

# DofE Events this term:

- **Expedition Training (all students must attend)**  
During school days 10<sup>th</sup> and 13<sup>th</sup> July
- **Practice Expedition (includes an overnight camp)**  
Amble (CWS/ESW/TCR): 14<sup>th</sup> and 15<sup>th</sup> July  
Camel (BFN/CJK/JSM/DAB): 16<sup>th</sup> and 17<sup>th</sup> July

# Bronze Expedition

- Small groups (5-7)
- 15 mile walk

Starting: Tuesday/Thursday morning

Camping: Nine Ashes, Washaway

Finishing: back at school on

Wednesday/Friday at about 5.00pm

- Carrying all the kit they will need for the two days and one night.

# Safety

- DofE expeditions are unique in that the children are **REMOTELY SUPERVISED** – they do **NOT** have an adult walking with them.
- They will be checked at regular intervals during their walk
- They will have contact numbers for staff in case of an emergency

# Training: Friday and Monday

- First Aid refresher
- Risk assessment, safety and emergency procedures
- Country Code
- Camp craft and equipment
- Food, cooking and hygiene
- Navigation (short walk around Wadebridge)
- Route planning

# Equipment

STUDENTS	-
GENERAL INFORMATION	
WORK EXPERIENCE	
D OF E	
GIFTED & TALENTED	
PASTORAL SUPPORT	
SIXTH FORM	+
PARENTS	+
WIGGLES NURSERY	
CONTACT US	



## Duke of Edinburgh Awards

### Expedition Dates 2014

- Sixth form Gold Training and Practice, Dartmoor: Thur 17th – Sat 19th July
- Year 10 Bronze Assessment, Camelford: Thur 8th – Fri 9th May
- Year 10 Silver training and practice expedition, Bodmin moor: Sat 14th – Sun 15th June
- Year 9 Bronze Training, School: Fri 11th & Monday 14th July
- Year 9 Bronze Practice expedition, Wadebridge/Bodmin: Tues 18th – Wed 19th July
- Sixth form Gold Assessment expedition, Brecon Beacons: Thur 24th – Sat 26th July


20 conditions of the expedition sections of the award.

Bronze Award expedition kit list.

#### Useful links

Duke of Edinburgh Awards website: <http://www.dofe.org/>

NEW 2014 season



## Bronze Kit List

Personal	Group
Inner clothing t-shirt trousers (Not Jeans or Chinos)	2 maps 2 compasses 2 route cards
Warm layer (e.g. fleece not hoody)	Emergency numbers
Waterproof Coat with a hood	Tent outer
Waterproof Trousers	Inner
Socks/undies	Poles
Walking Boots / trainers (not skate shoes)	Pegs
Sunhat (with a brim)	Stove(s)
Warm hat	Fuel
Gloves	Scourer and washing up liquid
Watch	Tea towels
Spare clothes t-shirt trousers/shorts (Not Jeans or Chinos) fleece/long sleeve top	Toilet paper
Emergency rations (not just chocolate)	Sun block x 2
Dry matches	Survival bag (at least 3 per group)
2 litre water bottle (or 2x 1litre)	Sewing kit
Rucksack with plastic liner	Spare string/guyline
Sleeping bag	Coins for phone
Sleeping mat	Whistle (at least 2 per group)
Knife/fork/spoon	Notebook and pencil x 2
Plastic mug	Torch (at least one per tent)
SMALL Washing gear (Toothbrush, Toothpaste, Deodorant) can you share anything?	First Aid Kit (bandages etc)
Hand sanitizer gel/wipes	Mobile phone x 2 minimum (wrapped in a sealed bag for emergencies only)
Spare bin bags/plastic bags	
Food	
Personal first aid kit (including plasters, inhalers, paracetamol or any other medication if you need them)	
<b>Optional Items</b>	
Flip flops/crocs for camp	
Plate OR bowl (can you use the pan instead?)	
<b>You do not need:</b>	
Pyjamas	
Towel	
Tinned food (it's heavy)	
A big bag of makeup	

Food	
These are suggestions only (see school website / booklet during training for more ideas)	
Breakfast Day 2	Porridge, scotch pancakes, brioche, cereal bars, hot chocolate
Lunch Days 1&2	Sandwiches (day 1) Pitta bread, bagels, spread, pepperami, malt loaf, marmite etc
Evening Meal Day 1	Supper noodles, pasta & sauce, savoury rice, boil in the bag, Cake & custard, hot chocolate
Snacks	Cereal bars, jelly, nuts, raisins, dried fruit

Kit list

# Equipment available from school

- Rucksacks (60-65 litres)
- Small tents 3-4 people
- Stoves and fuel

Students will be asked to write down a list of equipment they would like to borrow in a few weeks time.

