



LEADER INFORMATION



What do I need to do?

As the group leader you first need to discuss with your group possible dates for their expedition training and what form the expedition will take. Walking, Mountain Biking, Canoeing, Sailing, Horse Riding or other options



WALKING



MOUNTAIN BIKING



CANOEING, SAILING



This will require all group members to agree a timetable which they can all attend. Check with group members parents that the dates are suitable for them.
You will need to arrange transport to get your group to the venues and back. This could be mini bus or asking parents to drop the group members off at the venues.
Then give us a call with your preferred dates. We will check availability of staff and equipment and an expedition application form will then be sent out to you. Please complete and return as a matter of urgency.
The programme is subject to approval by your Operating Authority. It is your responsibility to contact them and confirm that it fulfils their requirements.
On both the practice and qualifying expedition camp you will be required to supply staff cover. On the overnight camps, most campsites do not allow unaccompanied groups of young people. Arrange for each candidate to have completed your parent consent form and medical information form. This you need to have with you at all times.



WHERE IS THAT GROUP!



Contact

STUART IGOE OUTDOOR ACTIVITIES SERVICE AND ALTERNATIVE ADVENTURE

New Meadows Gap Cottage, Cranberry Lane,
Cranberry Fold, Darwen, Lancashire, BB3 2HZ

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CANDIDATE INFORMATION



What do you the candidate need to do?

You need to start thinking about your personal fitness level.
 Do I need to arrange some fitness training before the expedition?
 What food do I and the rest of the group like to eat?
 Is it suitable for carrying in a rucksack? (Not tins, jars, fresh meat, eggs, etc.).
 Please remember you will need lots of energy you need to eat more than you would on a normal school days. Lots of nibbles such as dried fruit and nuts are good.
 Clothing what clothing do you have which is suitable. Start collecting together hat, gloves, and scarf. You will need clothing to keep you warm and dry. Getting cold and wet makes your expedition feel miserable.
 Footwear - are you buying new boots?
 Have they been broken in if new?
 Have you worn your boots for any length of time?
 Take clean socks for each day of your walk. BLISTER are the biggest problem on walking expeditions buy a blister pack.
 Have you already undertaken an expedition, for example your Bronze?
 Then think about what you take with you and did not use.



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