

LAKE DISTRICT EXPEDITION WEEKEND

Fri 11th – Sun 13th May 2012

We are very pleased that you have decided to join us on our Lakes mini expedition adventure!

The aim of the weekend is a very relaxed but informative and enjoyable weekend and we are really looking forward to meeting you and sharing the weekend with you.

We hope this document tells you all you need to know before the event so please have a careful read through, but if you need some other assistance do feel free to give us a ring on 0845 293 7296 or email admin@fieldskills.com.

We look forward to seeing you in the Lakes.

Staff

Dom Hall will be the course leader. Should you need to get in touch on the day then please contact him directly on 07759 833849 but please bear in mind that reception can be fairly minimal in the area!

Dom is one of the founders of Fieldskills and is based full time (when not rushing off round the country, or the world) in the Lakes. Despite all the travelling that remains one of his favourite places.

He got the expedition bug after University where a 5 month trip overseas developed into 2 years and, in turn, a career which has taken him to Oman, Borneo, Gabon, Egypt, Costa Rica, Peru... and many other places. He's led a wide range of youth, conservation and exploration trips mainly spending time in his hammock in the tropics.

He loves being at home in the Lakes and sharing his passion for expeditions and the outdoors with others so this is the perfect trip for him.

What to expect

As we've said above the aim is for a relaxed but informative weekend. It is not intended to be a hard core physical challenge but we will walk a reasonable distance over the two days. We will also be outside for the whole weekend in whatever weather the Lakes may throw at you so you should come armed with some good waterproofs, warm clothes and a sense of humour.

The site is a traditional (proper!) wild camping experience – ie no toilets or showers on the Saturday night, so please be prepared for that – we suggest wet wipes, a nose peg and again the sense of humour may come in handy.

There will be a number of 'teaching' sessions over the weekend but again these are designed to be informal, hands on and more for interest than a formalised training course. We will be a small group to allow Dom to follow the content you want to know about.

Terms and conditions

We draw attention to some key elements from our terms and conditions:

"Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation."

“Clients should also understand that all outdoor activities are potentially hazardous and that they are obligated to agree to abide by safe practice as instructed. We also recommend that clients consider personal accident insurance if appropriate”

Many of you will have already filled in the online booking form where it asks for any medical conditions which may affect your participation and we would reiterate here that it can hugely help our team, in the case of a medical incident or accident to have access to any information regarding allergies, medication you are taking etc so please do let us know.

Course content and timetable

Below is a rough outline of the timetable for the course. As with all outdoor courses the exact timings will be flexible dependant on weather etc as well as following the content you wish to know about but the timetable will give you an outline of the topics we will cover.

Friday Night		
		Approx Timing
Arrival	No formal program – arrival from 7pm. Camp fire chat, chance to meet staff and other attendees, set up camp for the night... No formal meal will be provided as arrival times will vary but there are cooking facilities if you want to bring food.	19.00 - 10.00
PLEASE LET US KNOW YOUR ESTIMATED ARRIVAL TIME		
Saturday		
	Get up, breakfast, camp fire brew	08.00 - 09.00
	Short walk and selection of jungle camp location	09.00 - 09.30
Set up camp	Selecting a site	09.30 - 13.00
	Central areas, set up main camping shelter	
	Machetes and other cutting tools	
	Firebuilding, water purifying and cooking	
	LUNCH	
	Hammocks and jungle living	13.30 – 15.00
	Lost, search and navigation	15.30 – 18.00
	DINNER	
	Tea and camp fire chat	
Sunday		
	Pack up Camp and breakfast	07.00 - 09.00
Mini-Expedition	Trek route planning	09.00 - 09.30
	Informal coverage of navigation, river crossings, dealing with emergencies, basic first aid	13.00 - 13.30
Return to site	Final questions, pack up and departure	15.30 - 16.00

Kit to bring

To reiterate- the course is entirely based outside, unless you count a yurt on the Friday night and an emergency barn! So please bring adequate clothing (waterproofs and fleece) and suitable outdoor boots.

The course will be based around a mini-expedition. You can leave camping stuff at the main site on the Sunday whilst we do the longer walk but will need to carry with you whatever you need for the day – such as lunch, waterproofs etc.

Specialist camping kit such as hammocks etc will be provided for Saturday night. For Friday night you are welcome to sleep in the yurt – you'd just need a sleeping bag. The yurt is lovely but is communal so feel free to bring your own tent for greater privacy.

A suggested kit list is below but there are some options so please get in touch if you have any questions.

Small light weight tent if required for Friday.
Rucksack for carrying kit into the jungle camp site (short distance).
Day sack for Sunday walk
Sleeping bag.
Sleeping mat.
Waterproof jacket and trousers.
Warm outdoor clothing – layers are recommended.
Head torch.
Lightweight camping stove (optional).
Pot to cook in and eat out of.
Mug.
Spoon.
Compass.
Matches.
Toilet paper.
Water bottles (at least sufficient to carry 2 litres of water).
Pen knife.
Brillo pad.
Ear-plugs (may help with snorers or loud rain!)

We do not have a large stock of spare equipment but if you do not have any of the above items or are concerned about what you have please get in touch and we will try to help out where we can.

Food

Food will be provided for Sat and Sunday, you are welcome to cook on site on Friday night if you wish. Please let us know of any dietary requirements – we will be cooking as a group, mainly over open fires so simplicity will be the order of the day – expect plenty of pasta and such like...

I hope this answers any questions you may have but don't hesitate to contact us if there is anything else.

Location

By Car from M6 Leave the M6 at Junction 36 and follow signs for the A590 to Barrow in Furness. After passing through Newby Bridge, continue on the A590 to Greenodd.

At Greenodd, turn right on the A5902 and continue to Grizebeck. At Grizebeck, when you are approaching the garage on the left hand side but just before you reach it, turn right and immediately right again onto a small track.

Continue along this track, you will pass Ashlack Hall on the right and then you will get to some farm buildings, parking is on the first left. Please tuck your cars in out of the way. Either let us know your arrival time in advance and we'll meet you at the car parking or give Dom a ring 07759 833849 when you arrive and we will come and find you!

If you get stuck you can also phone Ben on 01229 889 902 or 07973 430905.

By Train

The closest station is Ulverston, where you can get a taxi which will take around 15 minutes.