

PARENT/STUDENT INFORMATION PACK DUKE OF EDINBURGH BRONZE EXPEDITION



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KEY DATES: All students must attend each of the dates below.

Map skills planning sessions (start at 3.10pm and finish at 4.30pm in CA10):

Session 1: Map reading – Thursday 9th May

Session 2: Route planning – Thursday 23rd May

Session 3: Route planning – Thursday 6th June

Friday 28th June 2024– Practice day – meet at school at 9.30am.

Sign in at student reception – Teacher training day.

- Students will need to arrive at school at 9.30am and sign in at student reception
- Students should wear suitable clothing (trainers, comfortable and bring a coat if raining)
- Students will practice their camp craft skills i.e. putting up the tent and cooking food using a stove. Students will need to in their group decide what they will cook (support later on in the booklet)
- Students will also need to bring appropriate lunch with them
- Finish at 1.30pm

Monday 1st July – Kit collection

- As outlined below, students can loan out certain pieces of equipment for the expedition
- Students will need to meet at Pope Francis Hall after school on Monday 1st July to collect – individual rucksack, sleeping mat, group first aid kit. It would be a suggestion to arrange a form of transport for them to get home with their items on that day. Any problems then please let Mrs Scanlon know.
- Students will sign the items out and will be expected to return them in a clean condition on Monday 15th July from 7.45am. Meet in Pope Francis Hall.

Friday 5th July to Saturday 6th July– Expedition.

- Meeting point TBC.
- Students will be transported to the start point of their expedition and walk the route they have planned. Venue of camping: Hatton Scout Campsite, Stoney Lane, Hatton, CV35 7HR. The school mobile number will be provided closer to the date in case you need to contact us.
- Student mobile numbers will be obtained should we need to contact them whilst they are on the expedition. This is in line with our phone policy which you will have already received.
- Students will need to bring their full expedition kit list as outlined below, including their loaned items. Items should be packed in their rucksack. Students are reminded that they will need to carry their bags for the whole of the walking journey.
- Students will then camp overnight and leave Hatton on Saturday morning and return the journey that they have walked. Students will be met at the finish checkpoint by the school minibus and be brought back to Bishop Ullathorne School where they can be collected. It is estimated that this will be approximately 2-3pm but students will contact you when they are finished.
- Students will need to bring food with them and this is outlined further on in the booklet

EXPEDITION KIT LIST



updated **January 2024**
(replaces all previous versions)

This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at DofE.org/shopping/kitadvice and visit DofE.org/shopping/reckit.

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

For details on how to sign up for your Digital and Physical DofE Card either:

- See information in your DofE Welcome Pack.
- Login to eDofE or the DofE app.
- Visit one of our recommended retailer stores.

*Terms and conditions apply. Go to DofE.org/shopping/card for full details.

CLOTHING

Item needed	Got it	Packed it
1 pair of walking boots/shoes/sturdy trainers		
2 pairs of walking socks		
Waterproof jacket/coat		
1 warm top (e.g. fleece lined)		
2 T-shirts		
2 pairs of walking trousers (e.g. jogging bottoms or walking trousers)		
1 pair of shorts (if appropriate)		
Underwear		
Nightwear		
Flip flops/sandals/trainers (for campsite)		
Sunhat/warm hat (whichever is appropriate)		
1 pair of gloves (if appropriate)		

PERSONAL KIT

Item needed	School loaned item	Got it	Packed it
Rucksack	Yes		
Bin bag or rucksack liner (in case of rain)			
Sleeping bag			
Sleeping mat	Yes		
Group first aid kit	Yes		
Food – more details to follow			
Water bottle			
Cutlery			
Plate/bowl			
Mug			
Wash kit/personal hygiene			

Sunblock			
Towel			

GROUP KIT (carry between team)

Item needed	School loaned item	Got it	Packed it
Tent (3 per tent)	Yes		
Camping stove	Yes		
Camping stove fuel	Yes		
Cooking pans	Yes		
Scourers			
Tea towel			
Plastic bag (for rubbish)			
Toilet paper			
Map	Yes		
Compass	Yes		

School loaned items will be hired out the week before the expedition – students will be informed of where and when they can collect the items. All items will need to be brought back to school clean and full in the last week of term. Arrangements for this will be made with the students.

