



DOFE EXPEDITIONS

WELCOME

Welcome to your Duke of Edinburgh's expedition with E3Adventures, the Award is a balanced programme of activities that develop the whole person – mind, body and soul, in an environment of social interaction and team working with the expedition section often being the most memorable and impactful element of the Award.

The Award is renowned by employers and universities alike for the qualities young people have who've achieved a DofE Award.

To achieve your DofE Award you will be completing a programme of activities across four sections:

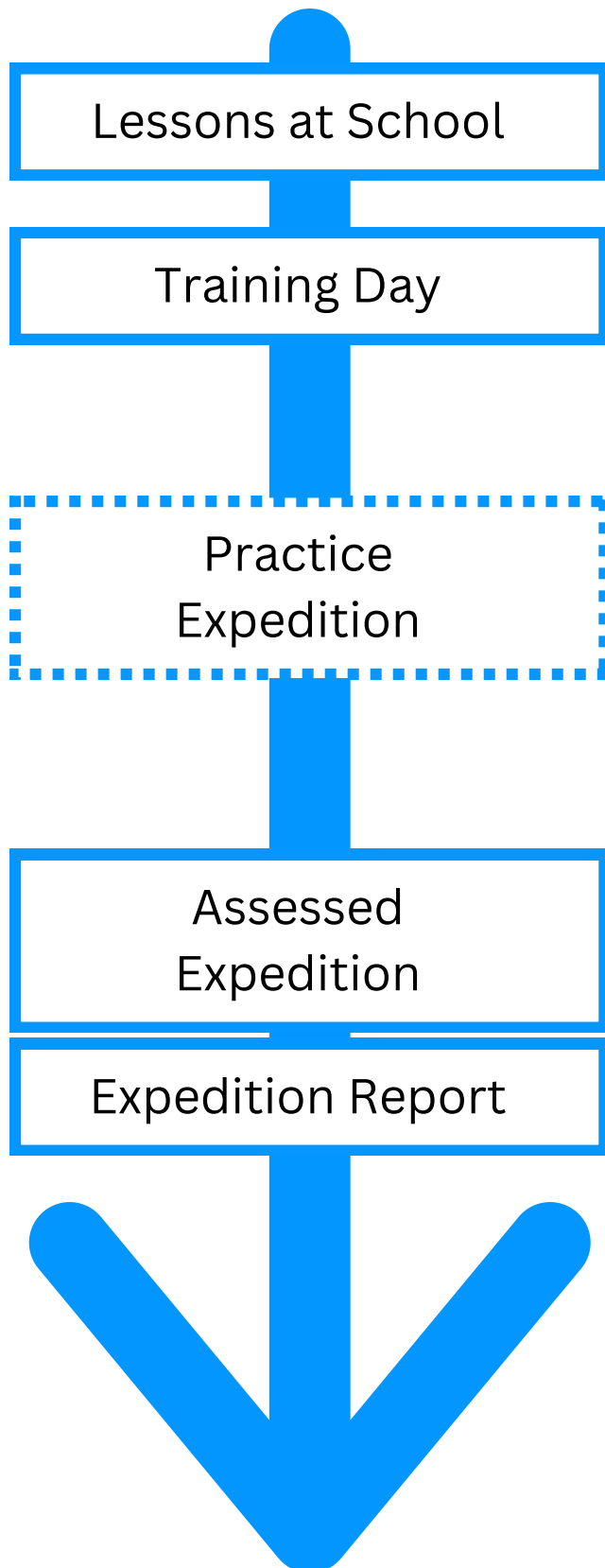
- Volunteering: undertaking service to individuals or the community.
- Physical: improving in an area of sport, dance or fitness activities.
- Skills: developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.

This **handbook** combined with the information on our **website** is designed to help you get the most out of your Expedition Section, where you see this symbol please check out our website www.E3Adventures.com for videos, articles and other helpful information.



EXPEDITION PROCESS

Before you undertake your Assessed Expedition you need to have sufficient training.



At School you will be taught parts of the DofE Expedition syllabus.

At School on the Training day you will have a chance to practise the skills taught at school as well as learning new practical skills during a training walk, including:

- First Aid
- Campcraft, equipment, hygiene
- Food and Cooking

You will be expected to wear your boots and to carry a packed rucksack.

At Bronze level your Assessed Expedition will take place over 2 days and one night, with each day will consist of approximately 6 hours journeying with the rest of the time being planned activity. You will be required to carry your own clothing and kit as well as your share of the group equipment so leave space in your rucksack when you are packing your own kit.

