)
- Gaiters (if you have them)
- Trainers / shoes for the minibus journey
- Walking boots need to be in a separate plastic bag

Holdall (no access until Saturday evening)

- Personal items
- Change of clothes to wear in the hostel
- Nightwear
- Wash kit – towel and toiletries
- Snacks for Sunday
- Nothing of value