

# Trip Information and Permission Form



## Brecon Beacons Activities Weekend: Nov 13<sup>th</sup> – 15<sup>th</sup> 2015



We are running a 2 night trip to the Brecon Beacons in Wales for a weekend of fresh air, adventure and fun. The trip is open to all CAG members and we hope you can join us.

Please read the following information carefully and if you have any questions please email [lindsay@challengeadventure.org](mailto:lindsay@challengeadventure.org)

We will leave Knowle on Friday evening and travel to the Blorengwyl upland where we will be staying for the weekend. Saturday will be spent with Mountain & Water Adventure to take part in a River Gorge Adventure, followed by climbing/abseiling. On Sunday, we will hire mountain bikes and explore the Welsh Mountains on wheels.

The great news is that this is a trip that is partially funded by a National Lottery “Awards for All” grant so we are keen to fill ALL places. The weekend will cost £80 and that includes 2 nights accommodation, 2 full days of activities, transport costs and all food over the weekend.

Even better news is there are no tents involved and CAG are staying inside solid walls for a change. We will be staying at Pwll Du Activities Centre (see photo below). Check out the website, it looks great. We get the whole place to ourselves, and as there are no neighbours we can be as noisy as we like, the sheep won't mind.



## Activities & Schedule:

The program for the trip is as follows:

Date	Activity / Event
Friday Nov 13 <sup>th</sup>	<ul style="list-style-type: none"><li>Meet at Knowle long stay car park at 5:45pm for departure to the Brecon Beacons. Trip duration: around 2 hours (please eat dinner beforehand)</li><li>Arrive at Pwll Du at around 8pm</li><li>Unpack, have a snack and chill out</li></ul>
Saturday Nov 14 <sup>th</sup>	<ul style="list-style-type: none"><li>Breakfast at Pwll Du</li><li>Full activity day. River Gorge Adventure – a wetsuit will be provided.</li><li>Evening Dinner at the Pwll Du</li><li>Games and movies</li></ul>
Sunday Nov 15 <sup>th</sup>	<ul style="list-style-type: none"><li>Breakfast at Pwll Du</li><li>Mountain biking on the Brecon Beacons (we will be hiring bikes)</li><li>Return home to Knowle Long Stay Car Park for 5pm.</li></ul>

## Accommodation

Pwll Du Activity Centre is pretty much up a mountain with not much else around in spectacular scenery. You will need to bring a sleeping bag or duvet, as only the sheet, pillow and pillow case are provided. All food will be cooked by expert chefs aka your CAG leaders. Check out the website for more information and pictures of our home for the weekend.

<http://www.pwllduadventurecentre.co.uk>

Address: Pwll Du Adventure Centre, Pen-y-Galchen Farm, Pwll Du, Blaenavon, NP4 9SS.

Telephone: Peter or Ann on 01495 791 577 or 07773 988647

## Application & Fee

**Please note: Trip numbers are limited due to the places available in the minibuses and accommodation.**

If you wish to attend it is better to get your forms in sooner rather than later as we will take the first people applying in case of over subscription. You will need to submit:

- The intention to attend
- The permission / health form.
- Cheque to pay for trip or pay online using the reference "Brecon".

To apply to go on the trip please return your forms AND trip fee by **3rd November** at the latest to:

**Lindsay Underwood, Flat 5, 18 Union Road, Solihull, B91 3DH**

If you can't return your forms by that time please email [lindsay@challengeadventure.org](mailto:lindsay@challengeadventure.org) to notify her of your intention to attend.

## Leaders on this trip:

Leader	A little about them, in case you didn't already know
<b>Simon Thomas</b> <b>Likes:</b> Aston Villa, Curry, Muse concerts, Yachting & Water Skiing. <b>Dislikes:</b> Fishing, Birmingham City, Westlife & Queues <b>Age:</b> about 12	Simon has been planning and running trips for youth groups for over 20 years. Simon has extensive mountain experience and is currently completing his Mountain Leader award. He's a very smart fella! Having worked in the U.S. for 16 years, Simon was also a waterfront activities director at a kids summer camp in Maine, USA.
<b>Lindsay Underwood</b> <b>Likes:</b> Maps and sunshine <b>Dislikes:</b> Crème Caramels <b>Age:</b> 49	Lindsay is fast turning in to CAG's very own Beatrix Grylls. She won't be staying in a tent on this trip – instead she intends to find a rotten animal carcass, furnish it with leaves, build a small electrical generating plant out of materials to hand and create a home from home in which to live for the weekend.
<b>Ruth Billingham</b> <b>Likes:</b> Making pack lunches and gin <b>Dislikes:</b> Simon always making her go camping <b>Age:</b> 21	Ruth is our safeguarding person and looks forward to weekends away with CAG as often as possible having done two ski trips with CAG.  She also makes awesome sandwiches and is generally fab at looking after people.
<b>Simon Grantham</b> <b>Likes:</b> Cottage cheese and fast cars <b>Dislikes:</b> Nothing at all! <b>Age:</b> 9 ½	This will be Simon's first CAG trip and with outdoor enthusiasm which matches Bear Grylls, he's very excited about this weekend. Plus, his nickname is Tigger so he'll be difficult to keep up with over the Welsh Mountains.