You will need to cook a hot evening meal, your assessor will want to see this as part of the assessment.

KIT LIST

This Kit List is a suggestion of clothing and equipment that you might need for the expeditions, you might already have much of this however if you are considering buying any equipment it is worth buying items that could be suitable for the duration of you Bronze / Silver / Gold expeditions.

You will need a large rucksack, approximately 60 L, to pack your personal and group kit into

Personal Clothing

- 1 pair of walking boots (broken in)
- 2 pairs of walking socks
- 2 t-shirts
- Thermal t-shirt (optional)
- 2 fleece tops or similar
- 2 walking trousers
- Underwear
- Nightwear
- Flipflops/trainers/sandals etc (optional for campsite use)
- Warm hat &/or sunhat (as appropriate)
- 1 pair gloves (if appropriate)
- 1 pair shorts (if appropriate)
- Sunblock (if appropriate)
- Waterproof over-trousers
- Jacket/coat (waterproof & windproof)
- 1 pair gaiters (optional)

Personal Kit

- Rucksack(60L)+ Liner
- Sleeping bag + Sleeping Matt
- Whistle
- Torch (spare batteries)
- Personal first aid kit
- Water bottle (2 litres)
- Knife, fork, spoon
- Plate/bowl /Mug
- Box of matches
- Wash kit/personal hygiene items (some items could be shared as a group)
- Towel
- Notebook and pen/pencil
- Watch
- Spare Laces

Shared Items

- Scourers
- Tea towels
- Plastic bags (for rubbish etc.)
- Toilet paper
- Camera (optional)
- Tin Opener (if needed)

Group Kit

(Provided for you but you need to leave space in your rucksack to pack it)

- Tents
- Stoves
- Fuel
- Pots / Pans
- Maps / Compass
- Emergency Phone
- Group First Aid Kit

Walking boots should have good grip on the bottom and provide support to the foot. Loose fitting sports trainers are unlikely to have sufficient tread on the bottom or do up tight enough to help prevent slips while carrying weight. Pupils with inappropriate footwear will not be allowed to walk.

YOUR KIT



If you are considering buying or borrowing any equipment please look at our website where we have a number of videos and articles to help you, these include:

- Expedition Kit Guide
- Choosing your Expedition Kit
- Choosing your Waterproof Jacket
- Choosing your boots

Choosing the right equipment can make all the difference to the success of your expedition. When thinking about your equipment ask yourself the following questions.

- What have I already got in my wardrobe?
- What can I borrow?
- If I am still growing what will still fit in 2 or 3 years time



BOOTS AND SOCKS



Your boots should have good ankle support and have a good solid tread on the bottom., this will minimize the likelihood of you slipping and help protect your ankle if you do slip or trip. Your socks should help cushion your feet, minimize blisters and keep moisture away from your feet. Wear 2 pairs of socks, a thin pair next to your skin and a thick pair on top.

RUCKSACKS

Your rucksack should be big enough to carry your own equipment and your share of the group equipment. If you are intending to carry on to Silver and Gold DofE you might want a rucksack with an adjustable back system that will grow with you over the years and be big enough to use on your Gold Expeditions. 60-70L should be sufficient.



WATERPROOFS

Good waterproof coats and trousers will help protect you from the wet and the wind. When choosing your waterproofs try them on to make sure they will be comfortable to walk in. Check that you can put your waterproof trousers on while wearing your boots.



SLEEPING BAGS AND MATS

Getting a good nights sleep is vital, you will need a sleeping mat or similar. This helps you be a bit more comfortable and, more importantly, keeps you off the cold floor so helps you keep warm. Your sleeping bag should keep you warm and pack down small enough to go inside your rucksack, a modern 'mummy' style 2-3 season sleeping bag should do it. Always pack your sleeping bag inside a bin liner or similar just in case it rains or water gets inside your rucksack.

For videos and articles all about choosing and fitting your personal equipment visit our website and look for the Kit List and Food page.



PACKING YOUR RUCKSACK



Please do visit the website, there are a couple of videos and downloads on how to pack your rucksack which will really help you. Having a well packed and well adjusted rucksack will make a huge difference to your level of comfort as well as the stresses and strains put upon your body.

