



## **Overseas Training Weekend Two (Trek based): Joining Instructions** **18-20<sup>th</sup> March 2016**

Welcome to your second training weekend.

**Day:** 18-20<sup>th</sup> March 2016

**Location:** Gwern Gof Uchaf, Chapel Curig, Betws-y-Coed, Snowdonia, North Wales, LL24 0EU  
Tel: 01690 720294

**Arrival Time and Dates:** Arrival time for this second weekend is between 3 and 4pm on the Friday.

**BPE Co-ordinator:** Steve Bull (07813 812030)

**BPE Leaders:** Adele Pennington  
Simon Verspeak

**School Teachers:** Sarah Sangster  
Robert Gibson

**Accommodation Details:** Tent based, access to toilets.



### **Emergency Contacts**

Before the training weekend: Please contact the BPE office – **01623 884322**

During the expedition: Please contact the BPE Expedition Co-ordinator on the number above.

### **Parent Information**

All information for the weekend will come from your teacher; who will have received information from BPE. The weekend is aimed at introducing the participant to the practicalities of their trekking phase:

They will cover the following:

- Use the tents and stoves they will use on the expedition
- Carry out a trek with full expedition kit
- Take part in navigation training
- Look at team work on an expedition
- Look at emergency procedures whilst on expedition





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### Accommodation details:

Due to the nature of this expedition we have placed this training weekend in the Snowdonia National Park as this area provides a more challenging landscape in which your group can train for your expedition.

You will be staying at Gwern Gof Uchaf Campsite. Gwern Gof Uchaf is a small, friendly site set on a 750 acre traditional working hill farm. It is beautifully situated, right at the foot of the famous Tryfan peak. The site is run by the family who farm around Tryfan itself. It has access to a new shower block and wash room.

### Camping

BPE will provide you with tents, stoves and safety fuel bottles. These tents will be the ones you are to use on the main expedition. You will be trained in how to use all these items by your leader over the weekend.

### Food

On the first weekend BPE provided the food. This time you do it!

You have a budget of £9.00 per person, (per day), for the weekend. Please buy the food as a group prior to your arrival at the campsite. (BPE will refund this money back to the school via a cheque). This is to include the students, both the two leaders and the two teachers attending the training.

Please refer to the following document on guidance as to what to get for the weekend:

- BPE Expedition Food Information Sheet

### Weekend Timetable

The weekend will look something like this. Note: Timings maybe different.

#### **Friday**

1. 3.30pm Arrive @ Upperbooth campsite
2. 4.00pm Weekend briefing- to cover the following:
  - Groups
  - Health and Safety
  - Aims
3. 4.30pm Kit check with Expedition Leader
4. 5.30pm Camp & tent training
5. 7.30pm Meal
6. 8.30pm Evening Review/Hopes & Fears

#### **Saturday**

1. 7.00am Breakfast
2. 8.00am Morning briefing
3. 9.00am Begin a day walk
4. 5.00pm Complete day walk
5. 6.30pm Meal





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6. 8.00pm Review of the day

**Sunday**

1. 7.30am Breakfast
2. 8.30am Morning briefing
3. 9.00am Itinerary discussion
4. 9.30am Altitude training
5. 10.30am Project discussion
6. 11.00am Final briefing & questions
7. 11.30am Pack up kit
8. 12.00pm Prepare lunch
9. 12.30pm Depart

**Kit List**

**Note: Specific clothing that has been given a brand is available (mostly) from field and trek; you may get the one we have listed or a similar item from a different brand. As long as it matches the brand and item we have listed in terms of warmth, durability and fit for purpose.**

**Listed below is the Clothing and Equipment list for the final training day.**

**You should bring with you the kit that you will be taking on your expedition for final checks. Please bring with you as much as possible. (Documents are not required for the training weekend)**

