



# EX LESOTHO VENTURER

## 2010

### NEWSLETTER 3



#### **Hello Everyone,**

This Newsletter accompanies your final Joining Instructions and contains **VERY** important information that you and your parents/guardians/partners should see.

It was great to see you all at Training Session 2. I hope that you all felt you got everything out of it that you needed, including meeting Prince Harry!

Just in case some of you haven't seen them, here are a couple of links to video clips about his visit.

<http://www.telegraph.co.uk/news/newsvideo/royalfamilyvideo/7561208/Prince-Harry-meets-teenagers-bound-for-Africa-charity-trip.html>

<http://www.army.mod.uk/news/19939.aspx>

**DIRECTORS: MJF Kingscote (Managing), CH Kingscote, TR Sykes.**  
**REGISTERED IN ENGLAND & WALES COMPANY REG NO: 3718929 VAT No: 779 332100**  
**ATOL: 9996**





### Kit and Equipment

Please note the following additions/changes to your kit list:

Day sack – 30 - 35 litres with waist belt	One
Bum bag / money belt	One
Gloves – Thin, Thick and Working Gloves	3 pairs
Long sleeve shirt. 1 must be thermal/wicking	2
Trousers – NOT jeans	2 pairs
Sandals – not flip flops	One pair
Spectacles (if applicable) (contact lenses will NOT be worn in dusty conditions due to risk of infection)	2 pairs + prescription
Plastic mug – min 500ml, bowl/plate	One set
Pack of cards	One pack
Travel wash - biodegradeable	
Travel scrabble/boggle/monopoly deal	Optional
Books	Optional

### Insurance

You can view copies of your insurance policy on our website via the private pages. You are all insured with Swift. This insurance does cover those doing the Abseil.

You have different policy numbers so please check your number against your name in the tables below.

<b>TEAM 1 – Location: Semonkhong. Project: St Leonards</b>			
<b>No.</b>	<b>Rank</b>	<b>Name</b>	<b>Insurance Policy Number</b>
Leader	WO2	<b>Price</b> Amanda	<b>220.103.764</b>
Asst. Leader	CI	<b>Welsh</b> Ben	<b>220.103.764</b>
1.	Cpl	<b>Curtis</b> Michael	<b>220.103.764</b>
2.	CSM	<b>Cartwright</b> Benn	<b>220.103.764</b>
3.	Sgt	<b>Dick</b> Rachel	<b>220.103.764</b>
4.	MC	<b>Ditondo</b> Callum	<b>220.103.764</b>
5.	Cdt	<b>Field</b> Craig	<b>220.103.764</b>
6.	Sgt	<b>Fleming</b> Rachael	<b>220.103.764</b>
7.	LC	<b>Gibson</b> Hannah	<b>220.103.764</b>
8.	Sgt	<b>Gidney</b> Dean	<b>220.103.764</b>
9.	Cdt	<b>Gregg</b> Beth	<b>220.103.764</b>
10.	Cpl	<b>Herron</b> Suzanne	<b>220.103.887</b>
11.	Cdt	<b>Palmer</b> Christopher	<b>220.103.887</b>
12.	LC	<b>Rothwell</b> Kirsty	<b>220.103.887</b>
13.	FSgt	<b>Travers</b> Lewis	<b>220.103.887</b>
14.	Cdt	<b>Warne</b> Joshua	<b>220.103.887</b>
15.	Cpl	<b>Whitehead</b> Alice	<b>220.103.887</b>

**OUTPOSTS**  
**OUTDOOR CHALLENGE**  
 FOR SCHOOLS AND YOUTH



<b>TEAM 2 – Location: Mokhotlong. Project: Touching Tiny Lives</b>			
<b>No.</b>	<b>Rank</b>	<b>Name</b>	<b>Insurance Policy Number</b>
Leader	Major	<b>Wilson</b> Lyndsey	<b>220.103.887</b>
Asst. Leader	Flt Lt	<b>Close Ash</b> William	<b>220.103.887</b>
1.	Sgt	<b>Baker</b> Ryan	<b>220.103.887</b>
2.	Cpl	<b>Brown</b> Hannah	<b>220.103.887</b>
3.	Sgt	<b>Bowring</b> Gabrielle	<b>220.103.888</b>
4.	AC	<b>Dykes</b> Anthony	<b>220.103.888</b>
5.	FSgt	<b>Harpur</b> Rebecca	<b>220.103.888</b>
6.	LC	<b>Holding</b> Madeleine	<b>220.103.888</b>
7.	LCpl	<b>Lourens</b> Dirk	<b>220.103.889</b>
8.	Cdt	<b>Manger</b> Naomi	<b>220.103.889</b>
9.	Cpl	<b>McGavigan</b> Charlotte	<b>220.103.889</b>
10.	LCpl	<b>Mullin</b> Katherine	<b>220.103.889</b>
11.	Cpl	<b>Payne</b> Alasdair	<b>220.103.889</b>
12.	FSgt	<b>Rayner</b> Natalie	<b>220.103.889</b>
13.	Cdt	<b>Coverdale</b> Jason	<b>220.103.889</b>
14.	Cdt	<b>Stewart</b> Bruce	<b>220.103.889</b>
15.	Cdt	<b>Thompson</b> Paul	<b>220.103.889</b>

