

DofE Expeditions 2016

If your child/ward misses this set of trips they will need to do the next set with the year below, next academic year. **Gold** Assessment to be confirmed.

SILVER and GOLD

They must complete at least 4 evening trainings plus the official practice and assessment expeditions.

Tue 4th Oct – Training walk (3:05pm – 6:30pm)

Tue 11th Oct – Training Walk (3:05pm – 6:30pm)

Thur 20th Oct – Training walk and Expedition briefing and Kit pack (3:05pm – 6:30pm)

SILVER - Fri 21st Oct – Sun 23rd Oct – Official Practice Expedition (3:05 Fri – 4pm Sun)

GOLD - Fri 21st Oct – Mon 24th Oct – Official Practice Expedition (3:05 Fri – 4pm Mon)

Thu 27th Apr – Training walk (3:05pm – 6:30pm)

Thu 4th May – Training Walk (3:05pm – 6:30pm)

Thu 11th May – Training Walk (3:05pm – 6:30pm)

Fri 26th May – Expedition briefing and kit pack (3:05pm – 4:00pm)

SILVER – Sat 27th May – Mon 29th - Official Assessment Expedition (7:30am Sat –5pm Mon)

BRONZE

They must complete at least 2 evening trainings plus the overnight camp, official practice and assessment expeditions.

Thu 18th May - Training walk (3:05pm – 6:30pm)

Fri 19th May – Overnight Camp (3:05pm Fri – 2:00pm Sat)

Fri 9th Jun – Expedition briefing and kit pack (3:05pm – 4:00pm)

Sat 10th – Sun 11th Jun - Official Practice Expedition (8:30am Sat – 4pm Sun)

Thu 15th Jun – Training walk (3:05pm – 6:30pm)

Thu 22nd Jun – Training walk (3:05pm – 6:30pm)

Thu 6th Jul – Training walk (3:05pm – 6:30pm)

Sat 8th – Sun 9th Jun - Official Assessment Expedition (8:00am Sat – 5pm Sun)

Expedition Information

The most important thing first – FOOD!

Sweets and chocolate are great but are not REAL FOOD! You must bring something with lots of carbohydrates not just sugar.

Food needs to be 3 things:

1 – Light. Don't be carrying bulky things with you.

2 – Nutritious – on a normal day teenage boys need around 2200 calories per day, girls need around 1800. Walking with rucsacs across the moors is not a normal day! You will burn up to **3000 calories**, girl or boy, per day.

3- Easy to use – Don't bring things that need to be fried. You have to clean the pots. Bring things that need to be boiled.

Do not bring - Raw meat, Eggs, Pot noodles (no energy and the amount of salt will dehydrate you and make you feel tired).

Do bring – Pre-made Bolognese in a tuppaware box (well sealed!). Cans of Beans and sausage. Boil in the bag food. Pasta in packets. Lots of nice snacks, etc...

Kit List – SJH can provide most of this if you don't have your own.

DON'T WEAR JEANS – they are cold when it's cold, hot when it's hot, and stay wet!

Waterproofs – Jacket **and** Trousers. If it rains you need to keep your warm clothes dry. There is nowhere to get dry until you get back to the minibus.

Warm top – Hoody or Fleece – fleece is best as it works when wet.

Sleeping bag - Not too bulky. It needs to be put in a plastic/waterproof bag in case it gets wet.

Sleeping mat. Insulates you from the cold ground.

Torch.

Hat and gloves.

Spare tee-shirt, underwear, socks, top

Toothbrush etc..

MEDICAL items (inhaler, epi-pen, etc...)

DO NOT BRING (Heavy, and no point in carrying them) - towel, hair products, make-up, onesies, etc. Anything electrical **including phones** (they will get damaged if it rains), unless needed for parents.