Treat the videos and articles as a great place to start, however there is no substitute for experience, with that in mind follow our handy tips

PRACTICE PACKING YOUR RUCKSACK

You won't know what works, how much fits in or how to do it unless you practice at home first. The morning of your practice expedition should NOT be the first time you pack your own rucksack



PACK STUFF YOU NEED WHERE YOU CAN GET IT

You might need your waterproofs in a hurry, don't pack them at the bottom of your rucksack.

PACK BAGS WITHIN BAGS

Your rucksack is NOT waterproof. Use a rucksack liner or similar. Pack your dry clothes, sleeping bag, food in separate bags. Several bin liners or a rubble sack work well. This will keep them dry and mean that you can find what you need without having to rummage through everything.



PACK EQUIPMENT INSIDE YOUR RUCKSACK



Anything outside of your rucksack will get snagged on trees and branches, will get wet or dirty or lost. If it can't fit inside your rucksack either you don't need it or your rucksack is too small.



EXPEDITION MENU & FOOD

Cooking and eating are vital aspects of the expedition and having a well prepared menu with tasty food can lift your teams spirits after a long days walk. Although cooking does not have to be a team activity we strongly recommend that your team agree and plan a menu in advance, this will help reduce weight and bulk as well as making cooking easier. Think about foods that will provide you with both the calories that you need and energy throughout the day, sweets and crisps are ok for snacks but should not form the key components of your menu!

DAY 1

Before you start your expedition make sure you have a filling and nutritious breakfast, this will give you the energy to start your expedition, cereal with a chopped banana on top or toast with peanut butter might be nice. You could have a packed lunch for mid-day. Your evening meal is a key part of the expedition, choose something your team will enjoy cooking and eating, if you get the opportunity practice cooking it at home before your expedition.

DAY 2

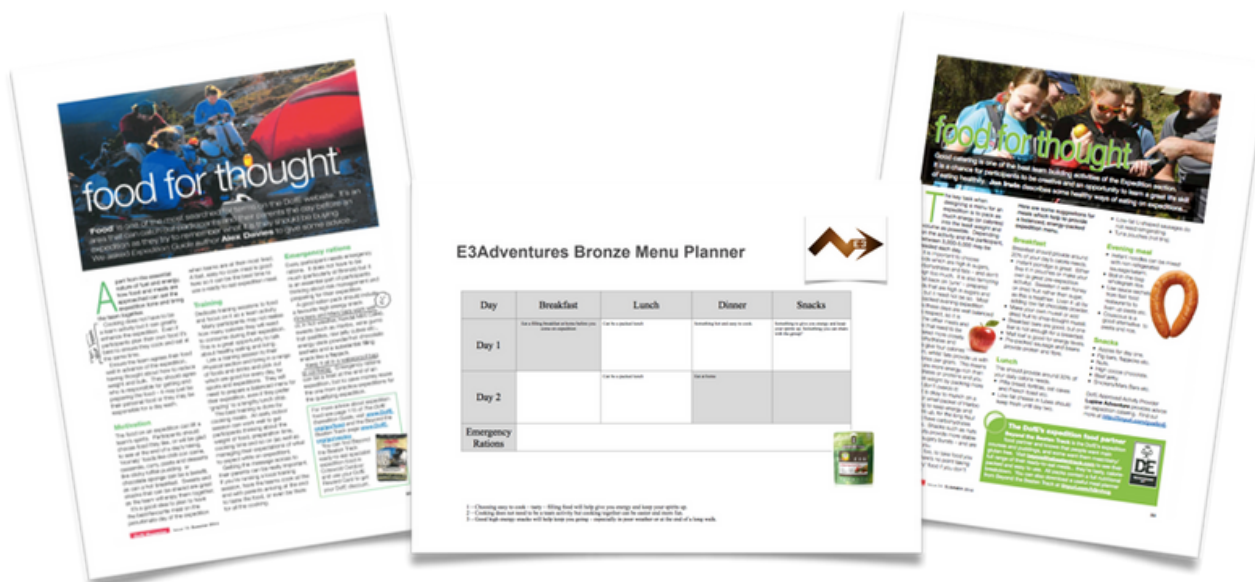
There are many options for breakfast, the commonly available porridge pots offer an easy and filling option but you might be tempted to be a bit more adventurous with an omelet or fried breakfast. Lunch can be something simple that gives you long lasting energy and is easy to prepare and eat. Your evening meals should be hot, filling and nutritious.

EMERGENCY RATIONS

Bring some emergency rations, a couple of chocolate bars or fruit bars, flapjacks or similar.

