



How to Pack

Your ruck sack

NB **Your** bag should be packed by **you** rather than a parent/ carer!

Also, it should not weigh more than 25% of your body weight.

If you are 50Kg (7st 12lbs) your ruck sack should not be more than 12.5KG

Everything (except the roll mat) should fit inside your bag rather than hanging off the outside.



Duke of Edinburgh's Award

Expedition Training

Bronze Level

Name: _____

E-DofE : _____

Practice expedition date: _____

Practice expedition location: _____

Qualifying expedition date: _____

Qualifying expedition location: _____

Final Thoughts

You will probably have questions about your expedition.

The following are a good source of information to help you prepare:

- Person: Your unit leader
- Email: Jeremy@HepworthAdventures.co.uk
- Internet: The DofE website www.DofE.org

Oh and this expedition section is meant to be fun! We hope you enjoy your expedition and also complete all the other sections for your Bronze level.



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Contents

- **Expectations:** What do we have to do on the expedition?
- **Location:** Where are we going?
- **Transport:** How are we getting there?
- **The route:** Where are we going to walk?
- **Kit:** What do we need to bring?
- **Kit:** What do we not need to bring?
- **Food:** What are we going to eat?
- **First aid:** What if something goes wrong?
- **How to pack:** What order should everything go into your bag?
- **Finally:** What is next/ any other questions/ contacts/ info?



First aid/ Emergency protocol

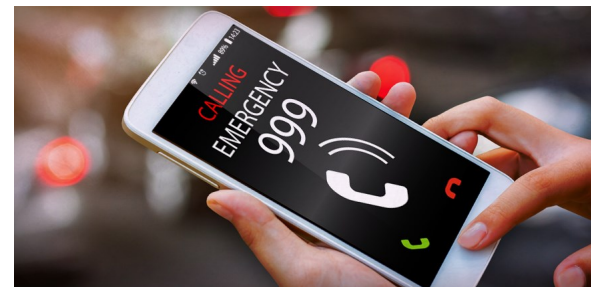
Everyone in the group will have the name and phone number of your supervisor.
Follow the instructions on the sheet you will have in your possession.

What to do in an emergency:

1. Carry out First Aid
2. Contact your instructor
3. If it is life threatening dial 112 immediately
4. Consider how people will find you
International distress signal— 6 signals and 1 minute intervals
Use bright colours to highlight your position
5. Do you need to send someone to raise the alarm?

Remember:

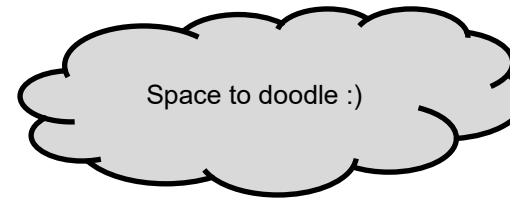
- Make the Casualty warm, comfortable and safe
- Continue first aid & monitor the casualty
- Pitch a tent/ improvised shelter
- Look after the entire team, not just the casualty
- If the casualty is unconscious, check and maintain AIRWAY and place in RECOVERY POSITION



SUGGESTED FOOD PLAN

	Breakfast	Lunch	Supper
Day 1	n/a	Something to "eat on the hoof" i.e. no cooking For example Pitta Breads Oat Cakes Tortilla wraps Pork Pie (not day 3) Cheese biscuits Primula Cheese Pepperarmi Fillings: Pate Tuna Sachet Chicken Sachet	A substantial Main Meal AND Dessert You need carbs/ protein and fats! Dehydrated food from manufacturers such as Mountain House or Expedition Foods are much better than Wayfarer meals. Alternatively Dolmio pasta sachets and sauce Rice and sauce Couscous Soup Beanfeast/ Free-from food Biscuits Cheese, chocolate?! Cake slab Instant Custard Mix Jelly Reiter Lightweight Dessert
Day 2	Cereals with dried milk/ dried fruit Porridge- just add water type rather than needing milk Breakfast bars Wayfayrer Boil-in- bag/ Freeze-dried meal Hot drinks– coffee/ hot-choc/ tea	Your own trail mix to chomp on during the day Avoid bread because it goes stale very quickly. Also Dried fruit Cereal Bars Jelly Babies/ Wine Gums Jaffa Cakes	Also it's good to have a hot drink for supper or after supper Home ☺

Ideas:

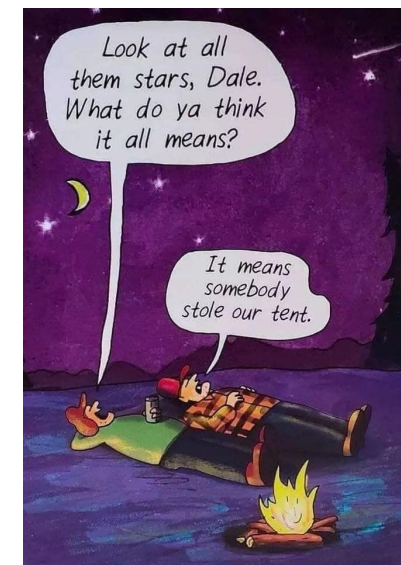


What am I looking forward to with this expedition?

What am I anxious about with this expedition?

What am I good at with expeditions/ outside?

