



intrepid esu

sun run

Enclosed with this rambling tome is your handbook for the Sun Run. Please read it! And this letter, too... In the handbook are useful things, like:

- 🔊 Health Form - Centre Pages - **MUST BE RETURNED ON 02 JULY AT 5PM!**
- 🔊 Kit List. You need everything on the list of personal gear. We have some very shiny bright newish reflective jackets, but you'll need to provide the ankle bits and stuff - if you've got some of ours, please bring it!

In addition to the kit list in the handbook, you'll also need the following:

- Sleeping bag
- "Karrimat" or similar
- Wash kit and shower gel
- Towel
- Change of clothes
- Sun hat and sun cream (it can get hot!)
- Old tea towel (old fashioned thing they used to have before dishwashers were sensibly invented)
- Personal first aid kit (inc. triangular bandage, plasters, blister stuff - and any inhalers required)

If you have a compass, please bring it (particularly if it's the Unit's!).

Please also take some time reading through the rules. The Unit operates a no-tolerance no-drugs policy - please remember this (where appropriate - this isn't aimed at anyone in particular).

We're meeting at 5pm on Friday, and aim to leave as soon as possible afterwards. You'll need to travel in uniform. Please bring your drill top **AS WELL** (if you have one!).

We have a gift from the Malvern Challenge crew from last weekend - all of the tents are still up! No tent putting up for us on Friday - and we're located right next to the main arena, and quite close to the food base too!

We aim to return mid-afternoon on the Sunday, and people should be home well before 6pm, and will be able to call from HQ upon our return (as ever, we'd like help at HQ putting all the tents away and stuff before the Explorers disappear off home!

Queries to me on 0121 744 1356 / 07788 920505 or email [andrewbaynes@mac.com](mailto:andrewbaynes@mac.com).

Regards,

Andy



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