Dear Parent / Guardian

As part of their Bronze Duke of Edinburgh’s Award your child will be attending the qualifying expedition detailed overleaf. Please carefully note the information for times, locations, maps, and directions. Whilst we have made every effort to supply you with the most accurate postcode we could find, systems can vary, and the remote nature of some locations may mean that your Satnav may not take you directly to ‘the doorstep’.

Participants will need to arrange their own transport to and from the meeting and finish points. Please keep meeting and finish points as safe as possible by; **arriving at the allocated time**, sharing lifts where possible, signing in on arrival and out on departure and being prepared to **‘drop and go’**.

Unless other specific arrangements have been made, you can expect any equipment being borrowed to be available on arrival. Please seek assistance from *GOtC* staff if required. We are always here to help.

Every expedition is unique making it difficult to be precise with an exact finish time. All participants are asked to phone home (where/when reception allows) during their last morning to inform you of their anticipated finishing time. However, if you do not hear from them, please aim for the **mid-point** of the expected ‘window’ shown overleaf.

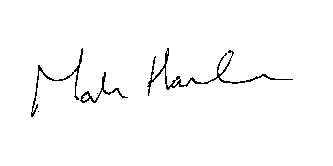
During qualification expeditions GOtC staff will be remotely supervising groups through techniques such as observation, check-pointing and trailing, as appropriate to monitor all participants.

**It is essential that each participant brings waterproof jacket and waterproof trousers as an additional layer that can be put on over their clothes for every expedition.** As part of their preparations for this expedition participants have been given training and/or printed information on kit, food, clothing, etc. We recommend that, at least one week prior to the expedition, parents and participants revisit this information which along with other supporting documents can be found on our website.

If there is an emergency and you need to contact your child during the expedition, please use the phone number listed at the top of this letter. This will automatically divert to a member of the team in the field.

Thank you for your continued support and please do not hesitate to get in touch if you have any questions.

Kind regards,



Director

Get Outside the Classroom

**Expedition: Bronze Qualifying Expedition**

**For: St Nicholas High School**

**Date: Saturday 7th – Sunday 8th October 2023**

|  |  |  |  |
| --- | --- | --- | --- |
| Start  Wave 1  (Teams 1-4) 9:30am  Wave 2  (Teams 5-8)  10:00am | Alderford Lake,  Tilstock Rd,  Whitchurch  SY13 3JQ  What 3 Words cheesy.reported.porridge | Diagram  Description automatically generated | From Chester take the A41 south towards Whitchurch. Continue along the A41 around the Whitchurch bypass towards Shrewsbury. At the 2nd roundabout take the 4th exit to join the B5476. In half a mile the left turning in for Alderford is signed. There are 2hrs free parking (café and nice walks) but then parking charges are logged automatically by ANPR system. |
| Camp | Willow Barn  Marbury  **SY13 4NB**  What 3 words  **documents.shine.tallest** |  | O Care is needed to find the entrance to this camp. From Whitchurch follow Alport road onto Mile bank road towards Marbury. The lane is narrow and full of potholes. Keep left at the fork to join Hollins Lane. Go 500m past the first buildings on the right and there is a gate way into the camping field on the right. |
| Finish  Finishing window between:  14.30 - 15.30 | Bishop Heber High School  Malpas  **SY14 8JD**  What 3 words  **headboard.plan.thanks** |  | Bishop Heber is located on the outskirts of Malpas on the B5069. As you approach the town the school is on the right-hand side. There is a large layby just before you reach the school for drop off/pick up. |

**Expedition Guidance for Participants:**

**To complete your expedition section of your DofE Award you MUST meet the 20 Conditions:**

1. Your expedition must be by your own physical effort, without any motorised or outside assistance.

2. Your expedition must be unaccompanied and self-sufficient.

3. Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.

4. Your expedition must have an aim.

5. You must be properly equipped for your expedition.

6. You must have completed the required training and practice expeditions.

7. You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and in a similar environment to the qualifying expedition.

8. You and your team must plan and organise your expedition.

9. You must be assessed be by an approved Assessor accredited by the DofE.

10. There must be between four and seven people in your team (eight people may be in a team for modes of travel which are tandem).

11. You must be within the qualifying age of the DofE programme level.

12. All the people in your team must be at the same level of assessment.

13. Your team must not include anyone who has completed the same or higher level DofE expedition.

14. Your overnight accommodation should be camping.

15. Your expedition must be the minimum number of days required for your DofE level.

16. Your expedition should normally take place between the end of March and the end of October.

17. Your expedition should be in the recommended environment for your DofE level.

18. You must do the minimum hours of planned daily activity for your DofE level.

19. You should cook and eat a substantial meal each day.

20. You must create and deliver a presentation after your expedition to complete the section.

**How far do we have to walk?**

There is no set distance for your expedition, but you will need to meet the hours of activity required for the appropriate level; **6** at Bronze, **7** at Bronze and **8** at Gold.

You don’t have to spend all your time walking. Some can be spent on your aim. You need to plan this carefully before you arrive so that you complete the required time during each day as camping is not included in the time. You should not, therefore, simply take the shortest/fastest route – the DofE expedition is never a race.

**Suggested Kit List** **DofE:**

[**https://www.dofe.org/shopping/wp-content/uploads/2021/04/DofE-Expedition-Kit-List-April-21.pdf**](https://www.dofe.org/shopping/wp-content/uploads/2021/04/DofE-Expedition-Kit-List-April-21.pdf)

All borrowed kit (rucksacks, roll mats, tents, trangias & fuel) from Get Outside the Classroom will be given upon arrival at the starting point. If you are borrowing a rucksack, bring all your own kit in a bag to transfer into the rucksack at the start point. All borrowed kit must be returned at the end of the expedition in the same state that it was given.

