



**Headquarters Land Forces  
Erskine Barracks  
Wilton  
Salisbury  
Wiltshire SP2 0AG**

Telephone: 01722 433331  
Military Network: 94331 3331  
Facsimile: 01722 433007  
Military Facsimile: 94331 3007  
E-mail: [andrew.edwards822@mod.uk](mailto:andrew.edwards822@mod.uk)  
Military E-mail: LF-PSC-Cdts (Activities)-SO2  
(Edwards, Andrew Lt Col)

---

Reference: LF/PSC/1/7/20/6

See Distribution

Date: 17 May 10

---

**CADET150 – LESOTHO EXPEDITION – PRE-DEPLOYMENT PACKAGE 25 – 26  
JUL 10 - JOINING INSTRUCTIONS**

1. **Introduction.** The pre-deployment package for the Cadet150 Lesotho Expedition will take place at the London Transit Centre at Uxbridge from Sun 25 to Mon 26 Jul 10. Escort Officers (EO) and all selected UK cadets are to report to Transit Centre by 1800 hrs on Sun 25 Jul 10 for the pre-deployment package and pre-flight briefings. Parents/guardians who elect to bring their cadets to Uxbridge may see them into their accommodation but may not attend the briefings or evening meal. The Senior Cadet Officer, Lt Col Ayres will be available to speak to parents individually during the afternoon.

2. **Pre-deployment package address.** The London Transit Centre, Hillingdon Road, Uxbridge, UB10 0RZ.

3. **Pre-deployment package.** The purpose of the pre-deployment package at Uxbridge is:

- a. To establish the Cadet150 Lesotho Expedition group and especially for the UK EOs and cadets to get to know one another.
- b. To brief all participants on Lesotho in general and the Expedition in some detail.
- c. Mrs Fee Bellamy from Outposts Ltd is responsible for the arrival administration and documentation. Cadets are to bring the following with them for checking on Sun 25 Jul 10:

- (1) Record of Valuables, Medical Certificate and Parent/Guardian's Consent.
- (2) Dental fitness certificate.
- (3) Money – £100 - 150 is the recommended amount.
- (4) Passport.
- (5) Final preparations for the flight to Lesotho.
- (6) Full kit check.

4. **Programme.** The programme for the pre-deployment package is at Annex A.

5. **Team list.** The team list is at Annex B.

6. **Outline timings.** Adults and cadets are to arrive at Mons Block at the London Transit Centre, Uxbridge by the following times:
  - a. **Adults.** Adults by 1200 hrs on Sun 25 Jul 10.
  - b. **Cadets.** Cadets by 1800 hrs on Sun 25 Jul 10.
  - c. **Departure.** Adults and cadets will leave Uxbridge for London Heathrow Airport (LHR) at 1600 hrs on Mon 26 Jul 10.
7. **Travel arrangements.** Participants are to complete the pro forma at Annex C and return it to HQLF via HQs Sea Cadets and Air Cadets by Fri 2 Jul 10 and in the case of ACF and CCF(A) direct to HQLF. Cadet and adults travelling by air to Heathrow are to catch the A10 bus from Terminals 1, 2 or 3 which will drop them off within easy walking distance of the main gate of the London Transit Centre. For those travelling by train/tube the nearest Underground Station is Uxbridge.
8. **Accommodation.** Participants will be accommodated at the London Transit Centre. The planning figure is 14 adults and 60 cadets.
9. **Messing.** Adults and cadets are to confirm their dietary requirements in Part 2 of Annex C and on the parental/guardian's consent proforma at Annex D.
10. **Messing charges at Uxbridge.** Expedition funds will pay for the cadet contribution during the pre-deployment package.
11. **Parental/guardian's consent.** The parental/guardian's consent form at Annex D is to be completed and brought to Uxbridge on 25 Jul 10.
12. **Kit list.** The kit list is at Annex E. Cadets are only to bring the items on the kit list.
13. **Dress.** The dress for the pre-deployment package is civilian clothes; there is to be no mixed dress.
14. **Administrative support from the London Transit Centre.** The London Transit Centre has kindly agreed to support the training period as follows:
  - a. The provision of accommodation, reception area in Mons Block and an expedition administrative office.
  - b. Access to a photocopier.
  - c. To provide messing for the pre-deployment package as follows:
    - (1) Sun 25 Jul 10. Lunch for limited numbers and evening meal.
    - (2) Mon 26 Jul 10. Breakfast and lunch.
15. **Flight details.** Flight details are:
  - a. **Departure.** Mon 26 Jul 10 – 2030 hrs on Flight VSV 601 from LHR, Terminal 3, arriving at Johannesburg at 0835 hrs on Tue 27 Jul 10.
  - b. **Return.** Tue 17 Aug 10 – 2030 hrs on Flight VSV 602 from Johannesburg, arriving at LHR Terminal 3 at 0650 hrs on Wed 18 Aug 10.
16. **Excess baggage.** The hold baggage is one piece of luggage weighing no more than 23 kilos. Cabin baggage is limited to a small holdall but is not weighed.

