



The Award Office  
Lanfranc Youth Wing  
Archbishop Lanfranc School  
Mitcham Road  
Croydon  
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07919175606  
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06/01/2012

Dear Parent/ Guardian,

**For the planned day expedition on the South Downs, on the 5<sup>th</sup> February we will meet at the Ditchling Beacon car park, East Sussex. I have attached a map to this letter; please arrange to share cars where possible.**

We will meet at 10:00am and will arrive park at the car park for about at about 16:30

Only day kit needs to be taken for this training walk, please see attached list. Remember that it will be the beginning of February and the weather may be a little inclement!

If you need to hire kit, most things are available from the Resource Centre (with the exception of boots). Please book out any equipment the week prior to the day. The Resource Centre is open on Tuesday, Wednesday and Thursday evening from 19:00 - 21:00hrs

Please note that all participants MUST bring a packed lunch for the day and plenty of fluid.

Could you please sign the tear off slip below and return it to me within the next two weeks.

If you have any questions please contact me on the details above

Regards

Chris McClellan

- Please make sure that you have suitable clothing and foot wear; jeans are not acceptable and nor are trainers (for use out on the hill)

I consent for..... to take part in this activity and that the medical / Emergency contact details submitted in October are still current.

Young Person's Name \_\_\_\_\_ (Please Print)

Signed \_\_\_\_\_ Parent/Guardian      Date \_\_\_\_\_

Please use the space below if any details have changed

Medical: \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Address \_\_\_\_\_

Emergency Contact Tel: \_\_\_\_\_





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## Directions to Ditchling Beacon

Take the A23 out of Purley toward the M23, go onto the Motorway just after Crawley the M23 turns back into the A23, stay on this towards Brighton.

Come off the A23 at Pyecombe onto the A273 (Hassocks) after about 2 km turn a small road towards Clayton, at the end of this road turn right (towards Brighton) it is signposted Ditchling Beacon. The car park is at the top of the hill on the right.



Please give me a ring if you have any difficulty 07919175606

### **DofE Open Award Day Expedition Kit List**

Please read (!) the list below, remember it and bring these things you need – don't wait until the morning of the walk and then realise you don't have anything!!!!

#### **BOOTS**

##### **Day Pack**

Spare sweatshirt/jumper  
Water bottle / Flask (you should start the day with 1.5 litres)  
Hat/scarf/gloves  
Waterproof jacket and trousers  
Individual first aid kit (inhaler/sanitary products etc)  
Compass  
Map  
Survival bag  
Mobile phone (please put it on silent)  
Any medication you may need – please inform staff before setting off.

##### **Clothing**

Waterproof Jacket  
Waterproof Trousers  
Gaiters  
Non Cotton T-Shirt  
Jumper  
Fleece  
Trousers (NOT JEANS)

##### **Food**

You will need to bring the following food:

Packed lunch x 1  
Drinks  
Emergency Rations (min.2000 calories including carbohydrate and sugar)

**Ask questions before...not Sunday morning!!!!**