

6 March 2018

Dear Parent

### Duke of Edinburgh Training Weekend 23 – 24 March

With the warmer weather hopefully not too far away, it's time for the first event of the Expedition Section of your sons DofE programme. The aim of this weekend is to give some basic training on navigation, camp craft and hiking. It also gives a chance for the students to try out the equipment they have and work out what they might need when they do a proper expedition at our next event in May.

Students need to **meet at the schools main reception at 9am on Friday 23 March** with all the expedition kit and appropriate clothing (there are some suggestions below). Students will then be transported in the schools minibus to Hopehill Campsite for a programme of training activities on Friday, followed by an overnight camp. On Saturday, students will be walking a four hour route they have planned under observation from the DofE staff, they should be back at Hopehill Campsite and will need to be collected from there about 1pm on Saturday 24 March.

Your son will need to bring with him enough nutritious food for the two days. This includes:

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>
<i>Friday</i>		✓	✓	✓
<i>Saturday</i>	✓			✓

Students will be learning to use a Trangia (camp stove) to cook on the Friday night, and we will have suggested good foods to take in the meeting prior to the event. However some suggestions include:

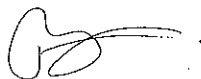
- **Breakfast:** Porridge, Cereal Bars, baked beans, breakfast in a tin
- **Lunch:** Pitta bread with packet filling, rice cakes, chorizo, sandwiches that do not require too much chilling, packet soups
- **Dinner:** Couscous, pasta, rice, sauces, chorizo, pasta with sauce (no raw meat or chilled goods), other tinned foods
- **Snacks:** fruit, nuts, chocolate bars, rice cakes, cookies, sweets, cereal bars.

Any food that takes up excess packaging is not recommended i.e. crisps, energy drinks.

As mentioned, your son will need to bring his full expedition kit for this event. The following are essential: walking boots, waterproofs, water bottle, 40+ litre rucksack, mug, plate and cutlery, a roll mat to sleep on (this helps you stay warm), sleeping bag and a tent. The school has a supply of tents, rucksacks and sleeping bags so if you don't already own one you can ask to borrow one of these.

Please complete the attached consent form and return as soon as possible to Student Services or school reception. If you have any questions regarding the trip please do not hesitate to contact us at [dofe@ntc.kent.sch.uk](mailto:dofe@ntc.kent.sch.uk)

Yours sincerely,



**Jon Morgan**  
*Duke of Edinburgh Team*



**Garry Gardiner**



**Craig Parker**

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**Reply Slip – Duke of Edinburgh Training Weekend 23 – 24 March**

**Students Name:** \_\_\_\_\_

I have read and received the above letter and can confirm I will be able to collect my son from Hopehill on Saturday afternoon from 1pm.

**Parent Signature:** \_\_\_\_\_

Should the necessity arise I give my permission for my son to receive any emergency first aid and/or for an anaesthetic to be administered.

**Signed:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Number:** \_\_\_\_\_

Any relevant medical issues that could be an issue on this trip:

\_\_\_\_\_  
\_\_\_\_\_