



# Expedition information

Please sit with your child



# Requirements



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## On expedition – Supervisors/Assessors should ensure:

Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals, and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).

Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.

Participants must actively participate in a debrief with their Assessor at the end of the expedition and, at Silver and Gold level, a presentation must be delivered after the expedition.

Full expedition requirements documents:

<https://www.dofe.org/wp-content/uploads/2023/03/Expedition-Aim-and-Requirements-1.pdf>

# Equipment



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## What you will need:



- Waterproofs
- Walking boots
- Head torch
- Food
- Sleeping bag
- Roll mat
- Personal kit
- Toilet kit



## TOILET KIT TO CARRY:

- Trowel
- Ziplock Bags
- Toilet paper
- Lighter
- Hand sanitizer
- Sanitary products



 <p><b>Casio</b> STANDARD DIGITAL WATCH WITH LED-LIGHT F-91W-1JF ★★★★☆ ~ 5,167 2K+ bought in past month £15.99 <a href="#">Save 5% on any 4 qualifying items</a> FREE delivery <b>Fri, 26 Apr</b> on your first eligible order to UK or Ireland</p>	 <p><b>Casio</b> Collection Unisex Adults Watch MQ-24 ★★★★★ ~ 27,719 300+ bought in past month £9.99 RRP: £12.88 FREE delivery <b>Fri, 26 Apr</b> on your first eligible order to UK or Ireland Or fastest delivery <b>Tomorrow, 24 Apr</b></p>
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## Don't forget!

- Matches - long
- Tea towel
- Entertainment  
e.g. cards, ball (tennis)
- Sunglasses
- Rubbish bag
- Suncream
- Warm clothes
- Cutlery & eating equipment
- Watch
- Water bottle (2 litres)

# Food - Main Meals



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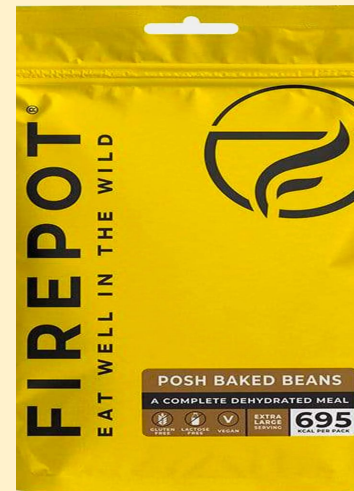
Respect



For the expedition we recommend MREs (meals ready to eat) for breakfast and dinner.

Here are a few different types we suggest:

Expedition, Wayfayrer, Firepot, Porridge & Muesli



# Food - Main Meals



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- For lunch we recommend not to have the MREs as you are not allowed to use Trangias without an adult present. Instead we suggest quick meals such as:
- Sandwiches, Bagels, Wraps and pasties.
- For snacks these should be nutritional to fuel them for the day, this is what we had :
- Mixed nuts, dried fruit, protein bars, chocolate and biltong
- Sweets occasionally don't hurt eg: jelly cubes, fruit pastels....



# Alternatives



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If MREs don't appeal to you, then there are some alternatives that almost match the caloric requirement such as:

- Fusilli pasta (no pot noodles)
- Pre cooked chili (would have to be eaten on the first night)
- Pre cooked curry with potato instead of meat so it can be eaten on the 2nd night

What not to pack:

meat, cheese, pot noodles and anything that could expire



You want to plan a healthy balanced meal that will fuel you with the required calories

# Further food advice



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<b>Plan each day of your menu carefully.</b>	<ul style="list-style-type: none"><li>• Breakfast</li><li>• Lunch</li><li>• Dinner</li><li>• Snacks and drinks</li></ul>
<b>Select food which are tasty, high in calories and essential energy</b>	Your daily intake of calories should be approximately 3000 - 5000 calories, to take into account the heavy bag you will be carrying and the amount of energy you will be exerting. Energy should come predominately from slow energy release foods. Do not be tempted just to pack sugar-rich foods.
<b>Consider how quick and easy your food will be to cook</b>	Dehydrated food such as pasta and cereals only require boiling water to prepare and are light-weight. Also, dried fruits are full of energy and are light-weight.
<b>How heavy your food will be to carry</b>	You should plan for 1 kilo in weight per day. Throw away packaging beforehand to save weight and space. Place your food in sealable bags with portions already weighed out. Also, avoid perishable food which needs to be refrigerated, along with tins and glass jars which are heavy.
<b>Have hot and cold drinks as part of your expedition menu plan</b>	You should be drinking up to 4 litres a day in normal weather conditions. Plan to have at least 2 hot drinks a day, one for breakfast and one with your evening meal. Flavouring your water may mean you drink more of it and stay hydrated.



