**Leadership and Management Training Course 2024-25**

All Year 1 students will be participating in a Clinical Team field trip to RAF Woodvale, near Formby, Merseyside, the week commencing **28 October 2024**. This will be an exciting one-day programme of leadership exercises designed to allow individuals to experience working in non-selected teams in order to solve non-medical problems.

**Getting there**

There will be arrangements provided for transportation between the University and RAF Woodvale. Students will need to bring their own packed lunches, snacks and drinks.

# What to bring

Please follow our suggested kit list.

This type of course, although having a physical element to it, is in no way extreme and within any reasonably fit young person’s capability, even those with medical conditions such as asthma. The processes and activities are well-rehearsed with experienced staff and fully risk assessed.

# Kit list: clothing and equipment required for Leadership Insight Course

The list below includes the basics you will need. Please note, we advise you to label your belongings. Please do not come in expensive/designer clothes that may get damaged.

* Sturdy footwear to protect against ankle injury on rough ground (walking, jumping & climbing).
* A pair of trainers suitable for running.
* Walking type socks
* A pair of gloves
* Plenty of warm clothing (loose-fitting clothing suitable for climbing, stretching & bending). Please ensure you bring enough for a change of clothing suitable for autumn / winter weather. Multiple layers are much more effective that a single layer of clothing.
* Small day-sack / rucksack style sports bag to keep you belongings safe
* Lightweight waterproof clothing (jacket and trousers are needed, however these can be provided if you do not have access to waterproof clothing).
* Any regular medication you may require, such as an inhaler\*.
* Small amount of cash

\* If you are taking medication, are pregnant, or have certain conditions that we need to be made aware of, you will be asked to identify this in a questionnaire circulated to all Year 1 students. Please be aware that students with significant health problems may be asked to obtain GP clearance before participating in this training exercise.

Please contact the Y1 Team, yr1mbchb@liverpool.ac.uk, should you have any queries.

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Reviewed August 2024

Contact your Year Lead if you find any digital content difficult or impossible to use, either directly or with an assistive technology such as a screen reader.

Contact details for all teams and individual staff can be found on the [School website.](http://www.liverpool.ac.uk/medicine/contact-us/email/) [www.liverpool.ac.uk/medicine/contact-us/email/].

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