Plus each group will be given:

- Maps
- Compass
- Dofe T-shirt for every student

# Personal Equipment

- Rucksack (60-65 litre)

If you decide to buy your own rucksack it should be 60-65 litres with an adjustable back system.

We have plenty available in school to borrow.





# Personal Equipment



Waterproof coat  
with a hood

Rucksack

Roll mat in  
waterproof bag

Waterproof  
trousers

Boots/trainers



# Personal Equipment

- T-shirt
- Fleece/jumper (not a hoodie)
- Trousers (not jeans/chinos)
- Spare clothing
- Sun hat with a brim (not cap)
- Sleeping bag that can be compressed
- Survival bag



# Important – 2 litres of water

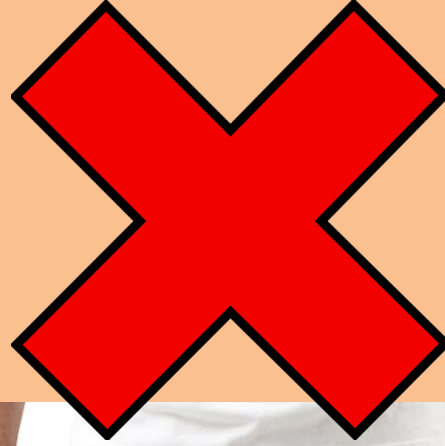


# Leg wear



These are not appropriate for the expedition.

Jeans



Chinos

Short shorts with no leggings

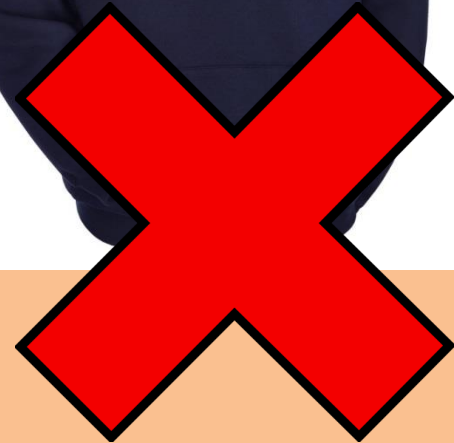




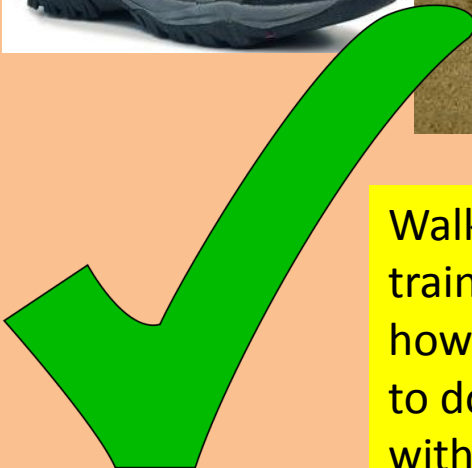
# Jumpers



Hoodies are not appropriate for expeditions



# Footwear for Bronze



Walking boots or sports trainers are okay for Bronze, however students who go on to do Silver will need boots with ankle support.



# Group equipment (available from school)

- Stoves (trangias)



If you wish to use your own stove you will need to check this with Miss Richards first.

- Small tents (2-4 people)



You are welcome to use your own tent but it must have a separate inner and an outer.





# Equipment

- There is a small selection of other equipment available within school e.g. roll mats, waterproofs and boots.

# Where can I buy equipment?

You do not need to spend lots of money, however if you did wish to get anything:

- Countrywise, Wadebridge (10% discount with kit list)
- Dicksons, Wadebridge (10% discount with kit list)
- Millets, Bodmin
- Mountain Warehouse, Padstow and Truro  
(Dofe discount)
- Costwold Outdoors, Truro (15% discount)
- Carol's Kit, School

# Expedition contacts in school

- Miss Richards – [crichards@wadebridge.cornwall.sch.uk](mailto:crichards@wadebridge.cornwall.sch.uk)