## **Home Contact Details:**

During the trip the home contact, in case of **emergency**, will be Stu Knight. His details are as follows:

Home tel: 015654 776213

Mobile Tel: 07977 910199

Email: stuknight100@gmail.com

These details should only be used in case of emergency. Stu will also update you if a later return than planned is anticipated.

## **Personal Equipment:**

The weather will be chilly in November so please bring some sensible equipment so you enjoy the trip in comfort. If the weather is cool you won't be cold at all if you have the right gear. Bring appropriate clothing for the activities, along with dry comfortable clothes to change into and indoor shoes or slippers for when we're at Pwll Du.

A kit list is provided on the last page.

# Intention to Attend

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Brecon Beacons Weekend: November 13<sup>th</sup> to 15<sup>th</sup> 2015



Parent / Guardian name:

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Name of CAG member intending to take part in the trip:

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I understand the cost of the trip will be £80

I understand the trip will run from the dates of November 13<sup>th</sup> – 15<sup>th</sup> 2015. I enclose the trip deposit or full fee (non-refundable in the case of acceptance on the trip) payable to “Challenge Adventure Group”.

I understand the deadline for application and payment of £80 is required by **Tuesday 3<sup>rd</sup> November 2015**. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

By signing this form I confirm that the above named CAG member will take part in the trip and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

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Date:

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# Permission / Health Form

## Brecon Beacons Weekend: November 13<sup>th</sup> to 15<sup>th</sup> 2015



To be signed by a parent / guardian. Please complete legibly in black ink.

Please return this form signed and dated by **Tuesday 3<sup>rd</sup> November 2015** to Lindsay Underwood at: **Flat 5, 18 Union Road, Solihull, B91 3DH** or the first CAG meeting after half term.

The trip will take place at:

**Pwll Du Adventure Centre**

We are leaving from Knowle Car Park (behind the library) on November 13<sup>th</sup> at 5:45pm and will return at 5pm on November 15<sup>th</sup>.

The cost of the trip is £80.

The trip will take place on November 13<sup>th</sup> to 15<sup>th</sup> 2015.

No responsibility for the personal equipment / clothing and effects can be accepted by the organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

Does he have any special needs? Please continue overleaf if necessary.

to attend the Brecon Beacon Trip on November 13<sup>th</sup> to 15<sup>th</sup> 2015.

Has he been in contact with any infectious diseases within the last three weeks:

☐ Yes

☐ No

Date of last tetanus  
immunisation:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Medicines currently being taken:

Does he have any conditions that may prevent him / her from taking part in the programmed activities?

☐ Yes

☐ No

If so, please provide details below. Please continue overleaf if necessary.

Name and address of own doctor:

Does he have any allergies to food, medicines or other? Please provide details.

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Does he have any special dietary needs? Please provide details.

During the event I can be contacted in an emergency at:

Address:

Telephone number:

Mobile Number:

I understand that the Leader reserves the right to send any participants home if necessary. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

# Kit List



## Brecon Beacons Weekend

You will need the following:

- Plenty of thin layers
- Waterproofs
- A set of clothes to travel each way in (can be the same)
- Suitable clothing for activities.

The following list is a minimum that you must bring.

You must have **WATERPROOFS**. That doesn't mean 'showerproof', but WATERPROOF. For safety reasons, if we consider the waterproofs or other clothing is not up to the required standard for the weather that we encounter, we will purchase suitable replacements and pass on any costs.

If you need to get equipment, some suggestions for you:

- Go to Millets in Solihull – they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).
- If you need to buy boots: don't spend a fortune! You will be able to get a very reasonably priced set of boots that are sturdy and not too padded. The spongy cheap padded boots will rub so don't buy these either. Get leather uppers if possible, they will be more waterproof and last longer.

### Required!!

- Clean clothes to travel in
- Lightweight Trousers / shorts x 2 (scout activity trousers are ideal)
- Underwear x 3
- Socks x 3
- T shirts x 3
- Sweatshirt or fleece (preferable) x 2
- Warm Jacket
- Hat & gloves
- Day Backpack
- Torch & Spare Batteries
- Water bottle
- Spare plastic bags for dirty / wet clothes
- Toiletries
- Towel
- Walking boots & walking boot socks
- Waterproof Jacket
- Waterproof Trousers

### Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Slippers
- Bike helmet

### Do NOT bring:

- A knife of any kind – you won't need it
- Ipad or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

### Spending money:

£10 - £15 will be more than enough. If you would like your money to be held safe by us we will put it in an envelope for withdrawal whenever required.

### Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

### Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you.

Call Lindsay on 0779 323 1808 if you have any questions.