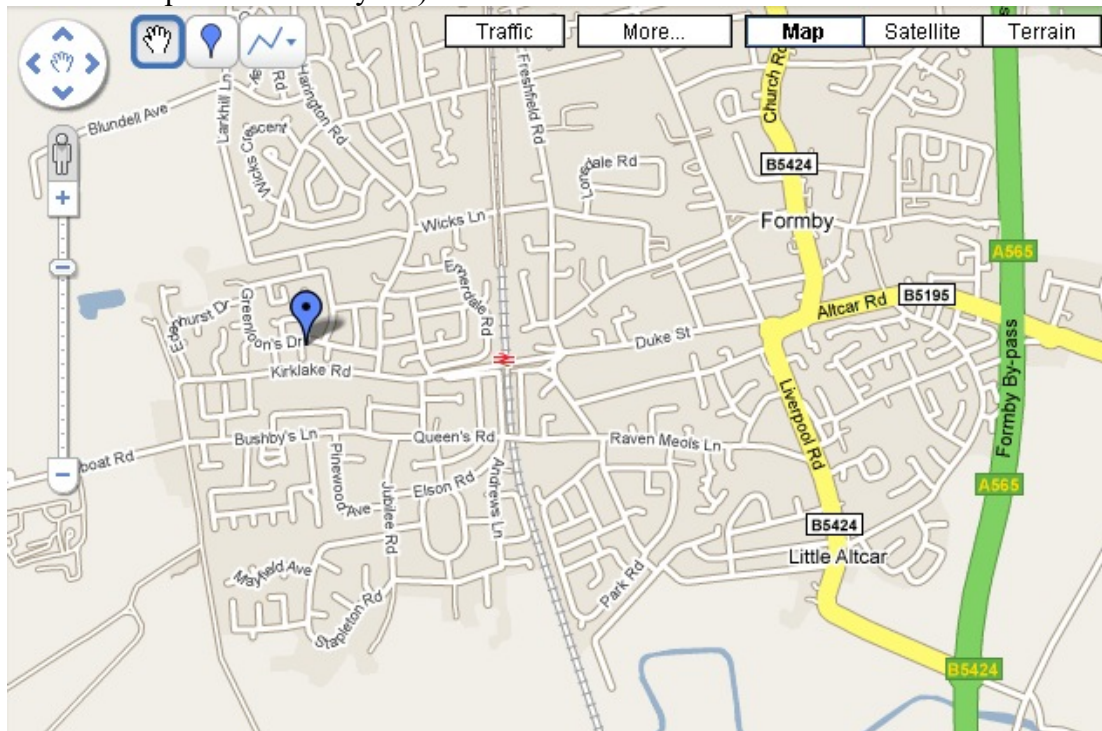


Club trip to the Alps Friday 21st July to 6th August 2017

The following applies to people in minibus but some of it may be of help to all going this year.

Keith Steer
1 Springfield Close
Formby
L37 2LL
07719459942
keithsteer@gmail.com

We will load the **minibus and trailer** at my house between **5:30 and 6:00pm on Friday 21st July** and hope to get away before 6:15pm. We can park 6 cars on my drive with another 4 or so on the street if need be. (Let me know if this will cause a problem for anyone)



Directions: Into Formby, head over Formby Railway Station bridge on Kirklake road, 3rd Right, Right and Right again. 1 Springfield Close, Formby, L37 2LL. (Tel 07719459942)

The Minibus (Mercedes 17 Seater – and trailer (Maximum internal length 10 feet). Acrobats do just fit in!! Try to put light paddling gear inside boats. Heavy items (tent, bags etc) to go inside bus, under seats etc. It is a good idea to have your sleeping bag handy in minibus to grab a few hours sleep.