**Each tent group will need to carry:**

o Tents and Trangias (shared between tent group) **THESE WILL BE LOANED BY GOTC**

o Fuel in a dedicated fuel bottle **THESE WILL BE LOANED BY GOTC**

o Maps **THESE WILL BE LOANED BY GOTC**

o Pan Cleaning kit (brillo pad, jay cloth/tea towel)

o Long Matches

**Individually you will need:**

o A wristwatch – time is hugely important when navigating. (Phones are poor for this use).

o Rucksack **65L THESE CAN BE LOANED BY GOTC**

o Sleeping bag – wrapped in a bin bag

o Roll /Sleeping Mat **THESE CAN BE LOANED BY GOTC**

o Spoon/Bowl/Mug (a spork is ideal!)

o Water – minimum 2L (large 2L lemonade/coke bottles are perfect)

o Torch

o Clothes including **waterproofs** (please see further information below)

o Food(please see further information below)

o Footwear (suitable walking boots to walk in/something for the campsite i.e., light trainers/ crocs etc.)

o “Ouch Pouch” – Plasters, personal medication etc.

o Small personal hygiene kit, including hand sanitiser – think travel size!

**Clothing**

There is no need to make this complicated and expensive, but it is worth putting some consideration in to what you will wear. For example - look at the weather forecast before you go on the expedition, if it’s cold, take a warm hat, if it’s sunny, a cap and sun cream.

* **Proper waterproof coat and waterproof trousers** - these MUST be an **ADDITIONAL layer that go OVER the top/trousers you are already wearing**. They are key pieces of kit and **MUST** be carried.
* Take a mid-layer, something like a fleece as it can get cold when the sun drops away and you are tired from the walk. Remember you can always add the waterproof for warmth - they are not just for the rain.
* A lightweight t-shirt like a sports top is ideal, polo shirts are also great as they protect your neck from the sun and help prevent rubbing. Wear one and bring one spare. This layer will help to take the sweat away from your body and keep you dry. Do not bring vest tops they usually result in sunburn/friction burns from the rucksack.
* Leggings or lightweight tracksuit bottoms are perfect for walking in, shorts too if it’s warm enough but beware nettles are likely to be found along countryside paths. Bring one set to wear and one spare.
* One pair of socks/ underwear for each day. Lightweight walking socks are best if you can get them.
* An old set of trainers/Crocs are a must for the campsite. Bare feet or just socks are not allowed (flip flops leave feet exposed and at risk from an accidental spill of a stove and impalement on old tent pegs).

**Food**

You will need to plan your menu for your entire trip. Food needs to be easy to cook, light to carry and give you plenty of energy. Make sure to bring lunch for each day, dinner to cook on a Trangia for each night camping, breakfast for each morning , plenty of snacks and emergency rations.

<https://www.dofe.org/shopping/expedition-kit/expedition-food/>

When menu planning consider:

1) Weight - as light as possible, for example do not bother with multiple ingredients in multiple packets, avoid jars and cans. Take boil in the bag!

2) Suitability – food is going to be compressed into your rucksack and will not be kept fresh, especially over longer expeditions therefore avoid breakables and perishables for example raw eggs and fresh chicken.

3) Calories - you will be exercising all day for two days. Eat a lot and drink (water) regularly to stay fuelled. Balance sugars with slower releasing energy foods. Haribo cannot fuel your whole expedition.

4) Emergency rations - do not eat all your food on the last day. You must keep some back in case of emergency. Your supervisor/assessor may well ask to see your emergency rations at the end. A small packet of sweets and breakfast bar are good for this.

***Breakfast***

You won’t have to carry your first breakfast so make it a BIG breakfast. Whilst cooking a fry up sounds great the reality is it burns quickly and creates a LOT of washing up as Trangia’s don’t have non-stick pans. Porridge is a good option, especially on a cold morning.

***Snacks / Lunch***

Eat little and often. Keep food in your pockets and snack throughout the day. You will not be able to cook for lunch so make easy food to take with you like wraps and packets of dried fruit, chocolate, and nuts.

***Dinner***

Noodles, pasta, and rice all make good dinners; they are light weight, quick and easy to cook. Boil in the bag versions of food can be ready in minutes, create no washing up, generally taste pretty good and leave you with a pan of hot water to make a hot drink or soup with.

The efficiency of food is more than how long it takes to cook. How small and light it is, and how much energy you will get from eating it should also be considered. Packaging too can be a waste of space and add weight. Remove what you can where you can.

***Water***

Staying hydrated is important, especially when exercising. **Take at least 2 litres** and avoid Coke/ Lucozade etc. One of the little juice concentrate bottles will add flavour for your whole walking group for a weekend if you need it.

Diagram

Description automatically generated**Pack your own rucksack -** Use the following links to help:

<https://www.youtube.com/watch?v=xg8W709w8Yw>

<https://www.youtube.com/watch?v=TwfmVD77ins>

[How-to-pack-your-DofE-rucksack-April-2018.pdf](https://www.dofe.org/wp-content/uploads/2019/03/How-to-pack-your-DofE-rucksack-April-2018.pdf)

[rucksacks-and-packing](https://www.dofe.org/shopping/expedition-kit/rucksacks-and-packing/)

<https://www.cotswoldoutdoor.com/the-knowledge/walking/how-to-pack-a-rucksack.html>

**Remember to pack your own rucksack! If somebody else packs your bag you will not find the important bits you need and you will carry too much.**