

C150 EX LESOTHO VENTURER 2010 – FINAL TRAINING EVENT

Ser	Date Time	Activity	Venue	Comments
1	1/4/10 TBN	Takeover of accommodation and keys		RJA To be completed on Thur 1 Apr 2010
2	4/4/10 1600 onwards	Early arrivals		RJA Due to limited Bank Holiday train / flights
3	1800	Evening meal		
4	5/4/10 1200	Arrival – Course assembles		Powys ACF collect from Abergavenny
5	1300	Lunch		
6	1345	Introduction	Lecture Theatre	– RJA
7	1415	Expedition Outline		NA
8	1435	Team Introductions		
9	1455	Project Brief and Group Project Discussions	Lecture Theatre	PA to brief Team Leaders to chair discussions Groups disperse to other classrooms/venues
10	1715	Group Presentation on Projects	Lecture Theatre	
11	1800	Evening meal		
12	1900	Route Card and Kit check for hill walk	TBN	Team Leaders
13	2230	Lights Out - Cadets		
14	6/4/10 0600	Reveille		Team Leaders
15	0630	Breakfast		Packed lunches to be collected individually.
16	0715	Instructor brief	CCAT Office	Weather forecast and synoptic chart Copies of Daily check list, EAP and Form 492
17	0730	Depart for day walk	Black Mountains	
18	1630	Return from day walk		
19	1800	Evening meal		
20	1845 1845-1925 1930-2030 2040-2100	Lecture Programme 1. Expedition Kit / Clothing / Environmental Conditions 2. Medical / Altitude Illness 3. Fitness Training	Lecture Theatre	NA RJA RJA
21	2230	Light out - cadets		
22	7/4/10 0600	Reveille		Team Leaders
23	0630	Breakfast		
24	0800	Handover accommodation		Team leaders to check accom. RJA to handover to Powys ACF
25	0815	Bebrief	Lecture Theatre	Including Team discussion time
26	0900 onwards	Departure for trains		Powys driver team to drop off.
27	1230	Course closes		