



## DEREK TURNER CHALLENGE – Final Information

**DRIVING:** A map with directions is included with this. Hopefully, parents can arrange transport, but if there is a problem or if you have spare seats, let me know early. I will try to match these. I hope that cars will go full, as this minimises the cars trying to arrive at the same time. You may need to be patient getting in and out of the car park.

**TIMES:** The team needs to put up tents before the event, during the afternoon and most scouts will need to do this. We do not have exact start times yet, so provisionally, meet at the time and location opposite, wearing hiking clothes. We will give precise times, when I get them. Scouts should eat a good meal before leaving, but bring some sandwiches for later. Scouts are provided with some hot food during the evening and breakfast on Sunday morning. The event will finish by about 10:30 a.m on Sunday after the Trophy presentation.

**PERSONAL KIT:** See the kit list, below.

Scouts **MUST** arrive wearing their hike clothes. Wear warm clothes, with **hiking boots (not trainers)**. Denim jeans are not suitable as they are cold when wet.

Scouts **MUST** have a warm top and complete, waterproof outer layer: over-trousers and cagoule or other **WATERPROOF** (not showerproof) jacket.

All scouts must wear a reflective jacket. The Troop has reflective jackets for anybody without their own.

**KIT CHECK.** As there is a rigorous kit check by the judges (with lots of points towards the competition), before teams can leave, we will have our own kit check during the meeting on the Friday, the week before the event (see opposite).

ALL scouts doing this Challenge should come to that meeting, wearing ALL their hike clothes and with their day backpack containing **all** that they will need for the hike (see the Kit List: “ALL NEEDED FOR HIKE”).

Sleeping stuff (List: “LEFT AT CAMPSITE”) will not be checked in the same way and should not be brought in on the Friday.

If there is any doubt about kit, then bring in the uncertain item a week ahead.

**FOOD ON HIKE.** Each Scout needs to take some energy “trail food”. This can include sweets. But proper trail food is nourishing, but if nibbled, lasts a bit longer than sweets. e.g. dried fruit; fruit; granola bar or even a bag of granola cereal (e.g. Harvest Crunch). Scouts can make interesting mixtures of such nibbles - and a few smarties etc can be added in. Be inventive. In addition, a water bottle (maybe 500 ml only), containing drink, is needed.

**MEDICINES ETC.** Scouts should carry in their daypacks any medicines (e.g. inhalers) they might need during the hike. Anything else: hand to leader.

**HEALTH AND PERMISSION FORM:** This form is attached and must be completed and returned to me a week before the event.

Scouts who took part in this year’s Green Beret Challenge need not send in a separate form: the Green Beret H&P form can do both.

**MUST WITHDRAW?** Please remember that this is a competition, so withdrawing one scout from the team before the event can cause serious problems for the whole team, which may become ineligible. **HOWEVER**, illness and injury might occur in the next couple of weeks: if so, please let me know as soon as possible, if it looks unlikely your scout cannot take part. We hope not, but that does give us a chance of finding a replacement.

**COVID:** As this includes a Night Away, it is essential that parents confirm:

- Scout has no symptoms
- Is not isolating

I will contact separately about this

<b>Dates</b>	Sat 20 November – Sun 21 November
<b>Location</b>	Based at Wheathamstead Scout Hut - see separate page for directions
<b>Emergency Contact</b>	My mobile: contact the Scout Leader (or see emailed Newsletters)
<b>Health and Permission form</b>	Hand in by Friday November 12.
<b>Kit check</b>	Friday 12 Nov (8:45). Parents encouraged to be there.
<b>Arrival</b>	Provisionally 2:00 pm on Saturday
<b>Finish</b>	Sunday 10:30 a.m. from the camp site
<b>Driving from Camp?</b>	We leave the camp site by 10.30 a.m. on Sunday. Please be at the camp by 10:00 at the latest.
<b>Camp clear up</b>	Not needed
<b>Extra information for this activity</b>	None
<b>Pages in this document</b>	Total: 5 Final information Personal Kit (2 pages) Directions to site H&P form

### QUESTIONS

If you have any questions about the activity or uncertainty about an item of equipment or clothes, please contact me.

[scout-leader@aquila.scout-troop.org.uk](mailto:scout-leader@aquila.scout-troop.org.uk)

## **DEREK TURNER KIT**

### **The list of individual kit is on the next page.**

We suggest that you print off a copy for your scout to tick off items as they are packed.

### **Each team must have on the hike:**

First Aid Kit (these may be checked by the judges: so get them right! Contents list is on the website.

The Troop does have a couple of kits for a team without)

Paper and pencil

A watch

A Mobile phone - each team needs one.

