

ALPS 25





Alps25 – Jamboree in the Mountains

All Participants, Parents & Delivery Team Webinar

24th February 2025



Agenda

- Welcome, Event Update – Phill
- Kit Tips – Alison
- Activity Updates – Conor
- Training – Conor
- Fitness – Alison
- Fundraising Success – Paul B
- Communications – Phill
- Top Awards – Annick
- Personal information & Insurance – Paul B / Kirsty A
- Wrap up – Phill
- Q & A – All



Welcome, Introductions and Event Update

Phill Wood



Ask us anything...*



*related to the Alps25 trip 😊

Scan the below QR code or go to www.menti.com and enter code: 7416 2049

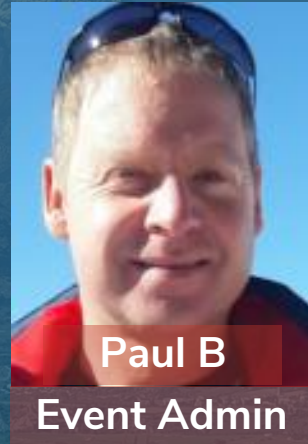
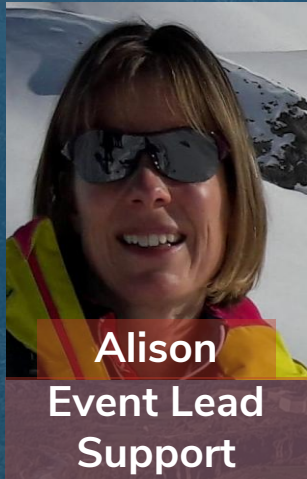


The journey so far.....

- 115 Explorers
- 22 Network
- 65 Adult Volunteers



Core team




Location



 Camping de l'île

 Whitewater sports

 Aerodrome

 Hikes

 Climb

 Bike and VTT

 Lakes

 Abbey

 Castle Vauban

 Center of art

 Silver mine/
Museum

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Kit Tips

Alison Berry



Large Kit Essentials

Holdall (suggest between 80-110ltrs, can have wheels, not a suitcase)

Rucksack (<35ltrs)

3 season sleeping bag

Cotton or silk sleeping bag liner

Good sleeping mat (not a foam "yoga style")

Inflatable pillow and pillowcase

Towels

Underwear

T-Shirts

Trousers

Shorts

Walking Boots

Comfortable shoes to travel and relax in

Water shoes (can be old trainers)

Waterproofs (Coat & Trousers)

Jumpers & Fleece

Swimming Costume

Clothes that can get wet

How many sets of clothes should I pack?

- Your choice, but you will need enough for two weeks of activities with limited clothes washing facilities



Small Kit Essentials

Personal Documents (Passport, GHIC card, Travel details etc)

Personal Medications (inc. spares)

Sun Protection

Bug Spray

Camera (inc. spare batteries/charger, SD card)

Hand Sanitiser

Torch (inc. spare batteries/charger)

2 ltr waterbottle/water bladder (minimum of 2 needed)

Sun Glasses

Wash Kit

Small repair kit

Personal First Aid Kit



You will need to liaise with your unit leaders regarding any limit to baggage due to your method of travel and any additional items you may need due to activities undertaken whilst traveling





Things to consider...

Money belt

Cheap wristwatch

Battery pack/Solar charger

Cards, book, notebook, travel games...

Baby wipes

Travel pillow for flights/buses/trains

Cycling shorts

Climbing shoes



Phones and other electrical items are permitted, however there is limited charging facilities and please remember that roaming charges on phones may apply



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Activity Updates

Conor Chippendale



Activity Structure

- 2 Patrols doing each activity, Mix who you are with
- Different Levels offered:
 - Beginner/Easy
 - Advanced/Challenging
- Cater for all, encourage you to push your comfort level



Programme Information

Form End of April asking for:

- Participant Information (Height, Shoe Size, Weight)
- Ability level (Preference)
- Group Preferences



Group Preferences

- 3 Names
- Guarantee at least 1
- 6/7 People in each
- Please put Full Names or as close to as possible



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Training

Conor Chippendale



Training

- Hillwalking Dates Out
- Water by 28th Feb
- Issues with dates or haven't received them contact:
alps@berkshirescouts.org.uk
Conor.Chippendale@berkshirescouts.org.uk
- Kayaking Leader support



Fitness

Alison Berry



Why fitness?



