



**DOFE EXPEDITIONS**

# WELCOME TO E3ADVENTURES

- AALA Licensed (HSE)
- DofE AAP (Approved Activity Provider)
- Fully Insured
- Experienced Staff
- Our Clients include Primary / Secondary Schools, Colleges and Universities
- Provider of Teacher Training and Technical Advice



**Andy**

In charge of Fun and  
Adventures in schools, at  
Dearsleap Park and on  
School residentials .



**Bryn**

In charge of DofE  
Expeditions and all things  
paperwork



**Becci**

In charge of Summer Camps  
and PE type things. DSL and  
SEND Lead

# AIM

- To **inspire** young people to develop initiative and a sense of **adventure** and **discovery**, by **planning, training** for and completing an **adventurous journey** as part of a **team**.

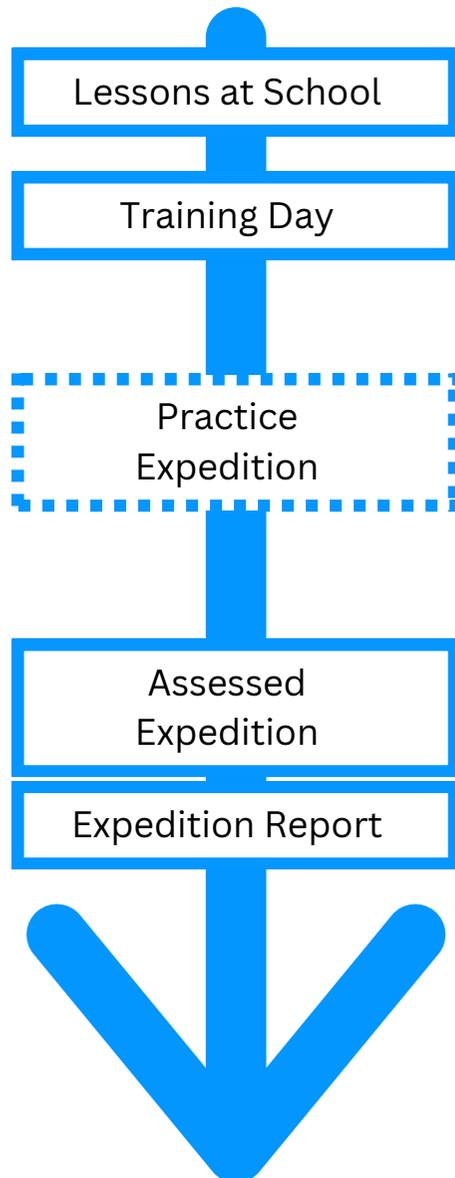
## BENEFITS

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.



# EXPEDITION PROCESS

Before you undertake your Assessed Expedition you need to have sufficient training, there are a number of steps that can help you get ready.



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 & EQUIPMENT

During the preparation at school and the pre-expedition training your son/daughter will be given lots of advice on what to wear and take on expedition – **some of that advice will reach you!**

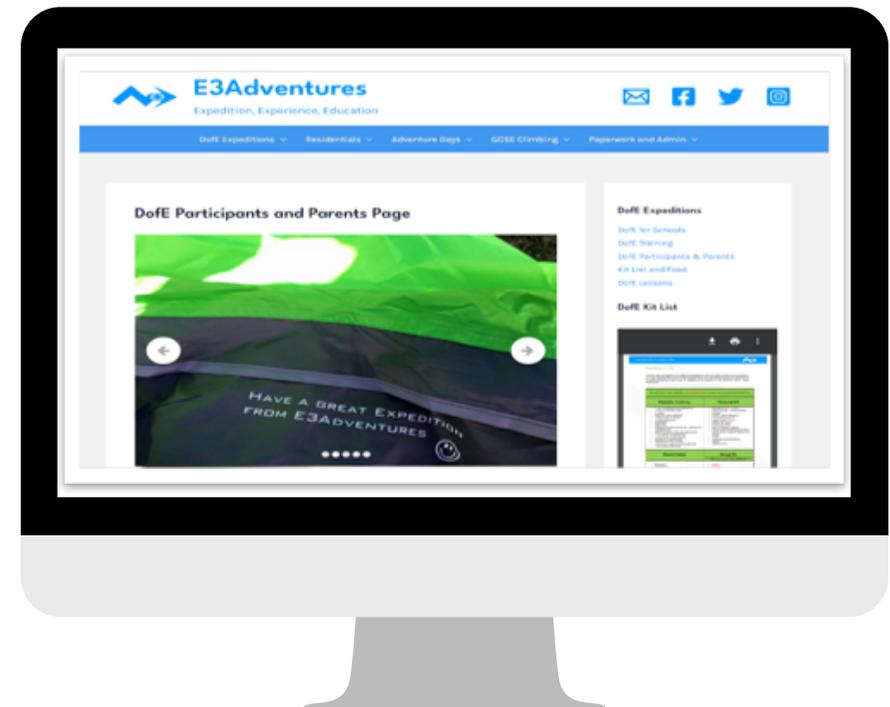
To help you to help them with what equipment, how to pack it please check the expedition handbook which you can **download from the website**

