

Silver DofE Canoe Expedition 2018

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: Sunday 15th April

The training day will take place at Taunton Canoe Club. The day will focus on paddling skills, safety & rescue skills, and route planning. Please bring a towel, change of clothing, a second pair of footwear that can get wet (wetsuit shoes or trainers) and some lunch. The day will commence at 9am and finish at 5pm.

Practice Expedition: 5th – 7th July

Your practice expedition will take place on the Kennet & Avon canal.

We meet at 11am on Thursday 5th July at Staverton Marina.

The campsite for the first night will be at Lower Foxhanger Farm, Devizes.

The campsite for the second night will be at The Golden Swan, Wilcot.

The dismissal point will be at Wootton Rivers at midday on Saturday 7th 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 the river Thames. 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.

For a canoeing expedition you need to be adequately prepared in case of getting wet. Making your kit super-lightweight is less crucial.

Group items such as tents, stoves, maps, first aid kit, canoes and buoyancy aids will be provided.

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

For the canoeing expedition you will not require a rucksack as we will issue each student with one 100L and one 15L drybag into which all your kit can be packed. (Remember to leave enough space for your share of the team kit as well).

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. You should also cater for the possibility of getting accidentally wet whilst paddling – have at least one full set of spare dry clothes.

Footwear

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 to record your experiences

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 assessed expedition is 3 days and 2 nights so you will need 2 evening meals, 2 breakfasts and 3 lunches. (The practice expedition is 2 days and 2 nights so you will need 2 evening meals, 2 breakfasts and 2 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:

Taunton Canoe Club (Priory Bridge car park TA1 1AP)

From J25 take the A358 right towards the centre of Taunton. Continue straight over the first roundabout, a set of traffic lights and then straight over a second roundabout onto the A3038. Go straight over yet another roundabout and continue until you see a big Viridor building on your right. Turn off into the car park here, the canoe club building is by the river here.

Directions for your Practice expedition:

Staverton Marina (BA14 7QA)

From Trowbridge take the B3106 north to Staverton and Hilperton Marsh. The Marina is on Hammond Way. We might be either side of the canal, depending on where there is space for the canoe trailer.

Wootton Rivers (SN8 4NN)

From J15 of the M4 turn right onto the A346. Continue on the A346 through Marlborough then take the next right junction, about 2 miles further on. Following this road will take you straight to the bridge over the canal. Please be considerate when parking here, you will need to park on the side of the road.



Silver DofE Canoe expedition 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:

Able to swim 50m Yes No

Emergency contact numbers for parents/guardians:

Signature of parent or guardian: Date: