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Mary Webb, Silver Training Day 2022.



- DATE** - Sunday 27th March, 2022
- MEET** - 10.00am (allow 45mins from Pontesbury)
Admiral Rodney
Criggion Lane
Criggion
SY5 9AU.
- RETURN** - Pick up at approximately 3.30pm from Admiral Rodney.
- AIM** - An accompanied day to practise navigation techniques and moving together as a group as well as practising to use and follow Emergency Procedures.
- KIT** - As checklist for mountain day out. All items are necessary for your own safety and will be checked.
 - Spare money.
 - Lunch and drink.
 - Small rucksack.
 - Waterproofs.
 - Walking boots (with ankle support) are necessary at this stage.

You will not be allowed to go if you do not have any.

EMERGENCY CONTACT NUMBERS - Greg 07815947114

Action Fun Risk Planning Friendships Problem solving Learning for life Thinking under pressure Making real decisions Facing consequences Overcoming Confidence

Frightening New places Wild Quiet Imagination Relevance Frustration Confidence Fragile Safe Bad Caring Empathy Sharing Strive Shy