<b>TEAM 3 – Location: Semonkong Project: Methodist Childrens Orphanage</b>			
<b>No.</b>	<b>Rank</b>	<b>Name</b>	<b>Insurance Policy Number</b>
Leader	2 Lt	<b>Till</b> Jason	<b>220.103.889</b>
Asst. Leader	Flt Lt	<b>Pagliano</b> Sarah	<b>220.103.890</b>
1.	Sgt	<b>Brough</b> Emily	<b>220.103.890</b>
2.	Cpl	<b>Dilloway</b> Thomas	<b>220.103.890</b>
3.	LC	<b>Gregson</b> Jessica	<b>220.103.890</b>
4.	Cpl	<b>Hastings</b> Thomas	<b>220.103.890</b>
5.	Cpl	<b>Herron</b> Naomi	<b>220.103.890</b>
6.	LCpl	<b>Padley</b> Jacob	<b>220.103.890</b>
7.	Cpl	<b>Paas</b> Michael	<b>220.103.890</b>
8.	Cdt	<b>Quaye</b> Thomas	<b>220.103.890</b>
9.	Cpl	<b>Randall</b> Liam	<b>220.103.890</b>
10.	Sgt	<b>Richtering</b> Sam	<b>220.103.891</b>
11.	Cdt	<b>Symons</b> William	<b>220.103.891</b>
12.	AC	<b>Vann</b> Michael	<b>220.103.891</b>
13.	Cpl	<b>Watson</b> Seonaid	<b>220.103.891</b>
14.	Cpl	<b>Wilcox</b> Craig	<b>220.103.891</b>
15.	LC	<b>Wright</b> Samantha	<b>220.103.891</b>

**OUTPOSTS**  
**OUTDOOR CHALLENGE**  
 FOR SCHOOLS AND YOUTH



TEAM 4 – Location: Pitseng Project: Phamello			
No.	Rank	Name	Insurance Policy Number
Leader	Maj	<b>Beckett</b> Graham	<b>220.103.891</b>
Asst. Leader	2nd Lt	<b>Lyon</b> Ann	<b>220.103.891</b>
1.	Sgt	<b>Elliott</b> Darren	<b>220.103.891</b>
2.	Cpl	<b>Flaherty</b> Andrew	<b>220.103.891</b>
3.	Sgt	<b>Forshaw</b> Emily	<b>220.103.892</b>
4.	Sgt	<b>Heald</b> Philip	<b>220.103.892</b>
5.	Cpl	<b>Hutchinson</b> Charlotte	<b>220.103.892</b>
6.	Cpl	<b>Minnis</b> Victoria	<b>220.103.892</b>
7.	Cdt	<b>Olley</b> Jessica	<b>220.103.892</b>
8.	Sgt	<b>Ryley</b> Imogen	<b>220.103.892</b>
9.	LCpl	<b>Waters</b> Emily	<b>220.103.892</b>
10.	AC	<b>Whitten</b> Oliver	<b>220.103.892</b>
11.	Cdt	<b>Whittle</b> Alexandra	
12.	Cpl	<b>Wilkinson-Burnett</b> Charlotte	<b>220.103.892</b>
13.	LC	<b>Woodhead</b> Nicholas	<b>220.103.892</b>
14.	Cpl	<b>Wright</b> Marcus	<b>220.103.892</b>
15.	Cpl	<b>Kirkpatrick</b> Finn	<b>220.103.892</b>

**Abseil**

I will be cashing all cheques for the abseil into our Client Trust Account week commencing 7<sup>th</sup> Jun.

**Water Purification**

**Iodine** – if you have it and it is in date please go ahead and use it. However, the best alternative is **Chlorine Dioxide (ClO2)**. It is essential that you obtain Chlorine Dioxide (ClO2) and NOT Chlorine tablets (ineffective in cold water and against cysts, etc). It is available in liquid form (2 x 30ml bottles. One is the purifier and the other is the activator) and is enough for 60 litres. 12 drops from each bottle to be mixed in a bottle cap and allowed to stand for 10 minutes before pouring into 1 litre of clear water. Wait 10 minutes before drinking, 30 minutes if the water is thought to contain giardia or cryptosporidium. Cost £7.00. Lifeventure also do ClO2 tablets at £9.00.

Lifeventure products are available in Cotswold, Blacks and many other outdoor shops

**Schedule at a glance**

Please find attached your schedule whilst on Expedition. This could be particularly useful for parents, so that they know where you are for each day.

