

DofE Expedition Guidance for Participants & Parents

Preparing for a successful
Gold Open Expedition



Your expedition
in **safe** hands


THE
ADVENTURE
ELEMENT

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Your Expedition in Safe Hands

The Adventure Element are proud to stand as a leading provider of Duke of Edinburgh's Award Expeditions. We know how taking part can have a positive impact on a young person's life, and can make them stand out from the crowd.

Our professional planning and delivery service ensures you are always in safe hands.

Duke of Edinburgh's Award Overview



The DofE is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new territories. At the same time, you'll gain friendships, experiences and memories that will last a lifetime.

It doesn't matter who you are, or where you're from, as long as you're 14 to 24 you can choose the activities that motivate you and go on your own personal journey. We know from other participants that the DofE Award helps you stand out from the crowd when you apply for college, university or jobs. Ready to find out what the DofE Award could do for you?

The sections of the DofE Award are.....

Volunteering

Volunteering is all about making a difference to other people's lives. Getting off the sofa and taking time out to change things for the better.

Physical

You will achieve a greater physical fitness through participation and improvement in a physical activity. It's sure to make you feel healthier and you'll have fun along the way!

Skills

The Skills section is all about developing practical and social skills and a personal interest. You'll develop a particular skill or new talent which will also boost your self esteem, develop practical and social skills and you'll learn how to set and rise to a challenge.

Expedition

There needs to be between four and seven people in an expedition team (eight if you've chosen to travel by tandem canoe or bike). With your team, you'll plan an aim for the expedition, decide on the route and do lots of fun training to make sure you're fully prepared and know what you're doing!

Residential (Gold Award only)

The big difference at Gold is you'll also do a Residential section – staying away from home for five days and four nights doing a shared activity with people you don't know. It's great fun and a real chance to do something different!

Your Training / Practice Programme

This expedition is residential and participants will be expected to camp over night.

Participants must complete all days of the programme.



DAY 1		
	LAKE DISTRICT	PEAK DISTRICT
Meeting Point and Campsite	Braithwaite Institute Braithwaite Keswick CA12 5RY	Bamford Village Institute Main Rd Bamford Hope Valley S33 0DY
Google Maps Link:	https://maps.app.goo.gl/pFQ2S5N8hPTb6xxG9	https://maps.app.goo.gl/6uw6GtQ61ktGvoMo9
Arrival / Start Time	13:00	
Outcomes	<p>The day of arrival is based around getting to your new team mates and creating teams. Through carefully selected activities by your instructor you will make new friends very quickly.</p> <p>Your instructor will also start the training process and discuss some of the general safety considerations for the expedition.</p>	
Content	<ul style="list-style-type: none"> • Instructor will carry out full kit checks. • Have discussion about appropriate behaviours and expectations during the expedition programme. • Get to know your other team mates. • Discussions on safe use of our stoves. • Teams will erect tents and cook their evening meal. • Following the evening meal, teams will begin to plan their expedition routes. • Teams will camp over night. (Tents and stoves provided). 	

DAY 2

Outcomes	A practical session on how to break camp and packing rucksacks. You will walk with your instructor to a new campsite. Along the journey you will learn advanced navigational techniques and strategies for the terrain you will be journeying through, as well as discussing emergency plans.
Content	<ul style="list-style-type: none">• Packing and fitting rucksacks.• Packing away tents• Navigational techniques and strategies.• What to do if all goes wrong and you need to relocate.• First Aid scenarios• Route planning

DAY 3

Outcomes	Taking independence. Your instructor will always be on hand, but will now start to leave your team to journey independently. By the end of this day, you and your team should be able to navigate effectively and journey on the route you have planned.
Content	<ul style="list-style-type: none">• Testing navigational skills.• Working as an independent team• Helping and guiding others in your team.• Building personal resilience.

DAY 4

Outcomes	Now in full expedition mode, you team will be completely independent. You will travel as a team using your new skills and techniques. Your instructor will be available throughout the day and will arrange to meet you at certain points enroute to check your progress.
Content	<ul style="list-style-type: none">• Testing navigational skills.• Working as an independent team• Helping and guiding others in your team.• Building personal resilience.

DAY 5

Outcomes	The final day. You will no doubt rise early to get the day completed. Along the way, your instructor will meet with you to carry out a debrief and discuss the teams progress, setting goals for improvements before completing the qualifying expedition. Your team will also delivery your 'Expedition Goal' presentation to your instructor.
Content	<ul style="list-style-type: none">• Practicing your navigational skills and techniques.• Working as an independent team• Reviewing and feedback• Delivery Expedition Goal presentation
Finish Time	15:00 - 16:00. The finish location will be emailed to you in the week leading up to the expedition.

Your Qualifying Programme

This expedition is residential and participants will be expected to camp over night.

Participants must complete all days of the programme.



DAY 1

	LAKE DISTRICT	PEAK DISTRICT
Meeting Point and Campsite	Braithwaite Institute Braithwaite Keswick CA12 5RY	Bamford Village Institute Main Rd Bamford Hope Valley S33 0DY
Google Maps Link:	https://maps.app.goo.gl/pFQ2S5N8hPTb6xxG9	https://maps.app.goo.gl/6uw6GtQ61ktGvoMo9
Arrival / Start Time	13:00	
Outcomes	<p>The day of arrival is based around getting to your new team mates and creating teams. Through carefully selected activities by your instructor you will make new friends very quickly.</p> <p>Your instructor will also start the preparation process and carry out full kit checks, safety briefing and offer guidance on routes.</p>	
Content	<ul style="list-style-type: none"> • Instructor will carry out full kit checks. • Have discussion about appropriate behaviours and expectations during the expedition programme. • Get to know your other team mates. • Discussions on safe use of our stoves. • Teams will erect tents and cook their evening meal. • Plan expedition routes. • Teams will camp over night. (Tents and stoves provided). 	