Our Bronze Expedition aim:



DofE 20 Conditions of the expedition section

Planning the expedition	1	The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
	2	The expedition must have an aim.
	3	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).
	4	There must be between four and seven participants in a team.
	5	The expedition should take place in the recommended environment. Bronze: Expeditions should be in normal rural countryside which can be familiar and local to groups.
	6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
	7	The expedition must be of the correct duration and meet the minimum hours of planned activity. Bronze should be six hours. 2 days 1 night.
	8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.
	9	Assessment must be by an accredited Assessor.
	10	Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.

MEDICAL

	Painkiller- Ibuprofen Painkiller-Paracetamol	Moisturiser Lip balm
	Foot powder (optional)	Antiseptic spray
	Zinc Oxide tape Steristrips Roller Bandage Melolin gauze dressing Tubigrip Plasters (assorted sizes) Blister kit- Compeed	Throat lozenges Insect Repellent Antihistamine
<p>This is a suggested medical list. Use your judgement. You need to be self-sufficient on this trip and cope with most minor issues (before they become major ones!) you should be able to get all of these from Tesco or Sainsbury's rather than more expensive travel shops and place them in a waterproof bag.</p>		

WHAT NOT TO BRING

CAMPING			
Got it	Packed It	Item	Specific recommended brands
		Tent *	Access expeditions
		Stove *	Trangia with Gas A group needs at least x2 stoves
		Gas *	
		Plastic Mug & Bowl/ Plate	
		Spoon/ fork/ knife	Or bring a spork
		Water bottle	You need 2 litres. Make sure it is a proper water bottle and does not leak when it gets squashed
		Pot scourer to clean your stove	You will need to clean the stove at the end of the expedition
		Disposable lighter	Or a flint. Make sure you can actually use it, even if it is raining!
		Survival Bag	For emergency use or to sit on for lunch
		Wash Kit/ personal hygiene items	
		Towel	Small lightweight pack towel
		Sun Cream	You will only need a small amount over the expedition
		Soap	
		Toothbrush & Toothpaste	
		Toilet paper (or be 'eco' and use sphagnum moss/ leaves!)	
		Handkerchief or tissues	
		Watch (at least one per tent)	Don't rely on your mobile phone
		Bags for rubbish	
		Head torch & spare batteries	
		Small pocket knife/ pocket tool	There should be at least one sharp knife per group
<p>Items marked with a * will be provided for you</p> <p>Notes:</p>			

DofE 20 Conditions of the expedition section		
Training & Practice	11	Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.
	12	All expeditions must be by the participants' own physical effort, without motorised or outside assistance.
During the expedition	13	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	14	Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	15	Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	16	Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	17	Groups must understand and adhere to the Countryside and Highway Codes.
	18	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
	Post expedition	19
20		A presentation must be prepared and delivered after the expedition.

BRONZE EXPEDITION KIT

BAGS/ PACKING

Got it	Packed It	Item	Specific recommended brands
		60-70 litre Rucksack	Lowe, Berghaus, Vango, Osprey, Karrimor. When fully packed it wants to be max 14Kg or 12.5Kg if you are 50Kgs
		Rucksack liner	Polythene bags or Stuff sack(s) to keep your kit dry

SLEEPING

Got it	Packed It	Item	Specific recommended brands
		Sleeping bag comfort rating 0°C or lower (2-3 season)	Synthetic fill are less expensive than down. Down compacts to a smaller size.
		Sleeping bag liner (optional)	Silk are nice but x3 more expensive!
		Sleeping mat	ME or Therm-a-rest air mats are more comfortable than foam– avoid using a Yoga mat, they are very uncomfortable for a whole night.
		Waterproof bag for sleeping bag	Plastic bags are ok but specific dry bags are much better

JOURNEY

Got it	Packed It	Item	Specific recommended brands
		Compass *	Silva
		Map *	1:25,000 & 1:50,000 scale
		Downloaded apps for your phone	Free Grid Reference or OS locate app

OTHER BITS and BOBS

Got it	Packed It	Item	Notes
		Paperback book/ kindle	These are optional
		Playing cards	
		Camera	
		Walking Poles	
		Notebook/ spare paper to write on & pen	At least 1 Sharpee per group
		Dry bags	You want to keep everything in a waterproof bag or series of bags- your ruck sack is NOT waterproof.

CLOTHING

Got it	Packed It	Item	Specific recommended brands
		Walking Boots with ankle support. These need to be worn in.	Asolo, Berghaus, Salomon, Scarpa, Go to somewhere and try them on to fit. Avoid getting them online unless you have tried them on first.
		Walking socks 2 pairs	Bridgedale, Craghoppers, SmartWool Quality socks dramatically reduce the likelihood of getting blisters
		Plastic bags for your feet (optional)	v useful when we are at our camp sites if it has been wet
		Other pair of socks (to go with trainers)	
		Underwear	
		Thermal top or T-shirt	Also known as base layer or skins
		Walking Trousers/ tracksuit trousers	We recommend 2 pairs of trousers/ leggings over the 2 day expedition. Whether one pair is trousers and the other leggings or two pairs of trousers is up to you.
		Thermal bottoms/ leggings	
		Good quality waterproof Jacket	Berghaus, North Face, RAB, Mountain Equipment. Think about spending about £80+ on a waterproof top. Make sure it is a breathable fabric.
		Waterproof Trousers	
		Sandals/ spare trainers	To wear around the camp instead of your walking boots- a bit of a luxury but v nice in the evening
		Fleece Jacket/ Jumper	
		Additional jumper to wear under fleece top	Avoid hoodies because they do not keep you very warm, especially if they get wet
		Wooly hat sun hat/ cap	
		Gloves	It can be cold in the morning or evening. These do not need to be expensive

Notes: