



NEPAL  **2010**
SOMERSET and DORSET SCHOOLS

NEWSLETTER 3

Training Session 2

Dates: Fri 9th Apr, 1200 – Sat 10th Apr, 1200
 Location: Lydeard Farm Bush Camp
 Accommodation: CAMPING – *Don't forget your mat and sleeping bag!*

The aim of the weekend

Integrate the groups, conduct pre-expedition training and complete all administration and briefings prior to departure to Nepal! *Please bring a notebook and pen!*

Final Kit Check

Please bring with you all the kit from your main kit list. We will be checking everything to make sure that you have all that you need!

Programme

Date	Time	Activities
Fri 9 Apr	1200	All assemble at Lydeard Farm Bush Camp
	1230	Lunch
	1315	Team Games
	1415	Kit Check
	1630	Move into Tents
	1700	Prep food for Dinner
	1900	Dinner Open Discussion
	2230	Lights out
Sat 10 Apr	0800	Breakfast and pack
	0900	Risk Assessments Travel security and safety lectures
	1130	Any Questions?
	1200	Departure. Parents to pick up from Lydeard Farm

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





Administration

You must bring the following information with you:

Personal insurance:

- ⊗ Company with whom you are insured.
- ⊗ Policy and / or Certificate Number.
- ⊗ Details of Emergency Medical Cover.

Passports:

- ⊗ Please bring your passport so that I can check all the details and take a photocopy.

Vaccinations:

- ⊗ Please bring details of the vaccinations that you have had/are having.

Blood Group:

- ⊗ If you have not been able to get your Blood Group, *do not* worry. I am aware that it has become increasingly difficult to get this information, and though it is very useful to have this detail, it is not essential.

Next of Kin:

- ⊗ I need to know who your next of kin are and how I can contact them for the duration of your time on expedition. This includes if they go on holiday during that time. If that is the case, I need the dates they are away and the contact details for them during that period.

Trek T-shirts:

- ⊗ I need to know your t-shirt size for the expedition t-shirts.

Payments

Thank you to everyone who has paid their Mar instalment of £600.00.

The final balance due on May 1st is - £207.00

Any Questions?

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