DAY 2

Outcomes	Breaking camp and packing your bag, your instructor will carry out any final adjustments to your equipment and final safety briefing before setting you off on your journey.
Content	<ul style="list-style-type: none">• Packing and fitting rucksacks.• Packing away tents• Discussions on What to do if all goes wrong and you need to relocate.• Discussion on First Aid scenarios• Assessment of cooking cap craft skills.

DAY 3

Outcomes	You and your team will have decided what time to start your day. Your instructor will discuss with you where they will expect to meet you during the day before you set off.
Content	<ul style="list-style-type: none">• Testing navigational skills.• Working as an independent team• Helping and guiding others in your team.• Building personal resilience.

DAY 4

Outcomes	You and your team will have decided what time to start your day. Your instructor will discuss with you where they will expect to meet you during the day before you set off.
Content	<ul style="list-style-type: none">• Testing navigational skills.• Working as an independent team• Helping and guiding others in your team.• Building personal resilience.• Start to prepare for your Expedition Goal presentation

DAY 5

Outcomes	The final day. You will no doubt rise early to get the day completed. Along the way, your instructor will meet with you to carry out a debrief and discuss the teams performance and gathering evidence for your final expedition report. Your team will also delivery your 'Expedition Goal' presentation to your instructor.
Content	<ul style="list-style-type: none">• Reviewing and feedback• Delivery Expedition Goal presentation• Cleaning and returning any borrowed equipment
Finish Time	15:00 - 16:00. The finish location will be emailed to you in the week leading up to the expedition.

Requirements and Expectations



Commitment

Participation in the Duke of Edinburgh's Award requires a serious long-term commitment from the young person, but also involves a lot of time, effort and expense for the School/Centre.

It also requires expense and commitment from the parents. For this reason, we ask that before your child enrolls for this programme, you and your child think about how much time and motivation they will have for this programme over the course of the school year.

Participants and parents must check the dates carefully in order to ensure that there are no clashes with other activities. Participants will not be excused from a training weekend or training session because other commitments arise.

All of the training is essential to ensure your child and their group are properly trained and equipped to allow them to undertake an expedition safely. We cannot allow young people to attend their qualifying Expedition if training is incomplete. The enrolment and training costs are not refundable as all costs are paid in advance.

Effort and initiative

A great deal of effort and initiative is required from the Participants themselves. They must be motivated and fit enough to complete the course of training for the Expedition and to carry it out. They must also be prepared to meet, on their own initiative, the requirements of the Volunteering, Skills, Physical, Expedition and Residential (Gold only) sections of the Award. Participants must also be responsible for returning forms on time, meeting deadlines, attending meetings and all training and planning days and keeping their e-DofE log book up to date.

Safety and Discipline

The outcome of the Expedition is that the group of young people are able to undertake a journey without the need for adults to accompany them. The school/company must be confident that each participant is competent to take part in their final unaccompanied Expedition, therefore all Training and Practice journeys must be completed in full and no exceptions will be made. There must also be a bond of trust between staff and Participants. This trust must be created through the safe and sensible conduct of Participants throughout the training period. If at any stage it is felt that Participants cannot be trusted to carry out the expeditions safely and in the absence of adult supervision, they will be removed from the programme.

Code of Conduct

Each young person should read and understand this Code of Conduct.

It represents a minimum standard of behaviour on the programme. Disobedience or disregard of this Code of Conduct may lead to disciplinary action and possible removal from the programme. Enrolment onto the programme is an acceptance of this code.



1	They will listen and follow instructions given by the staff, instructors, supervisors or assessors.
2	They will wear all the appropriate safety equipment/clothing I am given for the expedition.
3	They will be punctual at meeting points.
4	They will conduct themselves courteously towards all members of staff, instructors, peers and members of the public.
5	They understand that being in a tent/room with a member of the the opposite sex is not allowed.
6	They will use the bins provided and not drop litter at the campsite or in any other environment.
7	They will behave sensibly on the roads and in the countryside so as not to endanger themselves or other members of the party.
8	They will look after their own belongings and any items lent to them and will not expect others to be responsible for them. They accept that they will have to pay for any losses or damage at replacement cost.
9	They will not carry any weapons and will not bring / purchase any items that would be deemed inappropriate.
10	They will not use mobile phones or iPods/MP3's or similar. These will be switched off during activity time - As detailed in the Mobile Phone and Electronic Device Policy.
11	They will be responsible enough to ensure there is no noise after 10.00 pm, or any earlier time as requested by a campsite.

Removal from the Programme

If it is felt that the Participant cannot be trusted, or there is an incident which, has been decided could / has endangered the physical or/and the emotional safety of other participants, instructors, staff or members of the public, then the Participant will be removed from the programme.

The costs of the young person being collected or being sent home is not covered in the company's programme fee.

Equipment



Provided by The Adventure Element

As part of your Expedition fee, The Adventure Element will be providing certain items of equipment and services. These are:

- ✓ High quality tents (shared 2/3 person)
- ✓ Gas-fuelled Trangia stoves including pans
- ✓ Waterproof maps and compass (2 per team)
- ✓ Group First Aid kits (1 per team)
- ✓ Coloured 'team' rucksack covers (1 per person)
- ✓ Camping fees and administration costs.
- ✓ Emergency shelters
- ✓ GSM Tracking devices (1 per team)
- ✓ Water Purification Tablets
- ✓ Toilet trowel

Kit Guides

The DofE Expedition Kit Guide is aimed at helping participants and parents to choose and then find the right kit for their expedition.

Discounts

As part of being involved with the Duke of Edinburgh's Award, you also receive a 10% Discount Code for Go Outdoors, Blacks and Millets - this can greatly help reduce the cost of buying whatever kit you need.

[Expedition Kit Guide](#)

[Expedition Kit List](#)

[Your Discounts](#)

**CLICK THE LINKS
ABOVE TO ACCESS
THE GUIDES**

Kit List

In the list below are essential items for participants and the team to carry. Failure to provide these items may effect their safety in an emergency.