17. **Travel entitlement.** Railway warrants from a cadet's unit are admissible quoting this letter as the authority; 2 warrants are required:

- a. **Outward.** From cadet's UK home residence by shortest route to Uxbridge Underground Station.
- b. **Return.** From Heathrow by shortest route to cadet's UK home residence, via London Underground if necessary.
- c. **Taxi fares.** Taxi fares are not recoverable from public funds and are an individual's responsibility.

**Note:** Individuals must be in possession of a return railway warrant before they leave UK where one is required.

18. **Dress for journey.** Travelling dress on the flights should be clean and modest in appearance, including tidy hair and loose fitting clothing. Travel socks are recommended.

19. **Dispersal.** Individuals and their families are responsible for making their own travel arrangements at their own expense apart from the entitlements given at Para 17 above. It is essential that parents/guardians monitor the progress of the VSV 602 return flight on either teletext or <http://www.virgin-atlantic.com/en/gb/index.jsp>. Please make sure that your parents or guardians and OC Contingent/Detachment are fully aware of their responsibilities in this matter.

20. **Senior Cadet Officer's dispersal responsibilities.** During the pre-deployment package Lt Col Ayres is to confirm that proper arrangements have been made for the dispersal of all the cadets on their return to LHR on Wed 18 Aug 10.

## Preparation

21. **Physical fitness.** There is an essential requirement for every cadet to be physically fit, self-disciplined, motivated and in all respects be worthy representatives of their school, their County, our Cadet Forces and this Country.

## Administration

22. **Reports.** All cadets will be given Expedition Report by their Team Leader.

23. **Security.** All personnel must take great care of all their possessions, particularly at airports and railway stations. Recently a cadet had her hand baggage stolen at the airport prior to departure; it held all her documentation and money as well as an expensive camera.

24. **Medical.** Cadets must be medically and dentally fit to attend this course. Medical Certificates at Annex F are to be completed by parents or guardians and GP as appropriate; and remember to bring them to the pre-deployment package.

a. **Inoculation.** All expedition personnel are to be inoculated for Hepatitis A & B, Typhoid, Tetanus, Poliomyelitis and Diphtheria.

b. **Spectacles.** Individuals who wear glasses should take a spare pair of glasses as well as a copy of their optical prescription.

25. **Dental.** All ACF/CCF personnel should be dentally fit before proceeding on detachment. This should be verified by a dentist no earlier than 1 Jun 10. The dentist should sign the dental fitness certificate at Annex G to confirm the cadet has no outstanding dental treatment and is unlikely to have a dental problem during the expedition.

26. **Haircuts.** All expedition personnel should have their hair cut within a week of departure.
27. **Pocket money.** Experience suggests that each cadet should take £100-150 pocket money to Lesotho in South African Rand.