Channel Tunnel is early on Saturday morning 22nd July 1:20am check in at 0:50am (6hr+ drive) to arrive on the campsite late Saturday afternoon. We travel back on 5th August Saturday Evening / Night with a crossing 3:05am on Sunday. Please bring snacks, drinks, music for the journey. **A sleeping bag is useful.** We aim to stop for lo / change drivers every 2 hrs



Money: Credit cards or Debits cards are accepted everywhere – I use French ATMs to withdraw Euros for use when out there. The trip will pay for everything except food using your £400. (Last year we gave back

£75 but with higher exchange rates and fewer numbers in the minibus this may be less or we may even need a small top up). I do not expect to spend more than £100 in cash. Personal Insurance is not really required as we are very near roads when on the rivers, but an E111 is essential for medical treatment (Available free from post office). However just to cover myself: *in Europe you are expected to pay for major rescues if they are required. ie helicopters etc so **you may wish to take out personal insurance.***

Campsite: We have 3 family plots in France 1, 2, & 3 so will be all together and under the trees. Toilets and showers are 20 metres away. There is a very small shop on site but we will regularly drop in to supermarkets etc. Bread shop is half a mile away. We have my tarp to cook under with a small table. Try to bring a folding chair each to sit on. It is best to cook in small groups of 3 or 4 (reduces the number of stoves, pots etc) – please try to arrange this yourselves.

We need to reduce the amount of gear we take as room in the minibus is limited. Please feel free to share tents etc

The maximum total weight limit for each person in the minibus this year is 50 Kilograms including your boat and paddle!

Your boat and bags **will all be weighed** before going on the bus. Group equipment for all to use will be limited to 2 x tables (KS & 1 other), 1 x group tarp KS, BBQ x 1 Sarah Gille, 1 x 8 socket extension lead for phones etc KS. Please do not take other tables, food etc unless they are part of your 30 kg allowance!

Gear list

High Visibility Vest! (*Everyone needs one*)

Boat with airbags

Paddle

Spraydeck

Helmet and Buoyancy Aid

Long John Wetsuit or shorts

Suitable footwear (good tread)

Full length Cag for cold water in rivers

Thermal top(s)

Throw line if you have one

Towel

Optional extras: Shortie Cag

Sun glasses

High Factor Sun Screen (SP30+)

Sun Hat

Small Wash / Medical Kit

Passport / driving licence (if driving)

Camera – charger / batteries

Folding Chair

Tent / Sleeping bag / Sleeping mat

Small amount of suitable clothes for Alps

(Lightweight rain jacket? / shorts / trainers and flip flops, 1 fleece for cool nights etc)

In cooking groups – Stove, pot and pans. Mug, Plate, spoon etc.

To be accepted on the trip you will need to agree to all of the following:

1/ Provide a Medical Consent form: ***Please Email it to me or bring on the day.***

2/ Paying for your share of the Minibus excess, £1000 if in an accident. (would be split between us all)

3/ To secure a place in the minibus the cost of the trip has to be paid in full. There are no refunds and if you later find that you are unable to go, it is your responsibility to sell your place on the bus.

4/ You or the person acting in `loco parentis` if under 18 will be responsible for deciding to paddle the section of river. There is always a risk of loss or injury on moving water and you will need to be sure that you have the personal skills to cope as part of a group.

5/ You will be a full member of Liverpool Canoe Club

Any questions etc please contact me. **Keith**



Liverpool Canoe Club

Medical Consent Form



Participants Surname Forename(s)

Date of Birth Place of Birth Tel (H) Tel (W).....

Address

.....

Tetanus injection in last 10 yrs? Yes / No (Date if available _____)

Details of any recent inoculations, disabilities or conditions requiring medical treatment or allergies (especially to medication)
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Name of participants Doctor Phone

Address.....

.....

MEDICAL WAIVER AGREEMENT

I consent to myself, my spouse or any of my said children receiving emergency treatment, including anaesthetic, as considered necessary by the medical authorities present. I agree to pay the reasonable cost of such medical care, attention or treatment and to indemnify and hold free and harmless of and from any and all liability for such cost the Liverpool Canoe Club and its officers and members thereof. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

Signed (Adult participant / Parent or Guardian) Date.....

In the event of any emergency, people to contact are as follows:

1) Name..... Home Phone Work Phone

Relationship to Participant

Address.....

Paddling is a potentially dangerous activity

I understand that paddling on moving water is potentially dangerous and that I (or for children in my care) will decide on the suitability of each section of river / sea paddled by the club / group. While I may ask for advice or take directions from other paddlers in the group I will not hold anyone else responsible while I am on the water.

Signed (Adult participant / Parent or Guardian) Date.....