Please ensure they have all items. Their kit will be checked on arrival, before the expedition begins.

Additional Resources

The DofE Website has some excellent resources available in relation to Expedition Kit:

<https://www.dofe.org/shopping/dofe-expedition-kit-guide/>

CLOTHING

Item Needed	Got it	Packed it
1 pair walking boots (broken in). Must have suitable grip on the sole.		
Walking socks. One pair for each day + 1 spare		
2 pairs sock liners (optional)		
1-2 T-shirts. Not cotton! 'Technical sports fabric'		
Long sleeved Thermal . Technical fabric base layer. Good option for PJ's!		
1 Microfleece tops or similar. (NOT HOODIES).		
Walking trousers (NOT jeans). Zip off style trousers are great for hotter weather. (amounts required depends on length off expedition)		
Underwear		
Sandals or Flip Flops or Sliders (optional for use around camp)		
Warm hat		
sunhat/cap (as appropriate)		
1 Pair gloves		
1 Pair shorts (if appropriate)		
Sunblock (if appropriate)		
Waterproof over-trousers. Ideally with a zip up the leg to assist in putting them on with boots.		
Waterproof Jacket. Must have a hood. Thick ski jackets are not appropriate.		

PERSONAL KIT

Item Needed	Got it	Packed it
Rucksack. 70 - 75 litres. Must be able to fit all equipment except a foam sleeping mat inside. REMEMBER: Leave enough space for the 'Group Kit' you will be issued on arrival.		
Rucksack liner (or 2 heavy duty plastic bags / dry bags)		
Sleeping mat (foam or inflatable)		
Sleeping bag. Minimum of 3 seasons		
Stuff sacks. Dry bags or rubble bags. This helps to organise your kit and keep it dry. Pay attention to sleeping bag and spare clothes.		
Sleeping bag liner (optional)		
Watch		
Whistle		
Head Torch (battery operated)		
Spare batteries (for head torch)		
Personal First Aid kit (see notes)		
Water bottles (2 x 1 Litres)		
Water purification tablets.		
Knife, spoon		
Small pocket knife/pocket tool		
Camping Bowl, Mug or Thermal Mug		
Box of matches or lighter (in waterproof container)		
Essential wash kit / personal hygiene items		
Insect repellent (High in DEET)		
Mosquito/insect Head Net (optional)		

GROUP KIT (Issued on arrival and to be carried between the team)

Item Needed	Got it	Packed it
Tent(s)*		
Camping stove(s) + Fuel*		
Cooking pans*		
Scourers*		
Small amount of washing liquid + washing up cloth		
Tea towels (optional)		
Small Plastic bags (for rubbish etc)		
Toilet paper in waterproof bag		
Maps 1:25,000*		
Compass with a good base plate*		
Map cases*		
Light weight small Trowel*		

* Highlighted items are by The Adventure Element Ltd.

OPTIONAL EXTRAS

Item Needed	Got it	Packed it
Storm shelter*		
After-sun cream		
Waterproof dry bags for clothes		
String		
Sunglasses		
Ball, playing cards, games etc.		
2 litre Hydration bladder (instead of 2 x 1 litre water bottles)		
Head/Neck Scarf		

* Highlighted items are by The Adventure Element Ltd.

Personal First Aid kit items:

- Adhesive waterproof plasters
- Antiseptic wipes
- Anti-bacterial hand wash
- Blister plasters
- Pain killers Antihistamine / bite cream
- Rehydration sachets
- Personal medication if needed.

All clothing items are mandatory unless stated. You must provide these items regardless of weather conditions. Weather conditions in the hills and mountains can change rapidly. Failure to be prepared could hinder your safety.

NOTES

- Ensure equipment is properly protected and water proofed and in heavy duty rubble bags or dry bags.
- Ensure you have enough space in your bag for additional group equipment e.g. tent, stove.
- You should ensure bags are suitable for your body shape and size. It should have 2 padded shoulder straps and a good waist belt.
- Bags should be approx 14-18kg (depending on your body size).
- Food should be no more than 1kg per day.
- They must have the capacity to carry 2 litres of water which will weigh 2kg
- Any clothing / equipment the students wish to bring, as spares or for traveling, should be in a separate bag. These bags can be left either in the school minibus, or The Adventure Element vehicles.

Expedition Food Requirements

You should arrive at the expedition venue fully prepared with your food for the whole duration of the programme.

Read the 'Food Planning' section of this guide for ideas on the appropriate types of food to bring.

In the chart below, you will see a list of the number of meals you should bring for the expedition element of the programme.

		GOLD
DAY 1 Day of arrival with little or no walking.	Breakfast	✗
	Lunch (<i>Normally packed lunch</i>)	✓
	Dinner (<i>Could be a meal from home to warm up</i>)	✓
	Snack and Drinks	✓
DAY 2	Breakfast (<i>Could be a meal from home to warm up</i>)	✓
	Lunch	✓
	Dinner	✓
	Snack and Drinks	✓
DAY 3	Breakfast	✓
	Lunch	✓
	Dinner	✓
	Snack and Drinks	✓
DAY 4	Breakfast	✓
	Lunch	✓
	Dinner	✓
	Snack and Drinks	✓
DAY 5	Breakfast	✓
	Lunch	✓
	Dinner	✗
	Snack and Drinks	✓

NOTES

- Plan for 1kg of food per day.
- All food should be non-perishable and not require refrigeration.
- Participants should **not** bring fresh meat or perishable foods which require refrigeration.
- There will not be an opportunity to visit a shop, students must bring everything with them.
- Meals will be prepared on gas stoves, supplied by The Adventure Element.

