



Issue 6 June 2010

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Documentation:

We need the following documentation from everyone;

Passport: copy of the 'details' page of your passport
European Health Insurance Card: copy of the details side

Can you either scan and e-mail to bill.carter@ukgateway.net or
Mail 2 copies of each to 52 Loosen Drive, Maidenhead, SL6 3UT

Expedition Training Programme:



Canoe and kayak training is continuing, dates as below: times are 6:30 - 8:30pm.

21st June, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre

26th-27th June, Expedition training, details TBA

5th July, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre

10th-11th July, Expedition training, details TBA

19th July, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre

D of E Expedition Information

The table below shows that which will be provided for you and what you will require both individually and shared between your group.

We will provide	You will need	Your Group will need
Canoes/Kayaks	Paddling clothes (not jeans)	Tents
Paddles	Spare clothes	Stove & fuel
Bouyancy Aids	Trainers/sandals/boots	Pots/pans
Bailer (per boat)	Hat/cap gloves	First Aid kit
Barrels/Dry Bags	Waterproof jacket & trousers	Maps, compass
Painters/lines	Sun screen	Route cards
Portage Trolley		
	Sleeping bag & mat	
	Toothbrush/wash kit	
	Torch, spare batteries, spare bulb	
	Cutlery, Crockery, Mug	
	Plastic (bin) bags for kit, wet clothing, rubbish, etc	

Suggestions for Personal Kit

Below is a suggested list for all participants, those of you on D of E expeditions should bear those requirements in mind when choosing items to take.

Some key points to consider:

This is a lightweight camp/expedition.

The weather should be warm to hot but be prepared for occasional cold spells and rain.

Take less clothing and more washing powder/liquid!

Personal kit

Sleeping bag & karrimat (or similar), night attire

Washing kit (towel, soap, toothpaste, toothbrush, etc)

Eating utensils (k.f.s; mug; mess cans; or separate plates), Tea towel

Trainers or similar, (take an old pair for water activities)

Suitable footwear for the hills (boots with ankle support)

Socks (for hiking and general use)

Changes of underwear

Trousers for camp and for hiking (jeans not suitable for activity wear)

Activity shorts, t-shirts/polo shirts plus long sleeve shirt/s (to avoid/cover sun burn)

Fleece (or similar), waterproofs

Wide brimmed hat (sun protection)

Swimwear

Supplementary kit

Camera (optional)
Insect repellent, sun cream/lotion, personal first aid kit
Sunglasses (with 'cord' to secure during activities)
Water bottle (1 litre minimum for a day in the mountains)
Torch, spare batteries
Travel wash (for clothes)
Small repair kit (needle, thread, safety pins; etc)
Plastic bag/s for dirty clothes

Tentage

If you are going to do a D of E expedition whilst in France then you should plan to share a tent with one (or more) of your team members and remember that your tent should be suitable for use on the expedition as well as at base.

Notes:

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

Think about previous trips you have been on, what you took and all that stuff that you never used!

Weight Limits:

In order that we can get enough equipment onto the trucks, canoes, kayaks, bikes, climbing gear, camping and cooking equipment, etc., we ask that everyone restrict themselves to a **maximum 20 kg** for their personal kit.

Important Dates for your diary:

Sunday, 11th July – Final Briefing Meeting

For participants and parents. We will be explaining the departure and return details, confirming your contact details during the event and outlining essential communications procedures.

Location: Wokingham Waterside Centre (change of location), RG6 1PQ;

www.wokinghamwatersidecentre.com

Time: To be confirmed, the meeting will be held in the afternoon, following the expedition training weekend, see below.

Friday, 13th August – Kit

(New Date)

We will be loading the trucks on Saturday morning, to facilitate this we ask that everyone bring their personal kit to Boyne Hill Altwood Scout HQ between 7:30 and 9:00pm on Friday evening.

Saturday, 14th August – Departure

The main party will leave in the evening of the 14th; participants will assemble at Boyne Hill Altwood Scout HQ during that afternoon, final timings TBA.

Sunday, 29th August – Return

We expect to be back in Berkshire late morning of the 29th, again final timings TBA.

Expedition Apparel:

Expedition Polo Shirt: There will be an expedition polo shirt, complete with logo, see above. The cost will be £14.00, if you would like one please e-mail your size requirement to Nick Green at scouts@nickgreen.org.uk

Travel Wear: In order that we can easily spot our participants we are asking that everyone wear a scout neckerchief whenever we are travelling and also out and about in France; this can be their group, unit or a UK necker (see picture). If you don't already have a neckerchief, or just fancy having a UK style neckerchief as a reminder of your foreign travels, then you can be order via Nick as above @ £3.00.



Wanted:

Does anyone have access to some Hi-Vis vests? We need to have Hi-Vis wear available to passengers on the vehicles in case of an emergency; if you can help us please e-mail bill.carter@ukgateway.net

Useful Links

The Berkshire Scouts website www.berkshirescouts.org.uk

The Berkshire Scouts D of E page

www.berkshirescouts.org.uk/index_nav.php?cat=activities&sub=dukeofedinburgh

The Duke of Edinburgh's Award Scheme website www.dofe.org

The official DofE kit lists can be found at www.dofe.org/go/expeditionkit/

Check out our campsite at www.campinglesrivages.com

For passport information go to the main Government portal www.direct.gov.uk

For European Health Insurance Card information go to the NHS website at

www.ehic.org.uk

For details of our Scout travel insurance go to Unity Insurance at

www.unityins.co.uk

Save money on your kit!



If you are registered for the Duke of Edinburgh's Award Scheme then you can save serious money on your kit purchases at Cotswold Outdoor. D of E participants receive a partnership card with their Record Book Pack. The card is valid until 19 May 2013 and entitles you to 15% off all full price purchases.



Payment Details

A reminder of the payments schedule:
£50.00 with confirmation
£100.00 per month; January thro' June

By mail to:
Massif 2010, 52 Loosen Drive, Maidenhead, SL6 3UT
Cheques payable to: Berkshire Scouts Expeditions

By electronic transfer to:
Barclays, Sort Code: 20-59-14
Account Name: Berkshire Scouts Expeditions, Acct No: 40801607
Please use the participants' name as a reference and advise by e-mail to
bill.carter@ukgateway.net

**For any comments, questions or feedback on this newsletter please
e-mail bill.carter@ukgateway.net**