

## Gold DofE Expedition

We hope that you are looking forward to your DofE Gold 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.

In this current ever-changing situation with Covid it is impossible to predict what will be permissible next year. For a Gold expedition we are really hoping to be able to run full expeditions with overnight camping, however the DofE headquarters are currently permitting expeditions without an overnight component (ie go home overnight and return the next day) in certain circumstances and we will only know what is possible closer to the time.

### **Online introductory meeting for Parents & Students: 1<sup>st</sup> April 2021**

An opportunity to ask any questions and find out more about your Bronze expedition programme. This will be a virtual meeting.

### **Training days: 12<sup>th</sup> April 2021**

This training day will take place at Honiton Community College. It will be a fairly intensive day of training covering everything that you need in preparation for your expedition. You will also be completing much of your route planning for the expeditions on this day. The day will commence at 9am and finish at 3.30pm.

### **Training expedition: 20<sup>th</sup>-21<sup>st</sup> July 2021**

This one night training expedition will take place on the Quantocks. Meet at the school at 8am on the 20<sup>th</sup>.

### **Practice Expedition: 2<sup>nd</sup>-5<sup>th</sup> August 2021**

Your practice expedition will take place on Exmoor. During the training sessions we will be working with the students to help them plan their expedition.

### **The Assessed Expedition: 26<sup>th</sup>-30<sup>th</sup> August 2021**

The assessed expedition will take place on Dartmoor. During the route planning session we will be working with the students to help them plan their expedition (one of the key features of a DofE expedition is that it is planned by the young people themselves).

### **Equipment:**

Below is a suggested kit list of the items that you will need for the expedition. As you assemble your kit think carefully about both the weight and the bulk of your kit, whilst still ensuring that you are adequately prepared for anything the weather might throw at you. Remember to leave enough room inside your rucksack to carry your share of the group kit.

Group items such as tents, stoves, first aid kit, maps and compasses will be supplied.

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

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 in Taunton and can be contacted on 01823 289387 or [yes@somerset.gov.uk](mailto:yes@somerset.gov.uk).

### **Suggested kit list:**

Exmoor and Dartmoor can both experience extremes of weather, often changing very quickly. It is absolutely vital that you are fully prepared for the likelihood of rain, cold and wind, and also equipped to cope with the possibility of sunshine. Regardless of whether you, or your mummy, thinks that it won't rain you **MUST** bring **FULLY** waterproof coat and trousers, warm hat and gloves, and ensure that all of your kit is fully waterproofed inside your rucksack. Do not expect your rucksack, or its cover, to be waterproof against Dartmoor rain. Keep your sleeping bag and your spare clothes dry inside separate dry sacks.

Walking boots

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

Warm hat & gloves

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

Whistle

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 expedition is 4 days and 3 nights, plus an extra night before the expedition, so you will need 4 evening meals, 4 breakfasts and 5 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.

### **Cost:**

£540



### **Gold DofE expedition for Honiton Community College 2021**

#### **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: .....

Emergency contact numbers for parents/guardians: .....

Email address for parents/guardians: .....

Signature of parent or guardian: ..... Date: .....