Food Planning Top Tips



Expedition Menu Planning Top Tips

The success of your DofE Expedition will depend in no small part on the quality and quantity of food and drink you consume. Here are some top tips to help you prepare your Duke of Edinburgh's Award Expedition menu:

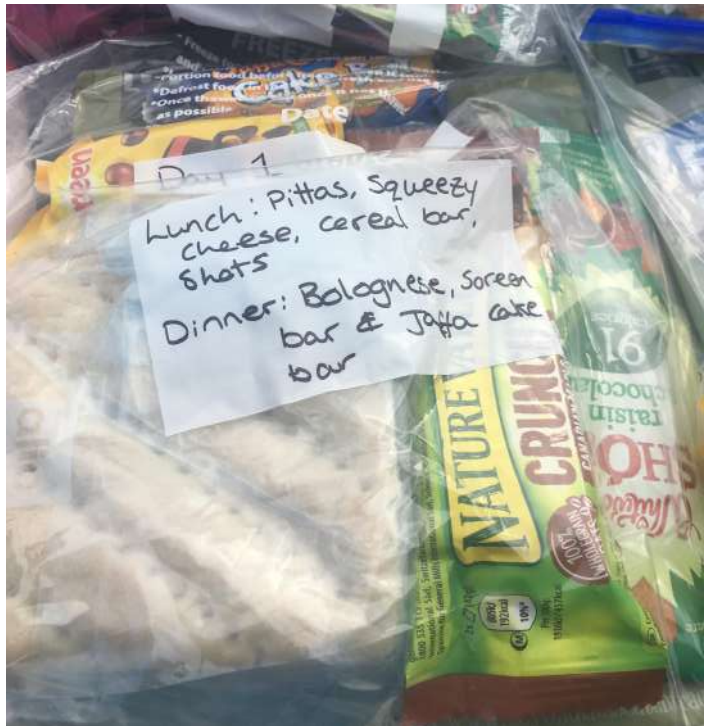
<p>Plan each day of your menu carefully.</p>	<ul style="list-style-type: none"> • Breakfast • Lunch • Dinner • Snacks and drinks
<p>Select food which are tasty, high in calories and essential energy</p>	<p>Your daily intake of calories should be approximately 3000 - 5000 calories, to take into account 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.</p>
<p>Consider how quick and easy your food will be to cook</p>	<p>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.</p>
<p>How heavy your food will be to carry</p>	<p>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.</p>
<p>Have hot and cold drinks as part of your expedition menu plan</p>	<p>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.</p>

Get organised, and then organise some more....

To make the process of planning your expedition food menu easier, plan with your team mates.

If each tent team plans their menu and cooks together, the task when you arrive in camp is far easier and establishes a good team work ethic. It will also mean you can reduce the number of stoves you may have to carry.

Pack your food into separate (Ziplock) bags for each day and waterproof them. Write on the outside which day it is for and then share the load evenly with your team mates.



Breakfast

Your breakfast should be quick and easy to prepare and full of energy.

It should contain approximately 20% of your day's calorie intake. You and your expedition team will have lots to do in the morning, so the process of cooking and eating should not take a lot of time to prepare or clear up afterwards.



Porridge Oats

Instant oats are full of energy and flavour. 1 packet is not enough, plan for at least 2 packets per person per day. They are lightweight and can be prepared quickly with hot water (adding a little extra dried milk powder can make them extra tasty).

An alternative would be to mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag (1 bag / day). Add 350ml water and cook whilst stirring until everything goes thick.

Add some dried fruit and nuts to the porridge for extra flavour and energy. Even try adding chocolate powder for a really tasty breakfast.

Muesli or Granola

Individually packed into bags - add powdered milk when you pack your meals so all you should do is add water and eat when you wake in the morning in camp.

Choose the highest calorie cereal you can find.. Most cereals are around 340 – 380 calories per 100g, but crunchy muesli type cereals (anything with 'cluster's in the name) are around 480 calories per 100g (be aware that lots of these calories are sugar)! Mix 50g cereal and 50g powdered milk in a sealable bag. To eat empty into a bowl and then pour cold water over and stir.

Soup

A Instant soup sachets with pitta bread to dunk.

It's not a usual type of breakfast food but can be a great way to warm up on a cold morning.

Frankfurters

Sausages which are smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them the first day.

NOTE

Breakfast biscuits and bars are not enough. They will not offer you enough calories to survive a hard expedition day. You can add them to your breakfast menu along with other items listed above as a treat though!

Lunch

Lunch should be an easy meal to prepare.

Plan to take a cold lunch to save the time of getting stoves out, cooking and washing up; and because you are unlikely to stop in a place suitable for all this anyway. Consider a deconstructed sandwich idea where you carry all the ingredients and eat them separately.

Lunch should contain approximately 30% of your daily calorie intake.



Sandwiches or Pre-cooked Pizza

Lunch on your first day can be sandwiches. These can be prepared at home before your DofE Expedition starts.

Pizza is a great option for lunch on day 1. It can be pre-cooked the evening before and then wrapped up to eat cold.

Breads

Wraps, pitta bread, fajitas and naan breads are already squashed so do not go flat in your bag.

Primula cheese in a tube, BabyBel or pre-sliced cheese is a great addition to your lunch menu and 1 tube could be enough for a couple of lunches. Add some frankfurters or sliced pepperoni sausage or tuna from a packet (not tinned) to your wrap for additional filling.

Ready-to-eat meals with crackers or oat cakes

It is possible to buy ready-to-eat meals like pasta or couscous. These already have flavours added to them and can be eaten cold. Eat the meal with crackers or oat cakes to bulk the meal out.

Dried meats

Pepperami, chorizo, beef jerky, cured meats etc are all great sources of protein and fat. Do not bring meats from the fridge section of the supermarket. It could go off in the heat and give you food poisoning. The only exception might be frankfurters if you eat them early in your expedition as they are salty and pasteurised to kill any bacteria. Once open they are not safe - so eat them all!

Evening Meals

Once you arrive in camp and your tent is erected, it is time to prepare your evening meal.

This should be hot, quick to prepare, nutritious and filling enough to satisfy your hunger.

Evening meals should contain approximately 50% of your daily calorie intake.



Pasta / Couscous and Sauce

Pasta and couscous is so easy to cook, as all it needs is boiling water. Couscous is the easiest to make, get the precooked variety. Add to this some pre-made sauce, frankfurters or sliced pepperoni sausage and you have a hot meal which is full of calories and slow release carbohydrates which will give you energy for the next day's walk. If you also take with you some grated cheese or parmesan this can make a great meal.

Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet.

Curry and Rice

It's possible to buy curry in packets and they only take a few minutes to heat up in a pan. Add to this some quick cook rice and you have a hearty meal. Why not pack a naan bread too?

Never bring normal rice, as it takes too long to cook. The best kind of rice is the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express.

Dehydrated or pre-made meals

These meals are superb and offering you high calories and taste. They can be bought from outdoor shops or from ordering on line. Dehydrated food is lighter but can be a little more expensive. Add to these some quick cook rice or couscous.

Risotto

Get sachets of risotto which are already cooked with various flavours, like Uncle Ben's Risotto. These can be boiled in the sachet in water without opening it, then eat it out of the sachet when hot. Just pour two or three dessert spoons of boiling water into the sachet after opening and give it a stir. No washing up!

Note

Consider at least a 2 or 3-course evening meal. You will have plenty of time in camp to enjoy your meal so why not indulge yourself. A good starter would be cup-a-soup with instant noodles.

Dessert

Finishing your evening meal with a pudding can lift your spirits and can be the focus of your thoughts during the day!

The easiest desserts to take on an expedition are ones which are instant mix, like custard. This type of pudding means you will have enough to share with your expedition team mates too.



Desserts

Finishing your evening meal with a pudding can lift your spirits and can be the focus of your thoughts during the day! The easiest desserts to take on an expedition are ones which are instant mix, like custard. This type of pudding means you will have enough to share with your expedition team mates too.

Flapjack and custard

Flap jack is high in calories and taste and combined with hot custard make a great pudding. Why not make your own flapjack and bring along for the whole team?

Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet.

Chocolate or Biscuits

If you are strong-willed enough during the day, why not save your favourite chocolate or biscuits for an evening treat?

Boil-in-the-bag puddings

It is possible to buy dehydrated puddings or Ready-to-Eat desserts from camping shops. They can be expensive and can be heavy but are a great treat. It is possible to buy a selection of puddings from Hot Chocolate puddings or even dehydrated Strawberries and cream!

Note

Ensure you read the labels of how to prepare your puddings before you buy them. Ensure you buy ones which only require water!

Snacks and Treats

During the day's of your DofE Expedition you will want to keep your sugar levels up.

Having a selection of treats in your pocket which you can graze on is a great way of keeping levels up. Maybe have a few extra snacks in your menu plan which are for emergencies when your energy is down and you need a boost before your next meal.



Trail Mix

Nuts are very high in fat and therefore very high in calories. Mix together nuts and dried fruit along with some chocolate pieces or sweets. Have a small re-sealable freezer bag with the trail mix in your pocket that you can grab at any point.

Nuts and Savoury snacks

It's a good idea to have a few savoury snacks at hand too - just in case you get bored of sweet snacks, and because you'll need some salts in your diet to replace those you've lost through sweating up those hills. Things like salted nuts and mini cheddars are great for this.

Cereal bars, chocolate bars and malt loaf

Having some fun-size bars available for you to graze on can lift spirits when the going gets tough!

Jelly or hard boiled sweets

This type of sweet lasts longer in your mouth and is more satisfying. Pack a few extra sweets too and share with your group. If you are feeling tired and need a 'pick-me-up' you can be sure other members of your group are feeling the same.

Note

If there is hot weather during your expedition, your chocolate will melt! You have been warned!!

Drinks

Staying hydrated is a vital part of your expedition menu planning.

Being just 10% dehydrated can significantly affect your energy and performance levels. You should be aiming to drink up to 4 litres of water a day whilst carrying a heavy bag and exerting yourself over miles of walking. You will be re-supplied with water if needed. You should carry at least 2 litres of water.



Flavoured juice

Water can get a little boring, which means you are less likely to drink it. Concentrated juice or squash (Robinsons Squash'd is a perfect size) can be added to your water each day. If each member of your team brings a different flavour, you can all share.

Hot chocolate sachets, tea and coffee

At the end of a long day or first thing in the morning it is a luxury to have a hot drink. Buy a selection of sachets of powdered drinks so you can choose what takes your fancy or trade with your team mates.

Cup-a-Soup

Having a hot soup when you first arrive in camp can be a real warmer and comforter after a long day. It can also be the 1st course for your evening meal.

Note

The tastier your drinks, the more likely you are to want to drink them. Staying hydrated is a priority.



BASE CAMP FOOD
TASTE FOR ADVENTURE

We have teamed up with **Base Camp Food** who have a large selection of pre-made expedition meals to choose, at a discounted price and offer free postage.

We would highly recommend freeze dried meals or boil-in-bag for evening meals. They are convenient and lightweight and it is possible to eat out of the packaging which can then be disposed of.

Basecamp Foods have kindly offered all of our participants a 10% discount on orders. On purchasing your meals, via their website, enter the code: **THEADVENTUREELEMENT10**



Ready to Eat (Wet) Meals	Dehydrated (Dry) Meals
Eat hot by placing in boiling water.	Easy to prepare, just add boiling water
No refrigeration required	No refrigeration required
Eat direct from packet	Eat direct from packet
Weight - 300g	Weight 135g and 200g
Serves 1	Serves 1
Energy 444kcal	Energy 560kcal / Energy 830kcal

A word of advice: If purchasing pre-made expedition meals, consider how much total weight you're able to carry. Ideally aim for 1kg of food per day which needs to be added to the weight of their rucksack packed with their expedition clothing and equipment.

Dehydrated (Dry) meals are far lighter in weight and higher in calories than Ready to Eat (Wet) meals (Wayfayrer Meals). If they decide to use Ready to Eat Meals, they should consider adding some Cous-Cous pouches or pasta to add additional calories.

