

Silver Duke of Edinburgh Expedition
Thursday 28th – 30th June 2018

We are still going ahead with our planned expedition this Thursday 28th June. Students need to be at school for 8:40am for a kit check. It is crucial that they have everything on the kit list, but that they carry no more than a ¼ of their body weight, this will help to avoid over exertion and heat exhaustion. We will ensure that they have the correct full brimmed hats, sun cream and enough water containers (maximum 2 litres, in two separate bottles or in a camel back).

The majority of the groups are walking in the lanes until later in the afternoon on Thursday, so they should have some shade for most of the day. Time on the moor will be limited, we will have water containers at key checkpoints to keep the groups hydrated and ensure that all individuals stop and drink. The latest weather forecast I have heard, said that the weather is due to break a little on Thursday, regardless of this, if it is not forecast as any cooler on Friday we will arrange routes along the edge of the moor. This will provide groups with as much shade as possible and allow more water stops, we will also get them out early and across the moor before the higher maximum temperatures hit. Groups will be instructed to take breaks when they do have shade and keep applying the sun cream and taking on fluids. There is good shade on both campsites.

Hope this puts your mind at rest,

Ms Scholey
Silver D of E Expedition Coordinator