### **Notes:**

1. All items should be labeled with the Scout's name
2. Clothes should be packed inside plastic bags within the backpack (or other bag)
3. Bring plenty of warm, loose-fitting clothes. Several thin layers are better than one thick one
4. Penknives should NOT be brought
5. Please ensure your son or daughter knows what is in the bag .....and where!
6. Warm night wear is needed at camp (but should be extra to other clothes)
7. The Group cannot accept responsibility for damage or loss to personal equipment or clothing, although we will make every effort to ensure that none occurs. We do not have insurance cover in respect to such personal items.
8. Radios, other electric music makers, game players and similar are not allowed.
9. Nothing else, except items on the list, should be in the daypack for taking on the hike. Extra weight is not good!!!
10. If without other suitable long trousers, Scout trousers are suitable for hiking

# DEREK TURNER KIT CHECKLIST

ALL THIS COLUMN: LEFT AT CAMPSITE			
PACK	Framed backpack or other bag		
	Plastic carrier bags (coloured)		
NIGHT	Sleeping bag		
	Blanket (s) and/or thermal liner		
	Camping mat		
	Small pillow (optional)		
	Warm Nightwear		
OTHER	Wash kit in bag		
	Towel		
	Knife, fork, spoon (unbreakable)		
	Plate, bowl (Unbreakable)		
	Trainers		
	Scout uniform (complete)		
	Spare socks		
	Snack/sandwich to eat before start		

ALL NEEDED FOR HIKE				
WEAR TO EVENT AND PACK BEFOREHAND				
PACK FOR HIKE (PACK BEFOREHAND)	Day pack (unframed)			
	Cagoul / waterproof jacket			
	Waterproof overtrousers			
	Warm long-sleeved sweater (extra to any worn at the start)			
	Warm Gloves			
	Drinking water bottle with drink			
	Munchies			
	Mug			
	Torch			
	Spare batteries			
	Medications needed on hike			
	Personal first aid kit (if available)			
	OS Explorer map St Albans (if available)			
	Map case (if available)			
	Silva-type compass (if available)			
	Notebook (one per team only)			
	Pen			
	Handkerchief / tissues			
	Mobile phone	fully charged (if available: at least one needed per team)		
WEAR ON HIKE (WEAR TO EVENT)	Arrive in hike clothes			
	Hiking boots			
	Hiking socks			
	Underwear			
	Skin layer: vest/t-shirt/thermal			
	Long-sleeved shirt/top			
	Warm sweater/jumper			
	Long trousers (not denim jeans)			
	Windproof jacket/coat (or waterproof jacket and extra sweater)			
	Fluorescent vest	(if available)		
	Warm hat			

## Directions to Wheathamstead Scout Hut:

1. Take the B651 (Sandridge Road) out of St Albans, through Sandridge.
2. Continue to Wheathamstead
3. Turn right into Marford Road at the mini roundabout
4. Park in the carpark by the library (labelled at bottom of map)
5. Scouts then walk downhill across the recreation field to the scout hut
6. There may be space at the {Public Carpark: turn right just before The Bull
7. Because of lack of space around the scout hut, it is not possible to park there.



# 18th St Albans Aquila Scout Troop - Health and Permission form

The parent or guardian of the named scout must complete this form. It gives responsibility for your son/daughter to the Leader in charge of this Activity.	
Use a separate sheet for extra information if necessary, but attach to this form.	
<b>Activity, location and date</b>	Derek Turner (new form not needed if one sent for Green Beret)
<b>Scout's surname</b>	
<b>First name</b>	
At the start of the activity, please inform the Leader:	
1. If your scout has been in contact with any infectious disease, within 3 weeks of departure. 2. If your scout is bringing any medicine, this should be handed to the Leader at the start of the Camp, labeled with Scout's name. The dose should be recorded on this form. Any changes to medications should be reported ON PAPER at the start of the Activity. 3. If your scout is undergoing any current medical treatment, giving details of the appropriate hospital or doctor concerned.	
Please note that leaders take photos of the various activities at Camps: I give permission for this. (If not please, cross out the paragraph)	
I give permission for my son/daughter to attend this Camp. In the event of illness or accident requiring emergency hospital treatment, I authorize the Leader to sign any form of consent required by the hospital authorities, if the doctor concerned considers the delay required in getting my own signature unadvisable. I understand that the Leader reserves the right to send any Scout home should the need arise.	
Scout's date of birth	
Parents/guardians names	
Scout's home address	
Post code	
Telephone number	
Address and telephone where a parent may be contacted during the period of the Activity, if different from the above home address:	
Scout has <b>Mobile phone</b> at the activity? Write phone number	
<b>Travel:</b> Indicate whether you can drive TO or FROM campsite and total number of Scouts (not names).	Parents arrange if possible, but let me know if lacking a seat or have an extra seat
NOT travelling at the times in activity information? Give time of drop off or pick up at the activity and who will be picking up.	
My scout <b>is</b> a strong swimmer (50 metres) (Yes/no)	Not relevant

Health and Medical Information		
Scout's National Health Number:		
Name of Scout's doctor:		
Doctor's address:		
Doctor's telephone:		
If your scout has been immunised against tetanus within the last ten years, give date, if known		
Indicate any relevant points about your scout's health, including: •Allergies or sensitivities (e.g. to penicillin, aspirin) •Disabilities (e.g. travel sickness) •Any dietary restrictions Give full details of precautions and remedies. List below medications that will be taken.		
<b>Medications:</b>	Medication 1	Medication 2
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		
	Medication 3	Medication 4
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		
I give permission for the Leader to give up to two appropriate doses of non-prescription painkiller (paracetamol, ibuprofen), if we cannot contact you by phone. After that, parent permission will be sought by phone. Add "yes", if so, with any limitations beyond what is written here. A blank will be considered as being "no".		
Parent's/guardian's signature (original signature)		
Date		