

Middle Hill

Southern Area Training Centre



Joining Instructions General

includes Kit List and Sample Menu



General Training Courses...

Location...

The weekend will be held at Middle Hill ET Centre, Tower Road, Colgate, West Sussex, (Grid Ref TQ219332, Sheet 187).

From the A264 between Crawley and Horsham, look for the roundabout signposted for Colgate. Proceed up Tower Road. After approx 1/2 mile the road narrows and there is a sign banning goods vehicles over 7.5 Tons. There is an entrance on the right with large metal gates next to the Scout Camp. Go through the gates and follow the road down through another set of gates. The campsite is on the right hand side through a gate next to a prefab building. Please park outside.

Times...

Candidates are to arrive on the Friday night at Middle Hill between 1945 - 2100 and departure is normally 14.00 and no later than 1430 on the Sunday.

All known late arrivals are to inform the Admin Officer by 1800 on the Friday.

Booking In...

All cadets must bring a completed and signed T1 and T1 (Med), failure to ensure the T1 is signed by both Parent/Guardian and Commanding Officer will result in the cadet being sent home.

Candidates are also required to bring their ET logbook and current ET certificate; candidates on the EL5 or EL6 assessment are also required to bring their current first aid certificate.

Medical...

All medical conditions must be clearly documented on the Cadet T1. All medication requirements should be clearly stated on the T1 (Med) and all medication must be handed into the Admin Office upon arrival and should be in a sealed pack / container labelled with cadets name.

Any conditions or illness which are not common or you feel we may need further information or advice, should have a letter of explanation.

All candidates must be physically capable of walking 12 Kilometres carrying a full rucksack.

Victualling...

Candidates will provide their own food appropriate for cooking on an expedition (do not bring food which requires refrigeration). You will require two breakfasts (hot), one evening meal and two lunches. Please ensure you have eaten before you arrive on the

Friday night.

Stoves...

If using a stove you will require a screw on type gas bottle, these are available to purchase from the centre at a cost of £3.50. One canister should last two or three courses.

Note: Non re-sealable pierced gas canisters stoves are not allowed

Kit...

A kit list is attached; you are to make sure this kit list is used as it contains all the required items to successfully complete all Middle Hill courses. It is possible to borrow some items from the centre; these items will be shown with an asterisk on the kit list.

Note: Mobile phones, iPods, Game Boys and other valuables are not allowed onto the course, all mobile phones are to be handed into the Admin Office upon arrival.

Middle Hill will not be held responsible for any items of value (including Money) that are brought onto the course and not handed in.

Tuck Shop and Souvenirs...

This shop will be open at various times over the weekend. Mugs- £1, Enamel badges £1, T-Shirts- £8. Note: Cadets are responsible for looking after their own money.

Contact details...

Middle Hill Southern Area Training Centre (during course time only)

01293 852271

Admin Officer – Lt(SCC) Mark Reeves RNR

07749 125058 (M)

admin@middlehill.com

Expedition Courses Kit List...

Individual Items...

Expedition Log Book
Strong Boots
Gaiters (optional)
Trousers (not jeans)
Walking Socks
Warm Underwear
Shirt (long sleeved)
Knitted Jumper/Fleece
*Headwear and Gloves
(appropriate to weather conditions)
*Waterproof Jacket
*Waterproof Trousers
Rucksack (marked with name)
*Sleeping Bag
*Sleeping Mat

Spare Clothes:
(Thin jumper, Trousers or Tracksuit, Shirt, Socks & Underwear.)
*Whistle
Spare Boot Laces
*Torch & spare batteries and bulb
Cord or String (approx. 5 meters)
Small personal First Aid Kit
Waterproof matches
Knife, fork, spoon and unbreakable mug
*Mess Tins
Toilet kit and towel (include toilet roll)
Note book, pencil and rubber
*Water Bottle (filled before arrival)
Watch
Spare Poly Bags

Team Items...

(If you have any of the following items please bring them with you)

*Tent
*Stove and spare fuel (Non re-sealable pierced gas canisters stoves are not allowed)

Tin opener
Housewife (Wash-up items, Needle & cotton)
Gash bags

General Notes...

Complete uniforms of the services are not permitted, this includes DPM's (combat clothing), and all clothing is to be civilianised.

The Sea Cadet Corps smoking policy is enforced at Middle Hill

Telephone number for Middle Hill is 01293 852271.

Any cadets sent home over the duration of the weekend will be required to be picked up by the parent / guardian or unit staff.

Middle Hill accepts no responsibility for any loss or damage to candidate's individual valuables, all valuable items can be handed into the Middle Hill admin office.

Et Example Menu...

Nearly all the food mentioned below can be purchased in Supermarkets. Some may be found in Millets, YHA, Field and Trek.

Your food needs to be...

Cheap/reasonably priced

Light Weight / securely packaged

If tinned, can you eat it all? If not but smaller tins

Can you cook it? Keep the instructions

Don't buy the food if it takes too long to cook

MAKE SURE YOU BUY THE FOOD YOU WILL EAT

BREAKFAST SUGGESTIONS

- Warm Drinks - Tea, Coffee, Hot Chocolate, Cuppa Soups
- Cereal/breakfast type bar
- Porridge - Oats-so-simple/porridge oats
- All Day breakfast in a tin (200gram or 400gram size depending on appetite)
- Beans and sausages in a tin
- Ravioli/ Macaroni cheese
- Potato, bacon & onion in vacuum sealed packets
- Non refrigerated Microwave meals

LUNCH SUGGESTIONS

- Warm Drinks - Tea, Coffee, Hot Chocolate, Cuppa Soups
- Pita bread, Tortillas, Crackers, Mini Cheddar's
- Tinned Fish, Pates, Paste, Pepperami
- Peanut butter, Marmite, Jam, Tube Cheeses
- Cheese Dippers
- Malt Loaf

EVENING MEAL SUGGESTIONS

- Warm Drinks - Tea, Coffee, Hot Chocolate, Cuppa Soups
- Boil in the bag products
- Pasta & Sauce
- Savoury Rice
- Pre & part cooked pasta/rice/noodles in vacuum packets
- Pasta sauces that just need heating
- Smash
- Non refrigerated Microwave meals

PUDDING CHOICES

- Jelly, Custard, Fruit, Rice Pudding

SNACKS (THROUGHOUT THE DAY)

- Dried fruit, Nuts and fresh fruit
- Yoghurt coated Nuts and Fruits
- Cereal Bars / variety chocolate bars
- Flapjack / malt loaf
- Boiled sweets / Toffees
- Dextrose tablets / Kendal Mint cake
- Extra Tea, Coffee, Hot Chocolate, Cuppa Soups

