

## DofE Expeditions 2017

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

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

**Tue 4<sup>th</sup> Oct** – Training walk (3:05pm – 6:30pm)

**Tue 11<sup>th</sup> Oct** – Training Walk (3:05pm – 6:30pm)

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

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

**Thu 27<sup>th</sup> Apr** – Training walk (3:05pm – 6:30pm)

**Thu 4<sup>th</sup> May** – Training Walk (3:05pm – 6:30pm)

**Thu 11<sup>th</sup> May** – Training Walk (3:05pm – 6:30pm)

**Fri 26<sup>th</sup> May** – Expedition briefing and kit pack (3:05pm – 4:00pm)

**SILVER – Sat 27<sup>th</sup> May – Mon 29<sup>th</sup>** - 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.

**Fri 12<sup>th</sup> – 13<sup>th</sup> May** – Overnight Camp (3:05pm Fri – 2:00pm Sat)

**Thu 18<sup>th</sup> May** - Training walk (3:05pm – 6:30pm)

**Fri 9<sup>th</sup> Jun** – Expedition briefing and kit pack (3:05pm – 4:00pm)

**Sat 10<sup>th</sup> – Sun 11<sup>th</sup> Jun** - Official Practice Expedition (8:30am Sat – 4pm Sun)

**Thu 15<sup>th</sup> Jun** – Training walk (3:05pm – 6:30pm)

**Thu 22<sup>nd</sup> Jun** – Training walk (3:05pm – 6:30pm)

**Thu 6<sup>th</sup> Jul** – Training walk (3:05pm – 6:30pm)

**Sat 8<sup>th</sup> – Sun 9<sup>th</sup> 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.