Additional Resources

The DofE Website has some excellent resources available in relation to Expedition Food:
<https://www.dofe.org/shopping/expedition-kit/expedition-food/>



Duke of Edinburgh's Award Expedition Menu Planner

TEAM NAME:

YOUR NAME:

AWARD LEVEL: Bronze / Silver / Gold

DAY	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	TOTAL CALORIES
1					
2					
3					
4					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and day's food together so you can find it easily. If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

YOUR EXPEDITION IN SAFE HANDS
www.TheAdventureElement.co.uk

How to Pack Your Rucksack



The Traffic light system

Your rucksack should be between 70 and 75 litres and have a good hip belt with an adjustable back system.

Having an organised rucksack will make your life a lot easier during the day of your walks and also when arriving in camp. Knowing where everything is stored in your bag will mean you will not have to empty everything out in order to find a single item.

The traffic light system prioritises where items will be stored, in order of their use during the day.



ITEMS WHICH **WILL** BE NEEDED DURING THE DAY.

- Lunch, Snacks and Treats
- Warm layers, hats & gloves
- Water
- Map and compass

ITEMS WHICH **MAY** BE NEEDED DURING THE DAY.

- Waterproofs
- Torch (in case of emergency)
- First Aid Kit
- Sun cream

ITEMS WHICH WILL **NOT** BE NEEDED DURING THE DAY.

- Tent and Stove
- Spare clothes & toiletries
- Remaining days' food
- Sleeping bag

Ensure it stays dry

Your rucksack is not waterproof. You will need to pack your clothes, equipment and food in separate waterproof bags.

There are 2 options:

- 1) A series of 'roll-top' dry bags, These can be bought from good outdoor retailers using your DofE discount. We would suggest a variety of sizes and colours, This allows you to separate your kit in the rucksack, having different colours will mean you can allocate a colour to items. i.e. Red bag = clothes, Blue bag = food, Yellow bag = sleeping bag.
- 2) Use heavy duty rubble bags which can be bought from DIY shops. These bags are made of tough plastic.



Roll-Top waterproof dry bags.



Heavy duty rubble bags.

NOTES

1. Bin bags or carrier bags are not suitable for protecting kit from getting wet. The plastic is not strong enough and they will rip.
2. The rucksack cover provided with some bags, is not waterproof! It will protect kit from a shower, but not a downpour. Always use an additional waterproof layer inside your bag.

Packing Tips

- Remember to leave enough space in your bag for the additional 'group equipment' you will be issued on arrival.
- Pack your kit yourself, do not rely on someone else!
- Check the weight: no more than 14 - 18kg when fully loaded, this must include 2 litres of water and 1kg of food per day.
- Ensure you are waterproofing your sleeping bag, at least 1 set of clothes and your food as a priority. After a long day, you'll appreciate having these items bone dry and will guarantee a good nights sleep. Make sure your bag is evenly balanced on both sides
- Adjust the straps correctly to take the weight on the hips rather than the shoulders
- Avoid cotton and jeans. Hoodies, Jeans and cotton T-Shirts are not suitable clothing for an expedition.
- Nothing should be hanging off your rucksack. The exception to this is a foam sleeping mat.

Mobile Phone & Electronic Device Policy



It is accepted that some participants may carry a mobile, especially as they may wish to use this to take photos or video of their expedition or use it to assist with their 'Expedition Goal'.

Primarily, the phone should be available for use in an emergency. Therefore, there should always be enough battery life available. (Participants should consider bringing a small battery pack).

Mobile Phones

The following points should be noted:

- Mobiles **MUST** be in 'airplane mode' or switched off during activity time.
- All phones will be placed in sealed plastic bags to prevent unnecessary use. Periodically, these bags will be checked by our instructors to ensure they have not been opened or tampered with.
- Phones must not be used to update social media, contact home or friends or used the phone as a navigational tool (unless in an emergency).
- Staff reserve the right to remove mobiles from participants where irresponsible use is suspected.
- Participants' mobiles may get wet or damaged. The young person is responsible for any damage or loss.
- Parents of participants who do not carry mobiles must accept that other participants will be carrying mobile equipment, which may give unrestricted access to the internet.

iPods, Music Players and Speakers or Gaming devices

Participants should be advised not to bring such devices as there is a possibility they could get damaged or broken. However, if a participant decides to bring an iPod or means of playing music, they understand that the allowed usage is in the evenings, outside of the expedition journey times and only with headphones in order to keep noise down on campsites..

The use of headphones during the day is not permitted as this can remove the individual from being connected to the team and the tasks it needs to perform.

Apps to download before your expedition

Participants are expected to only use phones in case of an emergency. Mobiles do not guarantee that someone is contactable. For most of the area in which Participants are working there is no network coverage. We have other ways of monitoring, checking and contacting groups.

To aid in an emergency, please download the following 2 Apps to your phone. Both are free of charge. You will be taught on their use during the programme.



OS Locate



<https://play.google.com/store/apps/details?>



<https://apps.apple.com/gb/app/os-locate/id810024913>

What is OS Locate?

Used alongside your Ordnance Survey map, OS Locate is a fast and highly accurate means of pinpointing your exact location on the map by giving you a 6 figure grid reference. If you have lost your bearings or have an emergency, OS Locate will give you your location which you can pass to your supervisor or emergency services.



What 3 Words



<https://play.google.com/store/apps/details?>



<https://apps.apple.com/gb/app/what3words-navigation-maps/>

What is what3words?

what3words is an easy way to identify precise locations. Every 3m square has been given a unique combination of three words: a what3words address. This information can be passed to your supervisor over the phone or text, or emergency services if involved in an incident.

CAUTION: Be sure to spell each word out over the phone as there are many different spelling

Communication during the expedition

Part of the expedition ethos is for participants and teams to be self reliant and to avoid contact beyond the other participants on the programme. Therefore, parents and guardians should not be alarmed if they do not hear from a participant during the programme. To preserve mobile phone batteries, which may be required in the event of an accident or emergency, we ask for mobile phones to also be switched off and they will be placed in a sealed plastic bag.

