



Issue 7

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**Expedition Health Form**

Amongst all the bits of paper that I have been pushing around over the last 12 months or so there is one that I missed, although I have collected much of the information by other means. On the website, [www.berkshirescouts.org.uk/alps2008](http://www.berkshirescouts.org.uk/alps2008) you will find 2 health forms, one for adults and one for under 18's, can you please complete as appropriate and return to 52 Loosen Drive, Maidenhead, SL6 3UT. My apologies for dropping this on you late in the day.

Note: Some of you have already provided very detailed health data, if so, when completing this form just put in a note "as detailed separately" or similar.

**Notes from the Participant Meeting**

For those of you who could not make the meeting, or who might need a reminder of some of the more important points:

**Finance:**

As parents will be aware every time they put fuel in their cars, the price of petroleum products has increased by some 35-40%, this will affect the cost of running the expedition vehicles and we have had a fuel adder imposed on our air tickets. Additionally, we have seen a 20%+ decline in value of Sterling against the Euro. When we prepared the budget some 12 months ago we did allow for contingencies but none of us foresaw the possibility of such a dual attack on our calculations. We have tried to hold costs but we have reluctantly had to impose an additional charge of £15.00 to cover the cost of coach travel between

Gatwick and our Maidenhead departure point (Boyne Hill-Altwood Scout HQ, where we held the briefing meeting).

**Expedition Polo Shirt:**

There will be an expedition polo shirt available for participants to order. Cost is £10.00, if you would like one and haven't already placed order, please e-mail your size requirement to [jeremy.burden@btinternet.com](mailto:jeremy.burden@btinternet.com) as soon as possible.

**Travel Wear:**

In order that we can easily spot our participants at the airports etc. we are asking that everyone wear a scout neckerchief whilst travelling, this can be their group, unit or a UK necker. If you don't already have a neckerchief, or just fancy having a UK style neckerchief as a memento of the trip, then they can be order via Jeremy as above.

**Participants Presentation:**

Nick Greens presentation, for the Explorer Scouts, can be found on our website, at

[www.berkshirescouts.org.uk/alps2008/ALPS2008\\_participantbriefing.pdf](http://www.berkshirescouts.org.uk/alps2008/ALPS2008_participantbriefing.pdf)

May I suggest that parents have a look through this too!

**Documentation:**

Can you please ensure that you have provided us with two copies each of your passport detail page and your health card, plus completed the health form; we will be holding one set of copies in France and a second set in the UK along with contact details for next of kin etc. We hope we will not need them but we do have to be prepared for emergencies or mislaid documents.

**Contact Details:**

If you haven't already provided us with emergency contact details or if, for whatever reason, your situation changes, please can you email the information to [alps2008@berkshirescouts.org.uk](mailto:alps2008@berkshirescouts.org.uk)

**Discipline:**

We plan to run a reasonably relaxed operation based on common sense and cooperation. However, certain rules will be applied rigorously where they apply to safety during activities, to legally controlled items such as drugs, alcohol and tobacco or inappropriate behaviour. All participants will be fully briefed on what is expected of them, failure to comply may result in an early ticket home.

**Our objective is to ensure everyone has a great time, making new friends, learning new skills, gaining new experiences and having fun.**

### **Payments:**

Payments for the coach, and/or polo shirts and scarves should be made as previously, cheques payable to Berkshire Scout Expeditions and posted to 52 Loosen Drive, Maidenhead, SL6 3UT.

### **Explore Les Hautes-Alpes**

There's so much to explore in Les Hautes Alpes that you may not want to venture outside the region, but Italy is so close (just over the odd mountain or three) it would seem a pity not to explore in that direction too and the obvious place to head for is Turin.

What do you think of when one mentions Turin? For many of you it may be "not a lot" so you may be surprised just how notable it really is. For instance, it is the home of Fiat and also the Juventus football club (Factoid: both owned by the Agnelli family). It also has many more surprises: the Holy Shroud, Ferrero Rocher chocolates, Tic Tacs, Nutella and Lavazza coffee. You may also have heard of Martini & Rossi - two men from Turin who teamed up to create a wine & liqueur distillery of their own in 1879. For the visitor it is a gracious city of wide boulevards, elegant arcades and grand public buildings which stands in regal calm beside a pretty stretch of the River Po. Touting itself as Europe's capital of Baroque it is well worth a visit. It has a flourishing café life and every morning until noon there is a food and clothes market in the Piazza della Repubblica. You can either amble around on foot or use the hop-on/hop-off bus service which serves 14 different points around the centre (tickets bought on board).

Since Italy is synonymous with ice-cream it might be hard for you to leave the city without trying one - how about pistachio, yoghurt, peach, nougat, chestnut or even zabaglione with amaretto?

You may have flown in to Turin airport but until you visit the city you will have no idea of what it is all about.

One last snippet about the city: the original film of *The Italian Job* was filmed there and if you have never seen this classic I would recommend you try to watch it before going so you can spot the famous Mini-Cooper chase-scene sites. Great fun.

### **Help! I don't speak French!**

[Pronunciation of the phrase is in brackets]

What is the admission charge? – **Combien coute le billet?** [kohm-byern koot ler bee-yay]

What time does the.... open? – **A quelle heure ouvre....?** [ah kail err oovr...]