**Tick off kit list**

**Use this list to tick off you have the right kit for the weekend**

<b>Base Layer</b>	<b>✓</b>	<b>Comments</b>
T-Shirt x1		Normal cotton ones to travel in
Long Sleeved Shirt x2		Cotton – To cover up when required
Liner socks x2		Thin socks
Main socks x3		Thick walking socks
Underwear x3		Comfortable and plain
Base Layer bottoms x1		Synthetic fabric & thermal
Base Layer top -Long Sleeve x2		Wicking & Thermal

<b>Mid layer</b>	<b>✓</b>	<b>Comments</b>
Fleece Top x1		Polartec fleece – Eg RAB, Craghoppers, Berghaus etc
Gloves - Outer layer x2		Leather palm and waterproof
Gloves – other x2		Fleece with leather palm





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Trousers – Walking x2		Synthetic walking trousers
Trousers – Travel x1		Comfortable but not jeans

<b>Outer Layer</b>	✓	<b>Comments</b>
Hat x2		Fleece or wool
Sun Hat x1		Wide brimmed
Buff or thin neck tube x1		Synthetic and colourful!
Shell jacket x1		Waterproof and windproof with a good hood that fits over a helmet.
Shell bottom x1		Waterproof and windproof with a long zip
Insulated warm Jacket x1		Down Jacket with a hood.

<b>Equipment</b>	✓	<b>Comments</b>
Walking boots x1		Sturdy 3 season boots – B1 or B2 category
Gaiters x1		Front zip or front Velcro opening
Crocs or approach shoes x1		Light and for travelling/river crossings
Rucksack with waist strap x1		40 litres – for travelling/day hikes/climb
Kitbag – holdall x1		80 litres – transporting kit on the bus
Rucksack liner(s) x1		Lightweight Drybags - ie Cotswolds Exped folding drybag XL & XXL or Outdoor Designs.
Trekking poles x2		
Sleeping bag x1		4 season – warm as you can afford
Compression bag x1		For the sleeping bag: NB some already have them
Sleeping mat x1		Thermarest or equivalent + repair kit
Wide neck water bottles x2		Nalgene or equivalent
Hydration pack x1		2 litre one with a hose
Sunglasses x2		1 good pair category 4 and 1 cheap pair
Whistle x1		Perry whistle/plastic whistle
Bowl, Spoon, Fork, Mug 1 of each		plastic
Head Torch x1		Petzl Tikka or Black Diamond + spare batteries (3xAAA)
Goggles x1		Clear double lens

<b>Personal Kit</b>	✓	<b>Comments</b>
Wash kit x1		Toothbrush, toothpaste, flannel, eco-travel soap, 1 x bottle of antiseptic hand gel, baby wipes.
Sanitary Products		Sufficient for needs
Toilet paper x1		
Lip salve x1		SPF 15 for sun protection
Towel x1		Synthetic packable towel





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Foot powder x1		Smallest you can find
First aid kit x1		Basic antiseptic wipes, general plasters, Blister kits like 'Compede',
Personal medication		

<b>Accessories</b>	✓	<b>Comments</b>
Diary or journal x1		Something small and personal
Money belt for waist x1		2 compartments, for documents and cash
Waterproof watch x1		A cheap one with alarm
Paperback fiction book x1		Something you can swap in the groups
Plastic ziplock bags x10		(Freezer type) For documents - various sizes
Camera x1		Small digital with spare batteries
Gaffa/Duct Tape		Fixes everything (1 or 2 rolls per team?)
Sewing kit x1		Small, for repairs
Strong string x1		Portable washing line etc
Penknife x1		Small Swiss army type can be useful.

<b>Equipment that will be provided by BPE</b>	✓	<b>Comments</b>
Tent	✓	Lightweight 2-person/ 3-person tent
Trangia Cooking Stove	✓	Burner, Pans, Windshield & Handle
Fuel Safety Bottle (0.5 or 1.0 litre)	✓	Fuel supplied
Maps	✓	OS Maps 1:25000 Scale (Laminated)
Map Cases	✓	Plastic map case to protect map
Cleaning equipment	✓	Scourer, Washing up liquid,

