

## Bronze DofE Expedition

We hope that you are looking forward to your DofE Bronze 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 days: 19<sup>th</sup> & 20<sup>th</sup> May 2018

The two training days will take place at the Kings of Wessex Academy. These will be fairly intensive days of training covering everything that you need in preparation for your expedition.

Each day will commence at 9am and finish at 3.30pm. The assembly point is the King's Theatre.

Bring lunch each day.

- On the first day please also remember to bring all of your personal gear that you have gathered so far for the session on personal equipment
- On the second day please also remember to bring outdoor clothes and walking boots for the walk with practical navigation

### Practice Expedition: 9<sup>th</sup> – 10<sup>th</sup> June 2018

You should assemble at East Harptree Wood (BS40 6DA, detailed directions will be given out at the training days) at 9:30. The practice expedition will take place in the countryside near Cheddar, and the campsite used will be Lillypool Campsite (Shipham Road, Cheddar BS25 1RQ).

The dismissal point for the practice expedition is also East Harptree Wood. The finishing time on the second day will vary depending on how fast your child's team walks! We would anticipate that the teams should be completing around 3pm. Some may finish earlier, some later.

Please note that no student should leave before having been checked out by a member of the staff responsible for them.

### The Assessed Expedition: 16<sup>th</sup>-17<sup>th</sup> June 2018

The assessed expedition will take place around Exmoor, with camping near Porlock at the Sparkhayes Farm Campsite (Sparkhayes Farm Camping Site, Sparkhayes Lane, Porlock, Exmoor National Park, Somerset TA24 8NE; tel. 01643 862470).

For the assessed expedition you will need to make your own way to Exmoor and you may wish to join up with other members of your team to share lifts.

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. In order to give each team the space to complete their own individualised expedition (rather than following nose to tail along the same path) the drop off points for the different teams will vary.

## **The Presentations:**

Remember that after your expedition you will be making a presentation about your experiences. Your school will be guiding you through this aspect of your DofE expedition, however don't forget that you may wish to take photographs and keep other records of your expedition to use in your team's presentation.

## **Equipment:**

To help you in your advance planning a suggested kit list is below. You can also find the official DofE kit list at [www.dofe.org/go/exk](http://www.dofe.org/go/exk). We will be giving plenty of advice and support during the training days to guide you through the process of assembling the necessary kit.

It is very important to remember that you do not have to rush out and buy everything on this list. Although we very much hope that your expedition may be the start of a life-long love of the outdoors and decent kit may last you a lifetime, it is often best to start simply and cheaply. One way to do this is to hire kit from the Somerset Youth Equipment Stores, where items such as rucksacks, walking boots and waterproofs can be hired for just a couple of pounds for your expedition. The Youth Equipment Store at Hestercombe House can be contacted on 01823 410131 or [yes@somerset.gov.uk](mailto:yes@somerset.gov.uk).

Group items such as tents, stoves, maps, compasses and group first aid kits will be supplied. You are responsible for providing your own personal kit and food.

Do remember to leave a little bit of space in your rucksack for your share of the team kit!

### **Suggested kit list:**

- Walking boots
- 2 full sets of clothing (one worn, one carried): thick walking socks, underwear, trousers, T-shirt/base layer, fleece/mid layer. (Jeans are not recommended as they become cold and waterlogged when wet)
- Waterproof coat
- Waterproof overtrousers
- Sunhat & suncream (or warm hat & gloves according to the conditions!)
  
- Rucksack (we suggest about 65L in size)
- Rucksack liner or some strong plastic bags – to keep your belongings dry, waterproof and organised
- Sleeping mat
- Sleeping bag
- Torch with some spare batteries
- Notebook & pencil, camera etc
- Whistle
- Personal first aid kit (blister plasters etc.)
- Watch
- Knife, fork, spoon (or just a spork)
- Plate or bowl 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 Bronze expedition. What you bring is up to you, but we suggest that you bear the following points in mind:

- Your expedition is 2 days and 1 night so you will need 1 evening meals, 1 breakfasts and 2 lunches.
- You will need more food and energy when walking 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 (hopefully in lovely warm weather) it is also important that you choose food that will not perish or spoil.
- 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 then 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 walk. 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.

**Bronze DofE Expeditions for the Kings of Wessex Academy 2018**  
**Health form and Emergency contact details:**



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: .....