

# St. Bede's Catholic College

Specialist Science and Sports College  
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Principal: Mr J. G. Maher, M.A.



Dear Parent/Guardian,

As you are aware, we will be departing for the Gold practice expedition on Thursday 23<sup>rd</sup> May. Below are a few key details regarding the expedition.

#### Timings:

- We will be aiming to depart from St Bede's College around 8:45am Thursday morning, from the sports entrance car park.
- We will arrive back to the same entrance on Saturday, around 2pm. If there is any delay in our expected arrival time, I will ask students to send messages home.

#### Equipment:

- Students have been briefed on the necessary equipment that is needed. Ultimately, waterproofs, rucksack, walking boots and warm clothing for the evening is vital.
- If walking boots are new, **please ensure they are worn in before the walk to avoid blisters.**

#### Location:

- Both expeditions this year will take place in the Brecon Beacons National Park.
- The campsite for Thursday night will be the Black Mountains caravan park, around 15 minutes from Llandeilo.
- Friday night we will be staying at the campsite within the National Showcaves Centre.

#### Communication:

- Garri (our DoE provider) and I will have mobile phones on us at all times. Students will be issued with these numbers in case of emergency.
- Please contact the school directly in case of an urgent message. There is little to no signal in these regions.
- For the assessed expedition, students will only be allowed a maximum of one phone per group, only to be used in an emergency. I can collect any phones in and keep them safe with staff valuables on the mini bus.

#### Medical information:

- A brief medical form is attached to this letter. If there have been any changes to medical information since registering for the DoE, please could this be updated.
- If any students are taking medication which is self-administered, please ensure this is clearly mentioned on the form.
- Students have been informed of what to do in case of a medical emergency. Staff on the expedition are outdoor first aid trained.

#### Other information:

- Students do not need any money on them for the expedition.
- Please check the weather forecast on Wednesday evening when packing, as this will influence clothing choices.
- If the forecast is warm and sunny, we would advise students to have at least one sunscreen per group.

As always, thank you for your support with the award. If you have any questions, please contact me at [n.sutton@stbcc.org](mailto:n.sutton@stbcc.org).

Kind regards,

N.Sutton