How do I know if I am fit enough and what can I do to get fitter?

- Can you do Park run?
- You could try completing Couch to 5k training plan
- Can you walk 25 times up and down your stairs at home?
(This is about 100m elevation)
- How far can you ride a bike today?
- Register a team for 3 towers? – www.hike.org.uk



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Fundraising successes

Paul Berry



Maidenhead

- **Quiz Night (Jan 2025)**
 - 80 people attended
 - £7 per head
 - Quiz, Raffle, Bar, Cakes & Sausage Rolls, Guess the digits on £20
 - **Raised £1,100 for Alps25 participants**
- **Cake Sale (Nov 2024)**
 - Church after Remembrance Sunday
 - Donated cakes and from local cake company
 - Remember – St Georges day (April 24) is coming !
 - **£200+ raised**
- **Event Marshalling (all year!)**
 - Helping at local sports events (marshalling, drinks station etc)
 - Helpers paid £9+ per hour



South Berkshire

- Marshalling, Carparking, Registration at events in Henley
- Selling Glowsticks at Ascot Fireworks



Wokingham

- Helping with the bag check in and out at the Wokingham Half Marathon



Other successes

- Joshua
 - marshalled at Maidenhead half marathon - raised £60
 - bag packing at M&S for 7 hours [raised roughly £900 , 3 people]
 - washed various cars which made me roughly £5-£10 per car
- Taking old unloved planters from people and planting them up with seasonal bedding 'old pots for new'
- Sweet sales at school
- Sponsorship for personal targets of running, walking or swimming - using park run or similar.
- Tabletop sale at own section meetings.
- Pocket money sacrifice



Fundraising Ideas

- Cake Sale at local Rugby Club / Football training for weekend parents
- St Georges day - 23 April 2025.
 - Many districts will have an event (people + cake & tea = ££)
- Car wash - needs a venue and adult supervision
 - People like to support scouts.
 - People like to get something for their ££
- Sponsored Walk / Run/ swim
 - 0-5k ? would be great training for Alps too!
 - Three towers scout event **5th April 2025**
 - if you fancy a bigger challenge than 5k hike.org



Communications

Phill Wood



Staying connected



www.berkshirescouts.org.uk/alps25

alps@berkshirescouts.org.uk



www.facebook.com/groups/alps25/

Emailed out most months



Staying connected – the results show!

Exam results



School choices



University applications



Staying connected – knowing me, knowing you...

Keeping in touch whilst in country:

- Home contacts – for anything urgent in and out of country
- Email – for those who just want to say hi
- Wristbands
- Phone use in country



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Top Awards

Annick Tremblay



Document store

| | |
|--|----------------------------|
| Ts&Cs (October 2024) | click here |
| Personal kit list (v1) | click here |
| Hillwalking training kit list | click here |
| King Scout & DofE – Guidance for residential approval form | click here |
| King Scout & DofE – Residential approval form | click here |
| Alps 25 participant care and support plan | click here |
| Adult volunteer & Scout Network registration form | click here |
| Role description – Core Team member | click here |
| Role description – Unit Leader | click here |
| Unity Overseas Travel Insurance – policy document | click here |
| Unity Overseas Travel Insurance – product information | click here |

Search

Search ...

Search

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Internation
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Project Af
Challenge badge

contact email below ...

information



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Personal information & Insurance

Paul Berry / Kirsty Aldridge



"Evboo" - The administration system for Alps25

- There is a lot of information to manage and collect, Evboo is where we do that.

