

DofE Expeditions 2017-18

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

BRONZE

They must complete all the training below:

Wed 3rd Oct - Training walk (3:05pm – 7:00pm).

Thu 26th April - Training walk and Expedition briefing and kit pack (3:05pm – 6:30pm).

Fri 27th – 28th April – Overnight Camp (3:05pm Fri – 2:00pm Sat).

Thu 17th May - Training walk and Expedition briefing and kit pack (3:05pm – 6:30pm).

Sat 19th – Sun 20th May - Official Practice Expedition (8:30am Sat – 4:00pm Sun)

Thu 7th Jun – Training walk (3:05pm – 6:30pm)

Thu 14th Jun – Training walk and Expedition briefing and kit pack (3:05pm – 6:30pm)

Sat 16th – Sun 17th Jun - Official Assessment Expedition (8:00am Sat – 5:00pm Sun)

SILVER

They must complete all the training below.

SILVER - Tue 10th Oct – Signing in session, room S109 (3:05pm – 4:00pm)

SILVER – Tue 20th Mar – Training Walk (3:05pm – 6:30pm)

SILVER – Wed 18th Apr – Training Walk (3:05pm – 6:30pm)

SILVER – Fri 20th - Sun 22nd Apr – Official Practice Expedition (3pm Fri – 4:00pm Sun)

SILVER – Wed 2nd May - Training Walk (3:05pm – 6:30pm)

SILVER – Tue 15th May - Training Walk (3:05pm – 6:30pm)

SILVER – Thu 24th May - Training Walk and Expedition briefing and kit pack (3:05pm – 6:30pm)

SILVER – Sat 26th – Mon 28th May - Official Assessment Expedition (7:30am Sat – 5:00pm Mon)

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.

Mr Alcock contact number – 07572 211624