

Silver DofE Walking Expedition 2017

We hope that you are looking forward to your DofE Silver Expedition. This letter will give you some more information about the training and the expeditions, and also contains a health form which we need you to complete and return to the school.

Training day: Wednesday 12th April

The training day will take place at the Campbell Room, Over Stowey on the Quantocks (TA5 1HN; directions at the end of this letter). The main focus of the day will be on route planning and navigational skills. Please wear suitable clothing and footwear for walking on the hills and bring some lunch. The day will commence at 9am and finish at 5pm.

Practice Expedition: 2nd – 4th July

Your practice expedition will take place on Exmoor.

We meet at 10am on Sunday 2nd at Dunster car park.

The campsite for the first night will be at Pool Bridge, nr. Porlock.

The campsite for the second night will be Cloud Farm, Malmsmead.

The dismissal point will be at Porlock Weir at 1pm on Tuesday 4th July.

You will need to make your own way to the start and finish so you may wish to join up with other members of your team to share lifts. Directions to both the start and end points may be found at the end of this letter.

The Assessed Expedition: 16th – 18th July

The assessed expedition will take place on Dartmoor. During the training sessions we will be working with the students to help them plan their expedition. Because one of the key features of a DofE expedition is that it is planned by the young people themselves it is not possible at this stage to give you an exact drop off or collecting point. After the teams have planned their routes on the training days we will be issuing detailed instructions and directions for drop off and collection.

Equipment:

Below is a suggested kit list of the items that you will need for the expedition. As you assemble your kit think carefully about both the weight and the bulk of your kit, whilst still ensuring that you are adequately prepared for anything the weather might throw at you. Remember to leave enough room inside your rucksack to carry your share of the group kit.

Group items such as tents, stoves, first aid kit, maps and compasses will be supplied.

You will need to provide your own personal gear and food.

If there are items on the list that you do not already own, then you may wish to purchase them. Alternatively you might save money by hiring kit from the Somerset Youth Equipment Stores which holds a large stock of DofE equipment for this purpose. This council run Youth Equipment Store is based at TA1 3AG and can be contacted on 01823 289387 or yes@somerset.gov.uk.

Suggested kit list:

Clothes suited to the conditions – although we are hoping for good weather there is the possibility of it being wet or cold in July.

Walking boots

Walking socks

Underwear

T-shirt or base layer

Fleece tops or similar

Activity trousers (jeans are not recommended as they become cold and waterlogged when wet)

Nightwear

Sunhat & suncream (or warm hat & gloves according to the conditions!)

Waterproof and windproof coat

Waterproof over-trousers

Small drysacks or some strong plastic bags – to keep your belongings organised and dry

Sleeping mat

Sleeping bag

Torch with some spare batteries

Notebook & pencil, camera etc

Whistle

Personal first aid kit

Watch

Eating utensils (eg bowl and spoon, and a mug)

Small wash kit and mini travel towel, including any sanitary products you may require

Your food for the expedition

Some emergency rations

Water bottle(s) – we recommend carrying two 1 litre bottles

Food for a lightweight expedition:

Planning and procuring your food is an important part of your preparation for your Silver expedition.

What you bring is up to you, but we suggest that you bear the following points in mind:

- Your expedition is 3 days and 2 nights so you will need 2 evening meals, 2 breakfasts and 3 lunches.
- You will need more food and energy when paddling all day than you might on an average day at home. An expedition is not a time to plan a low calorie diet.
- You need to carry all your food for the whole expedition, make sure that you choose things that are light enough and compact enough to fit in your bag.
- Because you are carrying your food it is also important that you choose food that will not perish or spoil. If you are careful and plan well you could cook raw meat on the first evening, but you should not attempt to take raw meats or other perishable foods for the second or third day.
- We will supply your team with two Trangia stoves. You may therefore wish to discuss your food plans with other members of your team and coordinate your efforts. You can heat 3 or 4 prepacked 'boil in the bag' meals simultaneously in a Trangia, or cook one 'from scratch' meal for up to 4 people in one Trangia. If you all have different uncoordinated menu plans

you may find that you have to take turns with the stoves, and the last person may end up a bit hungry and grumpy by the time their turn comes around!

- You will be cleaning your stove. It will be spotless when issued to you and must be returned in the same manner. Bear this in mind whilst planning and cooking your food.
- You are likely to want some additional snack foods to graze on as you paddle. Dried fruit, nuts, cereal bars or sweets can all give you a splendid physical and mental boost as you travel.
- You should *not* take high caffeine energy drinks (redbull etc). These will only give you a brief mad boost followed by a prolonged crash which will help neither you nor the morale of the rest of your team.

Pasta and rice both make good expedition foods. Expedition meals (Wayfarer meals and other similar dried or boil in the bag prepackaged meals) are also ideal. Porridge makes a very lightweight easy to carry breakfast.

Directions for your Training day:

The Campbell Room (9 Adcombe Ln, Adcombe, Over Stowey, Bridgwater TA5 1HN)

From the M5 exit at J23, and follow the A39 through and out of Bridgwater, heading towards Minehead. About 2 miles after the Cannington roundabouts you will pass the Cottage Inn on your right. Just after this is a left turn (signposted Over Stowey) on a bend of the A39. Take this left turn and follow the road across two crossroads. After the second crossroad ignore a turning immediately on the left and take a second left turn a hundred metres further on. The Campbell Room is the black and white building ahead of you on a corner 300m further on.

Directions for your Practice expedition:

Dunster carpark (Dunster Steep, Dunster TA24 6AS)

From the M5 turn off at J23 and turn right (3rd exit) to head into Bridgwater. From the centre of Bridgwater follow the A39 (signposted Minehead). Stay on the A39 all the way past Cannington, Williton and Carhampton. About 1 mile after leaving Carhampton you will come to a set of traffic lights. Turn left here onto the A396 into Dunster. The car park is then the first turning on the left.

Porlock Weir (TA24 8PB)

From the M5 exit at J23, follow the A39 through and out of Bridgwater, and on past Minehead. Continue on the A39 all the way to Porlock. At the end of the main shopping street in Porlock is a right fork signposted Porlock Weir. Take this right turn and follow the road all the way to Porlock Weir. The car park is on the right on the beach front.



Silver DofE expedition for the Kings of Wessex Academy 2017

Health form and Emergency contact details:

Walking

Canoeing

Name:

Date of Birth:

Address:

Any medical problems we should be aware of:

Any medications taken or carried:

Any allergies (to foods, medications or other):

Any other special needs:

Date of last tetanus injection:

Emergency contact numbers for parents/guardians:

Signature of parent or guardian:

Date: