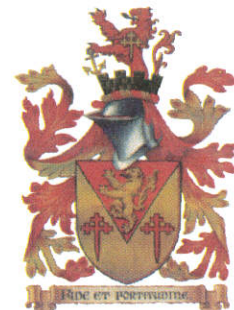




WESTCLIFF HIGH SCHOOL FOR GIRLS

An Academy Grammar School
Headteacher: Dr Paul Hayman BSc



Kenilworth Gardens, Westcliff-on-Sea, Essex, SS0 0BS



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January 2018

Dear Parents/Carers



WORLD CHALLENGE NORWAY 2018 Training Expedition Weekend 24th-25th February 2018

The Training Expedition for World Challenge Norway is fast approaching and will take place in Ashdown Forest, East Sussex on Saturday 24th to Sunday 25th February 2018.

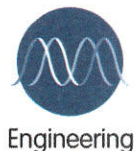


We will depart from school at **07:30 on Saturday 24th February** and return to school at approximately **18:00 on Sunday 25th February**. We will meet at, and return to, the coach bays at the front of the school in Kenilworth Gardens.



Each group must purchase food **in advance of the weekend** and bring it to the Training Expedition. There must be enough food to provide the following for the team, school leaders and expedition leader:

- Day One: Lunch (cold and transportable during a trek)
Dinner (to be cooked on a stove)
- Day Two: Breakfast (to be cooked on a stove)
Lunch (Cold and transportable during a trek)



This must be achieved on a budget of £3 per person which will be refunded if receipts are provided to World Challenge on arrival at the Training Expedition.

All challengers must **bring the required kit** with them to the Training Expedition. Below is a copy of the kit list from the Training Expedition information pack:

1x 65L rucksack	1x waterproof jacket with a hood
1x 30L daysack with shoulder straps & waist belt	1x pair of waterproof over-trousers
1x 3-4 season sleeping bag and sleeping bag liner	1x pair of warm gloves and a woolly fleece hat
1x sleeping mat	1x thermal bottoms/ long johns
Dry bags to waterproof rucksack contents	1x head torch with spare batteries
2x 1 litre water bottles	1x lightweight towel and personal toiletries
1x pair of walking boots, with good ankle support	1x bowl
2x pairs of heavy-duty walking socks	1x mug
2x tops (at least one must be long-sleeved)	1x knife, fork and spoon
1x fleece jacket	Notebook and pencil
1x pair of comfy, strong, quick-drying trousers	Space left for group kit

Tents will be provided by World Challenge on arrival at the Training Weekend.

Also, please complete the following if not already done:

- Pay the Training Expedition transport cost on ParentPay
- Enter contact and medical details on myworldchallenge.com

Yours sincerely

Mr Neal Banks
World Challenge School Leader

SEAT



Y:ADMIN:TRIPS/February2018/SLTPHayman

