

Mid Conference Field Trip Joining Instructions

As the dates of the trip are fast approaching, we wanted to confirm the details for you:

Departure:

08:00 on the 21st August at The Sir Duncan Rice Library: [The Sir Duncan Rice Library | About | The University of Aberdeen \(abdn.ac.uk\)](#) The trip will leave promptly at 08:30 so please ensure you arrive by 08:00 to allow for registration and loading of bags. If you are not there on time the trip will be unable to wait and you will miss the field trip.

Return is estimated between 18:00 and 19:00, however this may vary depending on traffic.

Lunch:

Lunch will be a packed sandwich lunch and will be provided for you.

Medical or Special Requirements:

If you have any medical conditions, special requirements or anything that might impact your safety, enjoyment or participation on this fieldtrip, **please contact the cpdservices@abdn.ac.uk by email at your earliest opportunity** so that we can build this into the risk assessment:

Transport: RS Coaches

Returning to the buses promptly:

Please note the bus number that you are on and continue to use this bus throughout the day. This will ensure that you don't miss any of the stops (each bus will take a slightly different route to avoid congestion) and ensure that we know everyone has made it back to Aberdeen at the end of the trip.

Please note that we take your health and safety seriously. If you do not return to the bus at the appointed time, **you will be reported as a missing person and we will enact our emergency procedure, which involves contacting the emergency services.** Please ensure that you always arrive at least 15 minutes prior to each departure time.

Sights on the Tour:

During the day you will have the opportunity to visit Sueno's Stone, Duffus Castle, Burghead, Loanhead of Daviot Stone Circle, Inverurie Pictish Stones and its Medieval Mott.

Kit List:

Field Kit

- Small rucksack,
- good boots (with ankle support),
- thick socks,
- waterproofs
- fleece,
- water bottle
- sun cream
- a selection of functional, yet stylish, hats (for sun/cold/wind)

General Safety

Safety is everyone's first priority. To improve your own field safety, follow this advice:

- be careful on or near roads and other hazards ;
- listen to, and follow, the safety advice given
- stay hydrated; drink plenty of fluid (non-alcoholic and not fizzy) throughout the day (e.g. 2-3 litres minimum)

Watch out for ticks (<http://www.lymediseaseaction.org.uk/>); sit on rocks rather than vegetation whenever possible. Take a tick card or tweezers to remove them. Ignore the folklore about covering them with booze, Vaseline or sun cream etc. Just remove them ASAP.