In the case of an accident or emergency involving a participant, we will be in touch with the emergency contact person provided on the registration form. This contact will be made at the earliest opportunity.

If parents or guardians urgently need to contact a participant, the most efficient methods are:

- Phone call to the office on **01768 800212**. If no-one is available, please leave a voicemail. The message is automatically directed to the 'out of hours' operations team who will return your call.
- Email info@TheAdventureElement.co.uk

Medical Conditions and Special Dietary Requirements



Dispensing of non-prescription medicines

Parents and Participants should be aware that staff will **not** dispense any medicines.

Over-the-counter painkillers can be provided in the Participants' First Aid kits but a staff member must be informed before any are taken.

Any prescription drugs which the Participant requires during the Expedition must be packed and named. If a Participant requires medical treatment or a prescription then they will be removed from the Expedition and will need to be sent to a GP. The parent/guardian on their contact form will be called to collect them in non-urgent cases.

If Participants are taking any drugs, they must be detailed (with the dose) on the consent form.

Epi-pens and Inhalers

Parents of Participants with allergies or asthma must give the relevant information on the consent form. Participants are expected to bring their own inhalers and Epi-pens if required.

Allergies

Allergies and Intolerances must be marked clearly on the consent form and if appropriate you should inform your member of staff and group about your condition. When on Expedition, always check the contents label of your food. You must take a large measure of responsibility for yourself. Your team should also be aware of your requirements and help to reduce the risk of accidental ingestion.

Epilepsy

Parents of Participants with epilepsy must give the relevant information on the consent form. Participants who suffer from epilepsy are usually allowed to participate in walking expeditions, but not water activities.

Diabetes

Participants with diabetes must give the relevant information on consent form. Increased and sustained high level of activity should be taken into consideration when packing food and insulin for all expeditions.

Updating medical details and emergency contact numbers

As participation in the scheme is spread over a long period of time, medical details and emergency contact numbers may change. It is the responsibility of parents/guardians to keep the school / company informed of any relevant changes.

Dealing with periods in the outdoors



Females can feel like they shouldn't talk about having a period, especially with people who don't have them or with males present. It goes without saying, periods are a perfectly normal body process for a huge percentage of the population. It is important for everyone to be supportive and to assist participants with dealing with periods in an outdoor environment.

To assist, below is some guidance and advice:

Make a little 'period' bag, containing:

- Tampons or sanitary towels
- Hand sanitiser & wet wipes
- Toilet roll
- Nappy /poo bags or a small ziplock bag
- 1 dark coloured and thicker bag (to put the above bag of choice in)
- A spare pair of underwear

Find a suitable spot

Easier said than done sometimes. Trees, walls, dips in the land can be useful to look for. Also need to be 50m away from a water source (river/lake etc). Organisation is key, so have things ready and easily available. If it is windy or raining, keep your items in your pocket.

Changing a sanitary item

- Sanitise hands and then clean with wet wipe to remove the alcohol.
- Change sanitary item, and wrap item in some toilet roll.
- Put in nappy / poo bag and tie up.
- Then put that bag into the larger/darker coloured one.
- Wet wipe hands & sanitise hands. Job done.

Put the bag in a suitable bin on route or dispose when you arrive at the campsite.

Note: Don't bury it in the ground!

Staying Healthy on your Expedition



Look after your feet

Socks

Choose your socks carefully. Buy good quality walking socks and buy them early, so you can then wear them whilst on your training walks.

Good walking socks will help minimise blisters as they have padding and moisture protection fabric.

Poor fitting or inappropriate socks can cause lots of issues and create blisters. Once you have a blister, you will not get rid of it during the expedition.



Boots

Make sure you get the right material for you. Leather boots are very durable and water resistant but cost more. Synthetic boots, which are lighter and cheaper than leather, are ideal if your feet are still growing and you don't need your boots to last for years.

Consider a good quality waterproof and breathable membrane (like Gore-Tex) making sure rain and sweat aren't an issue.

Insoles can often make a boot fit much better and are a cheap way to get extra comfort.



During the Expedition

How many socks? You should carry at least one spare pair, preferably several, ideally one set for each day. You may choose to bring more depending on the length of your expedition and the weather forecast.

Bring a pair of flip flops or lightweight sandals/trainers to wear around the campsite. This will let you air and dry your feet, socks and boots once in camp.

PREVENTION OF BLISTERS IS BETTER THAN CURE

Ticks and Lyme Disease



What's the problem?

The tick's bite is painless and some ticks can be as small as a poppy seed or spec of dirt, so it can be easy to overlook them. A tick will generally remain attached until it is gorged with blood, increasing greatly in size, before dropping off. This can take between a few days and 2 weeks.

Tips for avoiding ticks

- Leave no exposed skin on your legs, feet, ankles or arms - wear long sleeves, tuck trousers into your socks or wear gaiters, choose fabric which is thickly woven.
- Spray insect repellent on clothing and socks.
- Wear light-coloured clothing so you can see the dark ticks and remove them - inspect clothing often to remove the ticks.
- Check yourself for ticks at the end of every day, especially your hairline, navel, groin, arm pits, between toes, behind the ears and knees.

How to remove a tick

1. The most reliable method of removing a tick without leaving any remnants in your skin is to use a tick hook. These are in the First Aid kits we provide.
2. Don't squeeze the tick as this will inject the fluid in the tick back into your body.

Lyme Disease

Some ticks carry Lyme Disease, and can transmit this to humans when they feed on us. It is notoriously difficult to diagnose as it can demonstrate different symptoms in different people and some of the symptoms are similar to other infections and illnesses.

It takes up to 24 hours before the bacteria are transmitted from the tick to its host and symptoms of infection may appear at any time within two weeks after the bite.