# Health and Safety



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DofE  
EMERGENCY card



## WHAT TO DO IF YOU GET LOST

- 1: **PAUSE**—Do not continue blindly walking.
- 2: **DON'T PANIC**—sit down and calmly think; use this point as a break, maybe have a little food or water.
- 3: **Work together as a team and try and relocate yourselves.** Consider: Are you in a valley? Are you on a hill? Are you in a forest? What kind of path are you on? Are there any buildings or natural features around you?
- 4: **Retrace your steps:** If you are still unsure then retrace your steps to your last known location or checkpoint.
- 5: If you are still lost at this point then open a phone and use your **OS locate app** to gain your grid reference and locate your position on the map.
- 6: If you are still lost and the situation becomes dangerous—e.g. darkness or bad weather then please follow the **CALLING LEADERS PROCEDURE** detailed on the reverse of this card.

## IN A MEDICAL EMERGENCY FOLLOW THESE STEPS:

- 1) Ensure your group are in a safe location.
- 2) If necessary perform first aid on any casualties.
- 3) If it is a serious or life threatening emergency call 999 or 112 and ask for Police, then mountain rescue **BEFORE** following the **CALLING LEADERS PROCEDURE**.
- 4) Collect information which you need to relay to help. Work out if possible:
  - A) location—either a 6 figure grid reference, use OS locate if needs be, or a description of the area around you e.g. are you in a valley or on a hill, are you in a forest, what kind of path are you on, what can you see around you.
  - B) description of accident and time it occurred.
  - C) How many are in your group and if you have split up where you all are.
- 5) Contact your leaders using the **CALLING LEADERS PROCEDURE** on the reverse of this card.

## How we keep you child safe:

- Detailed risk assessment
- Experienced leaders
- Training
- Checkpoints
- Emergency procedures



DofE  
EMERGENCY card



## CALLING LEADERS PROCEDURE

**FIND A PHONE SIGNAL:** Ideally stay in your current location. If you need to move to get a signal your team should head uphill until you find an area of signal and then stay there. If it is not possible for the whole team to move then use your **OS locate** app to find your grid reference and locate your position on the map. The team should remain in this location and send at least two people together to find phone signal. You must always know where you are before separating from your team and never leave anyone alone.

When you have a signal call the Leader DofE mobile numbers, in the order below—if there is no answer always leave a message and then try the next phone number :

### LEADER DofE MOBILE NUMBERS:

- 07959 500000 (Ironman)
- 07959 500001 (Thor)
- 07959 500002 (Rogue)
- 07959 500003 (Storm)

If you get no answer from any of the mobiles then text each number.

When leaving a voicemail or texting information make sure you provide the following information:

- 1: Name
- 2: Contact number
- 3: Group number/Team member names
- 3: Location (grid reference)
- 5: Incident or problem

Wait calmly with your group for a call back or assistance.

**EMERGENCY:** In case of serious or life threatening emergency call 999 or 112 and ask for Police, then Mountain Rescue **BEFORE** following this **Calling Leaders Procedure**.

# Training



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## Bronze:

### Key information

Wednesday - Arrive at 8am and meet in the Dennis Suite

Wednesday - Training day

Thursday - Expedition start

Friday - Expedition completion

Friday return to school ~7pm

## Silver:

### Key information

#### Practice:

Wednesday - Arrive at school at 8am meet in the main hall

Friday - Aim to return ~7pm

#### Qualifying

Thursday- Arrive at school at 8am meet in the main hall

Saturday - Aim to return ~8pm

# Character values



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Teamwork

Equipment

Instructions

Public

Safety

Environment

Belongings

Mobile phone

Campsite

# Hoodies



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Signup deadline was Friday 12th April

Payment deadline is Friday 26th April

Total cost is £25.70

*Reminder: these cannot be worn as part of school uniform or on school site, unless as part of a DofE trip or non-school uniform day.*

# Your DofE team



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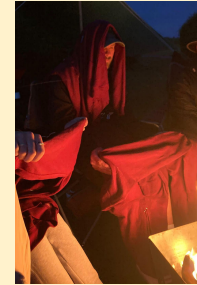
Respect



Mr Brand  
DofE manager



Mr Ennis  
Deputy DofE manager



Mr Mawford  
Leadership lead



Miss Davey



Mr Fairlie



Miss Carchrie



Mr Hodder

# Further information



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## School website:

<https://pcsa.org.uk/duke-of-edinburgh-d-of-e>

### Key Documents:

- [Expedition FAQs](#)
- [The Role of the Assessor](#)
- [Duke of Edinburgh Bronze Presentation](#)
- [Duke of Edinburgh Silver Presentation](#)



#### Contents:

[Equipment](#)

[Food and Water](#)

[Camping](#)

[Medical and eme](#)

#### Equipment

##### What kit do I need?

Please refer to pre  
<https://www.dofe.org>

##### What happens if I for

We bring a small stock  
able to visit a shop before you start. However, you will not be able to take part unless you are properly equipped.

##### Why can't I wear trainers or approach shoes for the expedition?

In order to safely take part in an expedition you must have proper walking boots which cover the ankle bone. These must have soles with good grip and be clean. If you do not have proper walking boots you will not be able to take part.



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**YOUTH  
WITHOUT  
LIMITS**