



Bronze DofE Expedition

We hope that you are looking forward to your DofE Bronze Expedition. This letter will give you some more information about the training and the expeditions, and also contains a health form which we need you to complete and return to the school.

Due to the probability of ongoing covid restrictions your expeditions this year will unfortunately not include any overnight camping. We will instead be following the alternative covid guidelines from the DofE whereby you will do two day walks and go home overnight. You will however still be required to cook your evening meal on the camping stove before going home on the first night.

Online introductory meeting for Parents & Students: 1st April 2021

An opportunity to ask any questions and find out more about your Bronze expedition programme. This will take place as a virtual meeting.

Training days: 12th & 13th April 2021

The two training days will take place at Honiton Community College. These will be fairly intensive days of training covering everything that you need in preparation for your expedition.

Each day will commence at 9am and finish at 3.30pm. Bring lunch each day.

- On the first day please also remember to bring all of your personal gear that you have gathered so far for the session on personal equipment
- On the second day please also remember to bring outdoor clothes and walking boots for the walk with practical navigation

Practice Expedition: 22nd – 23rd May 2021

The drop off and pick up point will be Castle Neroche (TA20 3JZ) on both days. You will be following looped routes in the countryside around this area. Start time each day will be 9am, and we would anticipate that the teams should be completing around 3pm. Some teams may finish slightly earlier, some later, depending on how fast they walk.

Please note that no student should leave before having been checked out by a member of the staff responsible for them.

The Assessed Expedition: 5th-6th June 2021

The assessed expedition will take place on the south coast. The teams will be planning their routes on the training weekend. The start point will be The Warren car park (EX5 1EZ). Pick up on the first day, and drop off for the second day, will be the National Trust car park by Sidmouth observatory (EX10 0NY). Pick up on the second day will be Blackbury Camp (EX24 6JE). See last page for directions.

The Presentations:

Remember that after your expedition you will be making a presentation about your experiences. Your school will be guiding you through this aspect of your DofE expedition, however don't forget that you may wish to take photographs and keep other records of your expedition to use in your team's presentation.

Equipment:

To help you in your advance planning a suggested kit list is below. You can also find the official DofE kit list at www.dofe.org/go/exk. We will be giving plenty of advice and support during the training days to guide you through the process of assembling the necessary kit.

It is very important to remember that you do not have to rush out and buy everything on this list. Although we very much hope that your expedition may be the start of a life-long love of the outdoors and decent kit may last you a lifetime, it is often best to start simply and cheaply. One way to do this is to hire kit from the Somerset Youth Equipment Stores, where items such as rucksacks, walking boots and waterproofs can be hired for just a couple of pounds for your expedition. The Youth Equipment Store can be contacted on 01823 289387 or yes@somerset.gov.uk.

Group items such as stoves, maps, compasses and group first aid kits will be supplied. As you are not camping overnight you will not be expected to carry a tent.

You are responsible for providing your own personal kit and food. You will be packing a day-bag. You will not need to bring any overnight items.

Do remember to leave a little bit of space in your rucksack for your share of the team kit!

Suggested kit list:

- Walking boots
- A spare warm layer
- Waterproof coat
- Waterproof overtrousers
- Sunhat & suncream (or warm hat & gloves according to the conditions!)

- Rucksack (we suggest about 65L in size)
- Notebook & pencil, camera etc
- Whistle
- Personal first aid kit (blister plasters etc.)
- Watch
- Knife, fork, spoon (or just a spork)
- Plate or bowl and a mug

- Your food for the expedition
- Some emergency rations

- Water bottle(s) – we recommend carrying two 1 litre bottles

Food for a lightweight expedition:

Planning and procuring your food is an important part of your preparation for your Bronze expedition. What you bring is up to you, but we suggest that you bear the following points in mind:

- Your expedition is 2 days ~~and 1 night~~ so you will need 1 evening meals, 1 breakfast and 2 lunches. Although you are not camping overnight you will still be expected to cook a meal on the stove
- You will need more food and energy when walking all day than you might on an average day at home. An expedition is not a time to plan a low calorie diet.
- You need to carry all your food for the whole expedition, make sure that you choose things that are light enough and compact enough to fit in your bag.
- Because you are carrying your food (hopefully in lovely warm weather) it is also important that you choose food that will not perish or spoil.
- We will supply your team with two Trangia stoves. You may therefore wish to discuss your food plans with other members of your team and coordinate your efforts. You can heat 3 or 4 prepacked ‘boil in the bag’ meals simultaneously in a Trangia, or cook one ‘from scratch’ meal for up to 4 people in one Trangia. If you all have different uncoordinated menu plans you may find that you have to take turns with the stoves, and the last person may then end up a bit hungry and grumpy by the time their turn comes around!
- You will be cleaning your stove. It will be spotless when issued to you and must be returned in the same manner. Bear this in mind whilst planning and cooking your food.
- You are likely to want some additional snack foods to graze on as you walk. Dried fruit, nuts, cereal bars or sweets can all give you a splendid physical and mental boost as you travel.
- You should *not* take high caffeine energy drinks (redbull etc). These will only give you a brief mad boost followed by a prolonged crash which will help neither you nor the morale of the rest of your team.

Pasta and rice both make good expedition foods. Expedition meals (Wayfarer meals and other similar dried or boil in the bag prepackaged meals) are also ideal. Porridge makes a very lightweight easy to carry breakfast.

Cost:

£180

Bronze DofE Expeditions for Honiton Community College 2021 Health form and Emergency contact details:



Name:

Date of Birth:

Address:

Any medical problems we should be aware of:

Any medications taken or carried:

Any allergies (to foods, medications or other):

Any other special needs:

Date of last tetanus injection:

Emergency contact numbers for parents/guardians:

Email address for parents/guardians:

Signature of parent or guardian: Date:

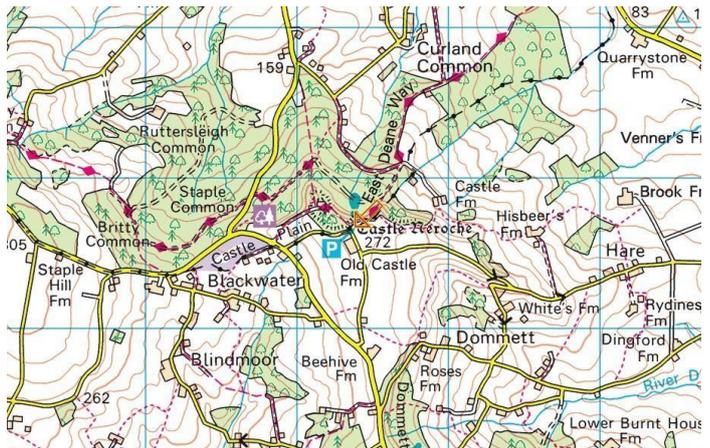
Castle Neroche

Buckland St Mary

Chard

TA20 3JZ

ST 273 156



The Warren car park

Coalaton Raleigh Common

B3180

Near Woodbury

EX5 1EZ

SY 041 881