A common sign is a distinctive bulls-eye rash that may appear (though not always) around the area of the bite. As infection spreads several rashes can appear at different sites on the body.



Other symptoms include fatigue, fever, headaches, stiff neck and body aches - similar to the flu. These symptoms may be persistent or may occur intermittently.

If you have any of the above symptoms, or for more information seek [medical advice](#).

Gold Expedition Framework



QUALIFYING EXPEDITION DURATION - 4 Days, 3 Nights

ACTIVITY TIME PER DAY - 8 Hours

OF WHICH JOURNEY TIME SHOULD BE - min 4 hours

N.B. Overnight accommodation and catering is additional to the minimum daytime hours of planned activity.

First Aid & Emergency Procedures:

Training based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

- Action in an emergency – resuscitation, airway, breathing and circulation.
- Treatment of hypothermia.
- The treatment of wounds and bleeding.
- Treatment for shock.
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.
- The recognition of more serious conditions such as sprains, dislocations and broken limbs.
- Knowing what to do in the case of an accident or emergency.
- Summoning help - what people need to know, telephoning for help, written message.
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

An Awareness of Risk and Health and Safety Issues:

- Expedition fitness.
- Telling people where you are going.
- Identifying and avoiding hazards.
- Keeping together.
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Camp Craft Equipment and Hygiene:

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.
- Choosing and caring for camping gear.
- Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.
- Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.
- Pitching and striking tents.

Food and Cooking:

- Cooking and the use of stoves.
- Safety procedures and precautions which must be observed when using stoves and handling fuels.
- Cooking substantial meals under camp conditions.

Team-building:

The Expedition section involves participants working together as a team in order to complete the expedition. Team-building should permeate all expedition training and can be enhanced through team building exercises and regular reviews so

that when the team sets out on the qualifying expedition, participants are able to work together as an effective and cohesive unit.



Navigation and Route Planning:

The 1:25 000 scale Explorer Maps, available for the whole of England, Scotland, Wales and parts of Northern Ireland, should be used wherever possible as it makes instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country. Participants should also be familiar with the 1:50 000 scale Landranger Maps.

Preparatory Map Skills:

- The nature of maps.
- The use of 1:25 000 Explorer, 1:50 000 Landranger or the relevant maps in Northern Ireland and abroad.
- Map direction.
- Scale and distance, measuring distance, distance and time.
- Conventional signs.
- Marginal information.
- Grid references.
- A simple introduction to contours and gradient.
- The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills:

- Setting the map.
- Relating the map to the ground.
- Locating position using the map.
- Determining geographical direction, and direction of travel from the map.
- Checking the direction of paths using the set map.
- Identifying and locating features in the country by using the map.
- Locating features marked on the map in the countryside. • Relating the map and contours to the ground. Estimating journey times in wild country.
- Planning a route, preparing a route card. Estimating speed of travel and arrival times. (ETA estimated time of arrival).
- Following a planned route.

- Navigation in restricted visibility. Action to be taken in the event of being lost.

Compass Skills:

Participants should be confident with a range of compass skills:

- The care of the compass.
- Direction from the compass in terms of the cardinal and the four inter-cardinal points.
- Measuring direction in degrees.
- Setting the map by the compass where magnetic variation may be ignored.
- Determining the direction of footpaths or direction of travel.
- Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate.
- The influence of ferrous objects and electromagnetic fields.
- Magnetic variation and the relationship between True, Magnetic and Grid Norths.

Observation Recording and Presentations:

- Developing observation skills and different methods of recording information.
- Skills relevant to the method of presentation.
- Choosing an aim.
- Researching relevant information.

Country, Highway and Water Sports Codes:

- Understanding the spirit and content of the Countryside Code.
- The avoidance of noise and disturbance to rural communities.
- A thorough knowledge of the content of the Highway Code with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the expedition.
- If undertaking a water expeditions, a thorough knowledge of the Water Sports Code.

Expedition Requirements

The aim of the Expedition section:

To inspire young people to develop initiative and a spirit of adventure and discovery by planning, training for and completing an adventurous self-sufficient journey as part of a team. Participants choose where and how they want to do their expedition.

BEFORE THE EXPEDITION

Before an expedition – DofE Supervisors/Assessors must ensure the appropriate parameters are in place:

All participants must be within the qualifying age of the programme level and at the same Award level (i.e., not have completed the same or higher level of expedition).

There must be between four and seven participants in a team (eight for modes of travel which can be used by two people at once e.g., tandem bikes, open canoes).

The expedition must be of the correct duration and meet the minimum hours of planned activity.

Bronze:

A minimum of 2 days, 1 night; 6 hours planned activity each day.

Silver:

A minimum of 3 days, 2 nights; 7 hours planned activity each day.

Gold:

A minimum of 4 days, 3 nights; 8 hours planned activity each day.

All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.

Assessment must be by an Accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.

Participants must be adequately trained to safely complete an expedition in the environment in which they will be operating.

Bronze:

Teams must complete the required training.

Silver:

Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.

Gold:

Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.

PLANNING AN EXPEDITION

Participants must plan how they're going to do their expedition:

Team Goal	Expeditions must have a clearly defined team goal – this could be researching an area of interest, contributing to a community action project, or developing soft skills.
Environment	The environment chosen must become progressively more challenging through the award levels – environments could include rural, urban or restricted spaces.
Accommodation	Accommodation should be by camping or other simple self-catering accommodation e.g., bunkhouses.
Time of year	Expeditions will usually take place between the end of March and the end of October. There should be a reasonable gap between the practice and qualifying expeditions.
Mode of travel	Participants must choose an appropriate mode of travel for the environment they'll be journeying through. Journeying must be by participants' own physical effort, although mobility aids may be used where appropriate to the needs of the participant.
Food	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).

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.



#YourAdventureInSafeHands

info@TheAdventureElement.co.uk
www.TheAdventureElement.co.uk

01768 800212



Climbing/Trekking/Watersports
To confirm: 020 2075 5725