MENU PLANNER AND ARTICLES ON EXPEDITION FOOD

Visit our website to download your own menu planner and the DoF articles on Expedition food and 'Healthy Eating on Expeditions'



GETTING READY FOR EXPEDITION

Use this checklist to make sure you are ready for your expedition, if there is anything you are unsure of talk to your DoFE coordinator who will be able to help you.

- ☒ I have received my expedition handbook that includes the kit list

TRAINING

- ☐ I have been taught First Aid and emergency procedures
- ☐ I know how to plan my route and fill in my route card
- ☐ I know how to use a map and compass to navigate
- ☐ I know how to choose suitable clothing and equipment for expedition
- ☐ I know how to use the stove safely

EQUIPMENT

- ☐ I have a roll mat and sleeping bag
- ☐ I have waterproof trousers and jacket
- ☐ I have a personal first aid kit with some plasters in
- ☐ I have a rucksack that is big enough (60-70L) and is comfortable
- ☐ I have a plate, cup, KFS, T-towel and a scourer to clean the pans with
- ☐ I have a pair of boots that have good grip on the bottom

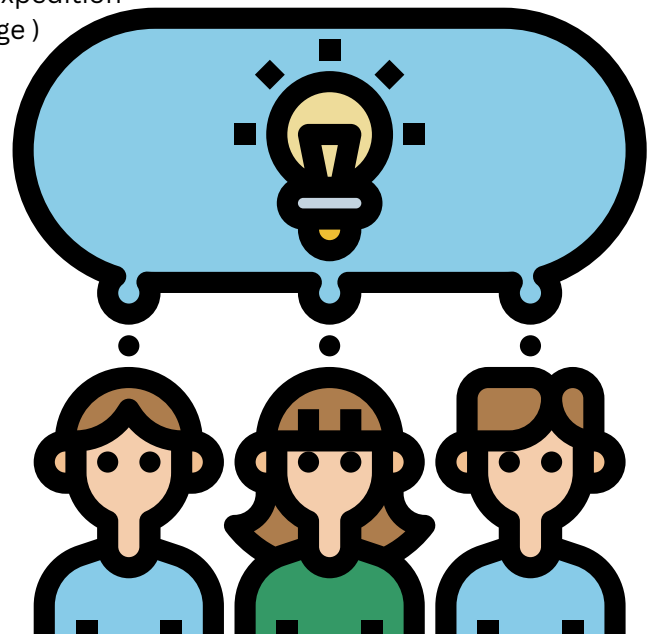
PLANNING AND PREPARATION

- ☐ I have planned the route and done my route card
- ☐ I have talked with my group and made a plan for our menu
- ☐ I have used my boots, waterproofs and rucksack to check that they fit and are comfortable

JUST BEFORE THE EXPEDITION

- ☐ I have bought my expedition food
- ☐ I have packed my own rucksack and it is ready to go
- ☐ I know where and when we are meeting to leave for the expedition
- ☐ I have read the guidance about the assessment (next page)

This is just a guide, as a group you should be thinking about and planning your expedition. Help and support each other by checking that everyone has the right equipment and knows what is going on. The better you work as a team the more enjoyable your expedition will be



GETTING READY FOR ASSESSMENT

For your DofE Assessed expedition there are some DofE requirements that you must meet, they include:

- You must plan how you are going to do your expedition
- You must have a clearly defined team goal (You set this beforehand at school)
- You must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day)



Practical examples what you might do on your expedition and how this would form part of an assessment:

- Your group should be able to navigate and walk safely and successfully without needing assistance to reach camp within daylight hours, this demonstrates the ability to navigate and walk safely.
- Your group should plan to have enough water with them for normal circumstances, we would expect each person to be carrying 2-3L of water.
- Your group should plan to have enough food with them for normal circumstances. A pot noodle on its own for an evening meal does not provide sufficient sustenance on expedition, nor does just a fruit bar for breakfast.
- Your group should carry sufficient (but not excessive) personal and group equipment. DofE suggest 1/4 of the participants body weight as a maximum.
- You should have appropriate footwear and waterproofs. *Please note that inappropriate footwear could constitute a safety issue and we may not let individuals start the expedition.*
- Wilful damage or neglect of group equipment could put the whole group at risk, this would require intervention from staff and would constitute a fail.
- Wilful damage to property or wilful trespassing would require intervention from staff and would constitute a fail

Please note that the group must be assessed as a whole and therefore the group should work together to ensure that they all meet the requirements of the expedition.

CONTACT US



ANDY

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BRYN

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