

Duke of Edinburgh Guide





When...

- Expedition practice will take place from Friday 20th – 21st May 2016
- Assessed expedition will take place from Friday 17th – 18th June 2016

On both trips we will depart at 9.30am
We will return to school at
approximately 6pm.



Where...

- Expedition practice will
20th – 21st May 2016
at Hardhurst Farm in
Hope.

- Assessed expedition will
take place from
17th – 18th June 2016
at Waterside Campsite in
Edale.



Keep it Simple

You will need to cook and prepare all your dofe food on route so make your meals simple, this is not a time showcase your fancy cooking skills!

Packing Light

As well as being able to cook the food yourself you will also need to carry it in your rucksack. This means whatever you are taking must be very light and small so as not to take up too much space in your pack. Boil in the bag food and food that you just need to add water to are ideal for expeditions meals as they take up very little room and are very light. You may wish to avoid tinned food which is bulky and heavy, if you do decide to take tins make sure you have planned to eat this heavier weighted food first.



Keep Energy Up

Depending on your expedition you may be burning up to 5,000 calories a day.

The types of food you should be looking to carry will fill you up and give you lots of energy. Too much sugary food should be avoided as it will make you feel sluggish rather than energised.

Breakfast (20% of your day's calorie intake)	Lunch (30% of your day's calorie intake)	Dinner (50% of your day's calorie intake)
<ul style="list-style-type: none">• granola or muesli• Porridge with hot water• Breakfast bars• tea or coffee	<ul style="list-style-type: none">• Packed lunch first day• Pitta bread or wraps• nuts/raisins/malt loaf/dried fruit• chocolate bar, jelly squares, mint cake or dried fruit	<ul style="list-style-type: none">• Pasta and sauce• Cook in the bag meals www.gooutdoors.co.uk• Boil in the bag rice• Soup• Couscous• Cooked meats (hotdogs/pepperami)

Camping Food

Recommended for you



Wayfayrer Beef Stew and Dumplings In Gravy Ready-to-Eat Camping Food

RETAIL PRICE £5.00

DISCOUNT CARD PRICE: £4.49

[MORE INFORMATION](#)



Wayfayrer All Day Breakfast Ready-to-Eat Camping Food

RETAIL PRICE £5.00

DISCOUNT CARD PRICE: £4.49

[MORE INFORMATION](#)



Wayfayrer Beef Bolognese & Pasta Ready-to-Eat Camping Food

RETAIL PRICE £5.00

DISCOUNT CARD PRICE: £4.49

[MORE INFORMATION](#)

What you need to bring!

Pupils will be provided with:

- Trangia to cook with
 - Cooking fuel
 - Tents
- If you need a bag/roll mat/ sleeping bag please see Miss Khoo



**You must bring your own
food and drink!**

Pupils will be required to carry all their equipment and food for the whole expedition.



Kit List

- You will need to make sure you have all the right equipment – but remember that you will have to carry everything that you bring!
- You can check the recommended kit list on:
- <https://www.dofe.org/go/exk/>
- School can provide, tents, roll mats, rucksacks, Trangias and cooking fuel.

A good pair of walking boots is essential!!





Bronze award



Activities

- Participants must spend a minimum of 3 months completing one activity from each of the volunteering, physical and skills sections.
- They also choose to spend a further 3 months on one of these activities, taking the minimum total time to complete the Bronze programme to 6 months.

Expedition

- Participants must plan, train for and undertake a 2 day expedition, with a minimum of 6 hours of planned activity per day and 1 night of camping.

- One of these needs to be done for **3 months** and the other for **6 months**.
- They must be done **weekly** and evidence of the weekly activity must be recorded and **uploaded onto the edofe site**.
 - A final **assessor's report** must be written and **uploaded at the end**.

Volunteering

Undertaking a service to individuals or the community

Choosing to give up your time to do something useful, without getting paid!

- Helping out at the youth club
- Volunteering at scouts
- Packing bags at the supermarket
- Visiting an elderly person regularly
- Helping out at an animal shelter

Physical

Improving in an area of sport, dance or fitness for a sustained period of time.

- Fitness
- Dance
- Martial arts
- Extreme sports
- Team sports
- Individual sports



How you achieve the award...

- In order to achieve the Bronze Award, participants must carry all their belongings and camping equipment for the entire expedition. They have to use their own navigation and compass skills and work as a team on decision making.
- During the expedition participants will be walking in a team of about 6 pupils. To gain their Bronze Award they must show independence and therefore staff will not be walking with them. We will, however, meet them at certain points during the walk and will be camping with them overnight. In the practice expedition, pupils will be directly supervised at all times. Pupils must have completed 2 sections of the award to be part of the expedition training and the completion must be 'signed off' online.
- They will also be expected to have attended all of the skills labs that will begin immediately following the Easter break otherwise they will not be prepared for the expedition

Date	Activity	Team leader
Thursday 21 st April 3-4.30pm	Map skills – writing a route card	Gen Patton
Thursday 28 th April 3-4.30pm	Route card for practice	Gen Patton
Thursday 5 th May 3-4pm	Tent skills	Miss Khoo/ Mr Reeve
Thursday 12 th May 3-4pm	Cooking skills	Miss Khoo/ Mrs Pendlebury
Thursday 19 th May 3-4pm	Bag check before practice expedition	Miss Khoo/ Mr Reeve
Thursday 26 th May 3-4.30pm	Map skills – improvements Work on Assessed route card	Gen Patton
Thursday 9 th June 3-4.30pm	Route card for real expedition	Gen Patton
Thursday 16 th June 3-4pm	Bag check before assessed expedition	Miss Khoo/ Mr Reeve