Can I take photos? – **Puis-je prendre des photos?** [pweej prandr day foh-toh]

Can we go in? – **Peut-on entrer?** [per-ton an-tray]

What is there to see? – **Qu’y a-t-il a voir par ici?** [kyah-teel ah vwahr pahr ee-see]

And...

A French idiom:

Never – **Dans la semaine des quatre jeudis et des trois dimanches**

[Dahn lah ser-main day kahtr jer-dee ai day trwah dee-mansh] = literally meaning ‘In a week of four Thursdays and three Sundays’.

### **Help! I don’t speak Italian either!:**

Good morning – **Buongiorno**

Good afternoon – **Buonasera**

OK/good – **Va bene**

Excuse me/Sorry – **Scusa**

Open – **Aperto**

Closed – **Chiuso**

Do you speak English? – **Parla l’inglese?**

I don’t speak Italian – **Non parlo italiano**

### **Personal Kit – a suggested list** (This is a repeat from the March Newsletter)

Some key points to consider:

- this is a lightweight camp/expedition
- the weather should be warm to hot (with localised ‘showers’ in the hills)
- take less clothing and more washing powder/liquid!

Personal kit

- sleeping bag
- karrimat (or similar)
- night wear
- personal washing kit (soap; toothpaste; toothbrush; flannel; etc)
- personal towel
- eating utensils (k.f.s; mug; mess cans; or separate plates)
- tea towel
- trainers or similar
- strong footwear for hiking (boots with ankle support)
- socks (for hiking and general use)
- changes of underwear
- trousers for camp and hiking (jeans not suitable for mountains and water)
- activity shorts

- light (washable) t-shirts/polo shirts
- long sleeve shirt/s
- swimwear
- fleece (or similar)
- waterproofs (cagoule)
- hat (sun protection)

#### Supplementary kit

- camera (optional)
- insect repellent (guidance to follow)
- sun cream/lotion (and 'after sun'!)
- lip protection
- sunglasses (with 'cord' to secure during activities)
- small 'thermos' for hot/cold drinks (optional)
- water bottle (also used in travel daysac – 1 litre minimum for mountains)
- torch
- travel wash (for clothes)
- small personal first aid kit, more substantial kit for Award teams – shared.
- small repair kit (needle; thread; string; rubber bands; safety pins; etc)
- plastic bag/s for dirty clothes

#### Activity items – additional to list above

##### Mountains

- waterproof overtrousers
- gaiters (optional)
- gloves (could be cold on top)
- hat (suitable for warmth if cold on top)
- survival bag (optional – bring if you have one)
- whistle (optional – bring if you have one)
- compass (optional – bring if you have one)

##### Water

- track suit type trousers and shorts
- thermal t-shirts (optional – bring if you have them)
- lightweight nylon jacket (hope to arrange sharing of this item)
- old trainers (will get wet)
- wet suit (bring if you have one)

#### **Notes:**

If you are paddling for 2–3 continuous days there is a good chance you will get wet! You will need a dry change of clothes for each day. It may not always be possible to dry out wet clothes each day.

Please consult with one of the Activity Leaders (see March Newsletter) if you are in doubt about the equipment you will need. Also, think about previous trips you have been on, what you took and all that stuff that you never used!

**A note for the men in the group:** You will need to take 'speedo' style swimming trunks. In most municipal swimming pools in France men are not allowed to wear 'Bermuda'/surf style swimming shorts.

### **Some random bits of important information/reminders:**

Here is a link to the campsite we are staying at:  
<http://www.saintcrepin.com/camping/>

Flight to Turin (Sunday 17<sup>th</sup> August): British Airways flight BA 2578  
Flight to Gatwick (Saturday 30<sup>th</sup> August): British Airways flight BA 2579

Don't forget suntan lotion and waterproofs – you never know what the weather is going to be like! The Alps can have the most amazing thunder and lightning storms.

Don't forget to get your euros!

Take a book or magazine to read during the hours you will be hanging around in airports!

### **Baggage Allowances** (also see [www.ba.com](http://www.ba.com) )

**Hold**            1 bag  
                      max 23 kg  
                      Avoid loose straps  
                      Prohibited goods – fuel, gas & aerosol canisters etc.

**Hand**            1bag max 56x45x25cm  
                      1small bag (laptop sized or less)  
                      All liquids in containers under 100 ml in a clear plastic bag,  
                      No scissors or other sharps, lighters etc

**Tents**            Your hike tent will go in the equipment van.

### **No other personal equipment to go in van**

Details of when and where to drop off your tent will be communicated shortly.

**Pack your PASSPORT and your HEALTH CARD in your HAND LUGGAGE**

**Our departure point will be Boyne Hill-Altwood Scout HQ, where we held the briefing meeting, timing to be confirmed nearer the departure date.**

**I know that some topic or other will have been missed so any questions please e-mail [alps2008@berkshirescouts.org.uk](mailto:alps2008@berkshirescouts.org.uk) and you will either get an individual reply or, if there a lot of you all asking the same questions we'll put it on the website and let everyone know.**

**For any comments, questions or feedback please contact:  
editor.alps2008@berkshirescouts.org.uk**