Meal planning

Making a meal together is one of the best team-building activities of the Expedition section. Getting your group to plan your meals, cook from scratch, manage a team budget, choose and agree on a menu and share food are all excellent for developing life skills.

Don't think of expedition food as dull! This is a great opportunity for you to be creative and show off your skills.

You'll need to cook a hot meal during your DofE expedition and show you can use a cooking stove or 'camp craft' effectively in the outdoors.

You should design an expedition menu that thinks about the following:

- Try to pack as much energy (or calories) into the least weight and volume possible. Depending on your activity, you may need between 3,000 and 5,000 calories each day.
- Choose foods that are high in sugars, carbohydrates and fats.
- Take food you like and enjoy and everyone in your team can eat, which are quick and simple to cook and will keep for the duration of your expedition, even in hot weather.
- Dried, cured, smoked or vegetarian foods will usually last well.
- Think about keeping weight and litter down by removing packaging and cooking as a team.
- Make sure all food is packed and waterproofed so that it will stand up to being squashed in your rucksack, being dropped or even sat on.

Meal inspiration

Breakfast

You will need food for breakfast on the Saturday morning. Some ideas are:

- Instant porridge (you would need to boil water for this)
- Breakfast bars
- Croissant or brioche

Lunch

You will need food for lunch on both days on the expedition for the Friday (Day 1) and Saturday (Day 2). Some ideas are:

- Sandwiches, Pitta bread, wraps, Other high energy foods like flapjacks, cereal bars, nuts, dried fruit, biscuits, sweets, jelly, and so on, Fruit.

Dinner

Most participants choose to cook and eat their substantial daily meal in the evening at camp when you have more time.

Pasta, bangers and smash or noodle stir fry are all great expedition meals and can be followed up with a cold pudding, such as chocolate cake

What?	Why?
Glass	Glass is heavy to carry and could break in your rucksack
Tinned food	Tinned items are bulky and heavy to carry and need a tin opener
Food which requires refrigeration e.g. cheese, fresh meat, fresh milk, butter	These will go off and some can melt in hot weather
Eggs	Eggs are likely to crack in your bag and will go off
Crisps	Crisps take up a lot of room as they are in bulky packaging and get crushed easily
Chocolate	Chocolate could melt in your bag
Pot noodles	Pot noodles take up a lot of room as they are in very bulky packaging which can easily split
Energy drinks	Energy drinks use an excessive amount of fast burning energy sources and are not good for you

After you have finished your delicious meal, you need to ensure a couple of things before packing up.

Firstly, you must check that any excess fuel is safely stored or disposed of in an eco-friendly way. Some fuels are fine to pour away but check the packaging before doing so. If you have chosen a non-stick or hard anodised Trangia, cleaning is super quick and easy. However, make sure you do it once the stove is cool and before you go to bed so that you don't attract any animals in the night!

Secondly, make sure you clean your pots and pans thoroughly. Food left stuck to pans can cause illness and stomach upsets which will spoil your enjoyment of your expedition or worse still might mean you are unable to complete.

Lastly, make sure you collect any rubbish you have at the camp site. As bins aren't always around, we recommend you store the rubbish in a plastic bag attached to your rucksack. This will avoid your clothes from smelling. You can then dispose of this at the first bin you find.

After you've cleared away the campsite and made sure you haven't left anything behind, continue with your expedition; an experience like no other.

Using the Trangia

Trangia Parts

Your typical Trangia Stove components include a fuel-well (with screw-cap and flame controller), and a 2-part assembly kit. The assembly kit has lower and upper parts.

The lower part serves to hold the fuel-well clear of the ground and provide air intake. The upper part serves to shield the flame from the wind, support cookware such as bowls, frying pans and kettles, and ventilate the flame.

Included accessories include nested bowls, kettles, frying pan and – all importantly – the handling tool.



Tips

- collar from the burning fuel-well
- Always allow a couple of minutes for all stove components to cool off before packing away
- Maintain your stove components when you unpack after a trip; wash-up your bowls and wipe down before packing away, so they'll be clean and ready for your next trip.

& Tricks

- Use your handle tool to grab the flame adjustment

Link to a video to show you how to use the Trangia

<https://youtu.be/c2Kmv308a7w>



The Duke of Edinburgh's Award

How to pack your rucksack