**Email documents to yourself**

It is always useful to email yourself copies of your passport and any other important documentation. That way you can always pick up a copy from an internet connection should you lose it!

**Parent/Guardian/Partner emails**

If you haven't done so already, please let me have confirmation of your parents/guardian/partners email address.



### Next of Kin

If any details have changed since I saw you at the Training Session please let me know. This includes if your NOK go on holiday during the time you are away. If that is the case, I need the dates they are away and the contact details for them during that period.

### FITNESS

Lt Col Richard Ayres, Cadet AT Adviser has the following tips for you to keep up and/or improve your fitness.

### Walking training

I would suggest the following minimum key targets:

1. End of May – walk 12 miles in normal countryside carrying a light pack (5kgs) in 4 hours with 10 minute rests every hour. This would be a 3 mile an hour pace and would be a normal country walking pace.
2. End of June – walk 12 miles in rough countryside e.g. the Peak District carrying a medium pack (10kgs) in 4 hours or less.
3. 24<sup>th</sup> July – walk 12 miles in rough or mountainous country e.g. The Lake District, Brecon Beacons carrying a full weight pack (e.g. 15 kgs) in 4 hours with 10 minute rests every hour.

These targets will need to be broken down so that they can be easily achieved e.g.

- 1<sup>st</sup> week May – walk 3 miles or in 1 hour carrying a pack 3 times a week.
- 2<sup>nd</sup> week May – walk 6 miles in 2 hours or less carrying a pack 3 times a week.
- 3<sup>rd</sup> week May – walk 6 miles in 2 hours carrying a heavier pack, 9 miles once in 3 hours carrying a light pack.
- 4<sup>th</sup> week May – walk 6 miles or more in 2 hours carrying a medium pack, 12 miles once in 4 hours.

### Strength training

You will also need to strengthen your legs using single leg half-squats (building up to 3x15 reps per leg three times a week), single leg balances (building up to 3x2 minutes per leg). They should be performed on days when not undertaking walking training. Both of these exercises will build up the core strength of the muscles acting on the knee, hips and ankles – muscles that atrophy quickly following injury. You have been shown these exercises at the last training weekend so you know that they can be undertaken almost anywhere without recourse to specialist equipment.

You will also need to become fit enough to lift and carry an expedition weight rucksack – perhaps your PE teachers could devise a suitable training programme if you are still at school.

### Rest and recovery

This will be essential to permit fitness improvements and to prevent 'overtraining'. A complete rest day from training is advised but this should be treated as 'relative rest', i.e. no activity that replicates the training programme but can include other activities e.g. swimming, rock climbing, shopping (!) but not lower body intensive activities e.g. cycling. A typical training week could consist of:

- Mon – strengthening exercises
- Tues – training walk
- Wed – strengthening exercises
- Thur – training walk
- Fri – strengthening exercises
- Sat – big training walk
- Sun – full rest day from the training programme.

**OUTPOSTS**  
**OUTDOOR CHALLENGE**  
FOR SCHOOLS AND YOUTH



**Diet and nutrition**

As your physical condition improves you may start to lose weight and gain more muscle mass. You will also start to feel hungry as the fat cells send messages to the appetite centre of the brain. This is normal. Low GI foodstuffs should make up the bulk of a closely monitored diet; these will take longer to metabolise and will help suppress the appetite reflex. Snack foods, fast foods, sugary drinks and sweets should be banned! It is important that weight loss should be gradual e.g. a maximum of 2lbs a week, so that you still have the energy to complete the training. Any faster than this and there is a real risk of low energy levels, an inability to complete the programme and a rebound effect with more weight gain.

Lt Col Ayres is happy to discuss your training programme if you have any questions about your fitness progress. You can call him on: 01270 767527

**Website login details**

Don't forget that you can view all important documents including Newsletters from our website:

Follow the hyperlink below and enter the username and password as given here.

<http://www.outposts.co.uk/site/clogin.php?pgid=575>

username: **lesotho**  
password: **sentebale**

You should be told that your login was correct and that you can "click here" to enter the private Lesotho pages.

**Did you know?**

If you join the Cyclists Touring Club you can get 15% off kit at Cotswold Outdoor. Membership costs £12 for under 18s, £36 for adults.

**Future Payments**

By 31 May                      £400.00

Cheques should be made payable to **Cadet 150**. Each cheque should be sent by Recorded Delivery, with an accompanying letter stating for which cadet the cheque applies, to:

**Lt Col RNB Quicke**  
**The Army Cadet Forces' Association**  
**Holderness House**  
**51-61 Clifton Street**  
**London**  
**EC21 4DW**

**Any Questions?**

If you have any queries please contact me either by email: [fee.bellamy@outposts.co.uk](mailto:fee.bellamy@outposts.co.uk) or telephone: 01823 451959

Fee