### **Actions to be carried out**

28. **By Formation HQ.** All cadets' Formation HQs are to:
- a. Verify to HQLF by 28 May 10 that **ALL** the documentation in this letter has been received by:
    - (1) The selected cadets' units.
    - (2) The selected cadets' parent/guardians.
  - b. Inform Cadets Branch, HQLF (phone, fax or e-mail) when positive confirmation that all named in Annex A have received the documents.
29. **By cadets' units.** Cadets' units are to:
- a. Confirm to your parent formation HQ that your unit and the cadets' parents/guardians have received **ALL** the appropriate documents in this letter.
  - b. Read through the letter carefully because the cadet will, most probably, require help in procuring the necessary kit and making the necessary travel arrangements.
30. **Parents/guardians action table.** Parents/guardians are requested to ensure that their cadets bring the following with them to Uxbridge:

<b>Ser</b>	<b>Form/Action</b>	<b>Date</b>	<b>Remarks</b>
<b>(a)</b>	<b>(b)</b>	<b>(c)</b>	<b>(d)</b>
<b>Documentation to be brought to pre-deployment package</b>			
1	<b>Passport</b>	25 Jul 10	
2	Parents/Guardians consent form	25 Jul 10	Annex D
3	Record of valuable items	25 Jul 10	Annex F
4	Medical Certificate	25 Jul 10	Annex G. Not signed before 14 Jun 10
5	Certificate of dental fitness	25 Jul 10	Annex H. Not signed before 14 Jun 10

### **Communications**

31. **UK.**
- a. **Outposts Ltd.** The telephone at Outposts Ltd will be manned 24 hrs a day during the expedition on 01823451959.
  - b. Normal office hours.
    - (1) Staff Officer: 0044 1722 433331.
  - c. **Out of hours and weekends.** HQLF Duty Staff Officer: 0044 1722 433673.
32. **UK contacts.** Please ensure that your parents or guardians have a copy of this list.

Ser	Appointment	Tel No	Remarks
(a)	(b)	(c)	(d)
1	Outposts Ltd	01823451959	24 hrs
2	Staff Officer, Cadets, HQLF	01722 433331	Normal office hours only
3	Staff Officer, Cadets HQLF	07717424026	
4	Duty Officer, HQLF	01722 433673	Silent hours and weekends
5	MOD Police Post, HQLF	01722 433606	Alternative to Duty Officer

33. **Next of kin contact telephone.** Please ensure that the anonymous barring has been cancelled for the telephone numbers at Sers 1 to 5 of the table in Para 32 are recognised; military numbers will not be recognised in the event of an emergency.

### Useful reminders

34. Listed below are some useful reminders for cadets:

- a. Please read and understand these Joining Instructions and go through them with your parents/ guardians so that they are familiar with them; should you have any questions do not hesitate to contact the OC of your detachment or contingent.
- b. Take your pre-course fitness training seriously including “breaking in” your footwear and practising carrying a large pack or rucksack over a long distance.
- c. Be medically and dentally prepared.
- d. Mark your kit clearly with your full name.
- e. Keep your passport, air ticket and money secure.
- f. Ensure that both you and your parents/guardians know how you are getting home from London Heathrow Airport on Wed 18 Aug 10.

35. **Uxbridge contact telephone number.** The 24 hour contact number for the pre-deployment package at Uxbridge is: 01895815529 during the day and the Guard Room on 01895815530 during silent hours.

### Conclusion

36. Notwithstanding all of the paperwork that you and your parents/guardians have been subjected to, we hope that you all have a fantastic time and benefit from this once in a lifetime experience, but above all we want you to have **fun**.

### *Signed on Dii*

A J B Edwards  
Lt Col  
for COS PSC

Annexes:

- A. Cadet150 – Lesotho pre-deployment package – outline programme.
- B. Cadet150 – Lesotho expedition – team list.
- C. Travel arrangements and dietary requirements.
- D. Cadet150 – parental/guardian’s consent form for Lesotho expedition.
- E. Kit list – Lesotho expedition.
- F. Medical form.
- G. Dental form.

Distribution:

External:

Action:

HQ 2, 15, 38, 42, 43, 49, 143, 145 Bdes for G7 Cdts\*  
HQ Sea Cadets for attn COS\*  
HQ Air Cadets for Wg Cdr R N Davies\*  
Colonel A M Blowers OBE\*  
Cadet AT Advisor\*  
Outposts Ltd for Michael Kingscote and Fee Bellamy\*

Information:

DRFC\*  
HQ 2, 4, 5 Div for Cadets\*  
CCFA/ACFA for Gen Sec and Col M E Bennett OBE\*  
ACFA Cadet150 Project Officer\*

Internal:

Cadets Branch\*

\*Sent by e-mail