## WE PROVIDE ALL THE GROUP KIT

- Group first aid kit and group emergency phone
- Maps / Compass
- Tents / Stoves / Gas

## YOU PROVIDE ANY PERSONAL EQUIPMENT

- Clothes (including waterproofs)
- Sleeping bag and roll mat
- Appropriate and worn in footwear



# 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

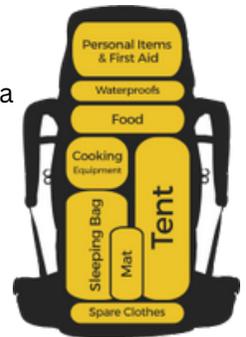


## PACK STUFF YOU NEED WHERE YOU CAN GET IT

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

During the preparation at school and the pre-expedition training your son/daughter will be given lots of advice on what food to buy and cook.

You might need to support them in making some sensible shopping decisions. The food needs to be:

- Tasty and Nutritious
- Easy to carry and pack
- Sufficient in quantity and quality



## MENU PLANNER AND ARTICLES ON EXPEDITION FOOD

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



**food for thought**

Food is one of the most important things on the DofE website. It's an area that our readers find interesting and they'll be looking for tips and advice as they try to remember what they should be buying for their expedition. Our author, **Alex Davies**, gives some advice on what to buy and how to cook it.

**Emergency ration**

Emergency rations are a must for any expedition. It's not just about having enough to eat, but also about having the right kind of food. You need to think about what you can carry and what you can cook. It's also important to think about what you can eat if you're stuck in a bad spot. You need to have something that's easy to eat and that gives you energy. You also need to have something that's easy to carry. You need to think about what you can eat if you're stuck in a bad spot. You need to have something that's easy to eat and that gives you energy. You also need to have something that's easy to carry.

### E3Adventures Bronze Menu Planner

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Hot or cold breakfast as before your normal expedition	Can be a packed lunch	Something hot and easy to cook	Something to give you energy and keep you going, something you can eat on the go
Day 2		Can be a packed lunch	Hot or cold	
Emergency Rations				

- 1 - Choosing easy to cook - easy - filling food will help give you energy and keep you going.
- 2 - Cooking does not need to be a team activity but cooking together can be easier and more fun.
- 3 - Good high-energy snacks will help keep you going - especially in your weather or at the end of a long walk.



**food for thought**

Good catering is one of the best ways to build a team. It's a chance for participants to be creative and an opportunity to learn a great life skill of eating healthily. **Jon Brad** describes some healthy ways of eating on expeditions.

**Breakfast**

Breakfast should provide around 20% of your day's calorie needs. It's not just about eating, it's about eating well. You need to think about what you can carry and what you can cook. It's also important to think about what you can eat if you're stuck in a bad spot. You need to have something that's easy to eat and that gives you energy. You also need to have something that's easy to carry.

**Snacks**

Snacks are important for keeping you going. You need to think about what you can carry and what you can cook. It's also important to think about what you can eat if you're stuck in a bad spot. You need to have something that's easy to eat and that gives you energy. You also need to have something that's easy to carry.



# INFORMED CONSENT

- Your daughter/son will be taking part in a 'remotely supervised' Expedition
- You understand what this means (both the benefits and the risks) and agree for them to participate.

# REMOTE SUPERVISION

During the expedition your son/daughter will 'Remotely Supervised' this means that they will meet their supervisor/staff at checkpoints and camp, but for the majority of the time they will walking independently or camping without direct supervision. Staff will NOT be able to see or contact them for periods of time.

# DUTY OF CARE

E3Adventures have a 'higher duty of care' because of our expertise, but the school retains a duty of care throughout the expedition and will be responsible for pastoral care throughout.

# ADMIN AND PAPERWORK



As part of our preparation for the Expeditions there are several pieces of paperwork that we would like to tell you about.

## FROM US TO YOU

- **Training Day Handbook** ( if you are doing training with us)
- **Expedition Handbook** ( On our website and your school has a copy to send out)
- Our **website** that has lots of info on

## FROM YOU TO US

- **Consent** ( your school will collect this )
- **Medical info** ( and anything else that will help keep your child and the group safe)

We have never said we cant take a pupil on expedition because of information disclosed to the school.

THANK YOU  
AND ANY  
QUESTIONS?

