



# Parents' Information Booklet

# Expeditions

## **Bronze**

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 2 days with an overnight camp.

At Sandringham we have expeditions in the Chilterns,

## **Silver**

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 3 days long with 2 overnight camps.

At Sandringham we have expeditions in the South Downs for Practice and The Peak District for Qualifying

## **Gold**

Students undertake a Practice and a Qualifying Expedition. In addition they undertake a 3 day wild country training activity in the Peak District.

Each expedition is 4 days long with 3 overnight camps.

At Sandringham we have expeditions in the Brecon Beacons for the Practice and the Lake District for the Qualifying.

## **Training**

The majority of training in preparation for the expeditions is done at Bronze level. Students are trained in expedition first aid, kit requirements, expedition conduct, camping skills and navigation skills. In addition to training sessions prior to each expedition, participants are given practical training while on the Practice expedition.

In addition, all training materials have been uploaded onto Google classroom so that the students can revisit information if necessary.

## **Supervision**

Expedition groups comprise of between 4 and 7 participants. The expectation is that they work as a discrete team and are independent as far as possible. In preparation for their expedition, all teams will complete a route which is submitted and checked by the Expedition supervisor.

Whilst on expeditions, teams are remotely supervised. This means that they will be seen by staff at least once during the day, usually at a pre-arranged checkpoint. Each team will have contact numbers for staff in case of emergencies. At Bronze & Silver level, staff camp at the same campsites as expedition teams.

# Expeditions

## Suggested Kit List

### Personal Kit List

Walking boots

### 2 sets of clothing

- Suitable trousers- not jeans/cords
- 3 layers for top: t-shirt/light fleece/heavy fleece
- Socks /underwear

Large rucksack: approx. 65 litres

Rucksack liners- rubble sacks work well

Hat/scarf/gloves

Waterproof jacket/trousers

Water bottle (1 litre minimum)

Torch with new batteries & spare batteries/spare torch

Survival bag (not Bronze)

Emergency rations (not Bronze)

A sleeping mat

Sleeping bag

Spare clothes to sleep in (thermals & spare hat & gloves)

Toiletries

KFSMP (Knife, fork, spoon, mug, plate- **an insulated mug is a good idea**)

Matches in waterproof container

Personal medication & blister plasters

### Group Kit List

A first aid kit

A fully charged mobile phone which should be switched off and only used in emergencies

At least two maps (compass/whistle) (provided by school)

Tents

Stoves

Washing up kit - wire wool/washing up liquid/tea towel

Lighter

Bags for rubbish

Wooden spoon/slotted spoon/small plastic sieve (for cooking/draining)

Watch

### Food

Snacks

Meals

- Bronze- 2 lunches/1 evening meal/1 breakfast

# Expeditions

## Kit Hire

We have a limited amount of rucksacks, tents and Trangias (cooking stoves) available to hire. We charge for these items to enable us to maintain and replace equipment as necessary. These items can be ordered using the Kit Hire forms but will be allocated on a first come, first served basis.

## Mobile Phones

Whilst on expedition, teams are supposed to be independent. Therefore mobile phones should only be used to contact expedition supervisors. Please do not expect your son or daughter to contact you whilst on expedition and please do not ring them.

## Expedition Food Ideas

<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Hot chocolate Cereal bars Instant porridge like Oats so Simple Supernoodles Cup a Soup Dried Fruit/Nuts Brioche rolls</p>	<p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Sandwiches (on Bronze) Hula Hoops/Pringles (better than crisps- less likely to get crushed) Trail mix (make your own: see below) Naan bread/Pitta bread (keeps shape better) Wraps Pepperami/cheese strings/mini cheese portions/ Primula cheese ( pack in the middle of your rucksack to insulate them from the heat) Rice cakes/Snackajacks Malt Loaf</p>
<p style="text-align: center;"><b><u>Dinner</u></b></p> <p>Cup a Soup Pasta/Rice/Noodles (either pre-flavoured or use stock cubes/packet soup to add flavour) Smoked sausage Instant custard/cake bars/cereal bars)</p>	<p style="text-align: center;"><b><u>Snacks</u></b></p> <p>Trail mix (mix up nuts/dried fruit/smarties (less likely to melt/yoghurt coated raisins) Chocolate Sweets Cereal bars Energy bars</p>

## Completing the Award

Following the Qualifying expedition, participants are expected to provide a reflective account of their experiences. This can be done individually or as a team. The expedition, however, is only one part of the Award.

Participants should be working on the other sections of the Award.

### Bronze

<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>
3 months	3 months	3 months
All participants must complete a further 3 months in one of these sections.		

### Silver

<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>
6 months	3 months	3 months
	All participants must complete a further 3 months in one of these sections.	

### Gold

<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>	<b>Residential</b>
12 months	6 months	6 months	Staying away for 5 days and 4 nights
	All participants must complete a further 6 months in one of these sections.		This must be undertaken with people who are not previously known to the participant

## Completing the Award

### Assessment of the other Sections

Participants need to show regular and sustained commitment. They need to have someone to supervise and assess their participation in the other sections of the Award.

### Who can assess?

An assessor can be someone who has experience or expertise in the activity undertaken. They do not necessarily have to hold qualifications. They should be willing to provide contact details (preferably an email address).

### **FAMILY MEMBERS CANNOT ASSESS PARTICIPANTS**

Once a participant has completed a section, the assessor should complete a statement or report, commenting on the participant's progress and commitment. This can be done in the "Keeping Track" booklet which the participants were given when they enrolled. If the booklet has been lost, it can be downloaded from the D of E website. Equally the report can be in the form of a letter or email. It is important that the name/experience of the Assessor and the timeframe of participation are clear in the report.

The Assessor can also upload their report using the Assessor report link on [www.dofe.org](http://www.dofe.org). All they need is the students eDofE ID number which is on their eDofE account.

These reports can then be uploaded into the participant's eDofE account. It is important that these reports are submitted as soon as possible so they can be checked and participants notified if any further information is required.

**It is hoped that participants, especially at Bronze and Silver level, complete the other sections of the Award prior to their Qualifying expedition.**

Once all the relevant reports have been uploaded and checked, the Award will be submitted to the Operating Authority (HCC) for a final check. Once the Award has been approved, participants will be invited to the annual Duke of Edinburgh's Award presentation evening at Sandringham to receive their certificate and badge.

### Useful Contacts

[dofe@sandringham.herts.sch.uk](mailto:dofe@sandringham.herts.sch.uk)

[www.dofe.org](http://www.dofe.org)

[www.sandringham.herts.sch.uk>widerlearning>Duke](http://www.sandringham.herts.sch.uk>widerlearning>Duke) of Edinburgh's Award

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