In March / April you will receive an email asking to log in and provide extra information

- Passport details**
 - Permissions to leave UK (for explorers)
 - Shoe, Clothing and wetsuit sizes
 - Food preferences / Allergies
 - Medical information
-
- Please reply promptly :-)
 - ** Check your passport expiry ASAP



A screenshot of the Alps25 Online Booking System (Evboo) interface. The page has a purple header with the text "Alps25 Online Booking System" and a logo. Below the header is a yellow banner with the text "Status : Live | any issues, please email alps@berkshireScouts.org.uk". The main content area features a large image of a mountain valley with a blue sky and snow-capped peaks. Overlaid on the right side of the image is a black box with the text "Evboo Booking System" in white. Below the image, the text reads "Welcome to the Alps25 Online Booking System (Evboo)" in purple, followed by "Thank you for registering!" and "This booking system will guide you through the tasks leaders need to perform between now and the event. We recommend you will email you too from time to time." in black.

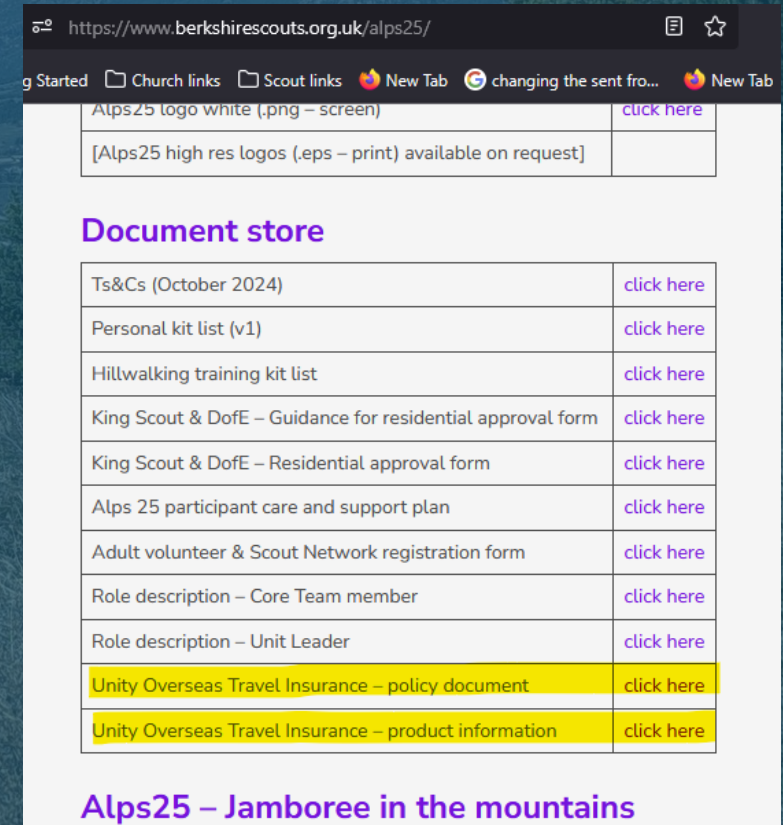
Insurance

We have travel and accident insurance

Please download and review the policy to check for exemptions and if necessary, take out additional cover for your personal circumstances

Exemptions include but are not limited to:

- Professional athlete or entertainer
- Pre-existing mental health conditions
- Anyone who has been told not to travel by doctor



The screenshot shows a web browser window with the URL <https://www.berkshirescouts.org.uk/alps25/>. The page content includes a table with two rows of links, a section titled "Document store" with a list of documents, and a footer with the text "Alps25 – Jamboree in the mountains".

| | |
|---|----------------------------|
| Alps25 logo white (.png – screen) | click here |
| [Alps25 high res logos (.eps – print) available on request] | |

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| | |
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Alps25 – Jamboree in the mountains

Wrap Up & Next Steps

Phill Wood



Next steps

Keep up to date with monthly newsletters (also available through the county website page)

Additional information will be requested directly in the coming weeks

Questions can be raised through unit leaders or alps25@berkshirescouts.org.uk



A group of four hikers is posed on a rocky mountain trail. In the foreground, a young woman in a yellow tank top and blue bucket hat sits on the left, and a young man in a black t-shirt with a cityscape graphic crouches on the right. Behind them, two other hikers stand: one in a grey t-shirt and black shorts, and another in a blue t-shirt with a mountain graphic and a red cap. The background features a vast, rugged mountain range under a blue sky with scattered white clouds. The text "167 days to go....." is overlaid in white on the left side of the image.

167 days to go.....

Q&A

