

Bronze DofE Expedition Overview

Training Day (In School) – 8th February 2025

09:00 – 15:45 – Please wear suitable clothing to be outdoors for some of the day.

Practice Walk – 9th February 2025

<u>Start Location – 9th February 2025</u>	<u>Finish Location – 9th February 2025</u>
The Gasons, Filkins, Lechlade, GL7 3HZ	Farmors School, Fairford, GL7 4JQ
What3Words ///armrests.formally.fixed	What3Words ///unwell.plotter.flagging
Arrival Time: Teams 1- 6 @ 09:30am Teams 7 – 15 @ 10:00am	Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Qualifying Expedition 17th – 18th July 2025

<u>Start Location – 17th July 2025</u>	<u>Finish Location – 18th July 2025</u>
Quenington Green, Cirencester, GL7 5BS	Quenington Green, Cirencester, GL7 5BS
What3Words ///president.musician.sweat	What3Words ///president.musician.sweat
Arrival Time: Teams 1- 6 @ 09:30am Teams 7 – 15 @ 10:00am	Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Campsite

Far Peak Camping, Northleach, GL54 3JL
What3Words ///dragonfly.untruth.sprinting

Mobile Phones & Contacting the Safety Supervisor

During the Expedition, the participants will be **unaccompanied in their teams**. We allow them to carry **mobile phones**, but we ask them to not use them and keep them switched off, in the sealed dry bag provided at the start of the expedition. Students will be trained, that in the unlikely event of an incident they can access their phones to contact the safety supervisor of the expedition. We advise them **not** to contact anybody else during the expedition/incidents, as this can create hysteria and clog up phone lines which may be required for incident management.

If you do not bring all equipment, i.e., Waterproofs, drinking water, etc, then we may not allow you to complete your Expedition due to safety issues.

Top Tips for your DofE Expedition

Equipment

1. Your rucksack size should be between 55 and 75 litres.
2. Make sure your boots are waterproof and fit before arriving for the expedition.
3. Bring the appropriate clothing for the weather (Woolly hat or sun hat?)
4. Bring alternative footwear for the campsite (You will **NOT** be allowed to walk around camp bare foot or in socks!)
5. You need to be able to carry 2 litres of water in bottles or a hydration pouch

Food

1. Plan and cook your meals as a team.
2. Remove any excess packaging from your food before you leave home.
3. Avoid glass jars as these are heavy to carry.
4. Don't bring fresh meats or items which would usually be kept in a fridge.
5. Bring some washing up equipment within your team.

Packing your rucksack

1. Waterproof everything using plastic bags, bin bags etc.
2. Ensure you have space in your rucksack for Team Equipment (Tent, Cooker etc.) which will be given to you at the start location of the expedition.
3. Everything, other than a sleeping mat **MUST** go inside your rucksack.
4. Pack items such as sleeping bag and spare clothes at the bottom of your rucksack as you will not need these until you get to camp.
5. Remember! Waterproof everything using plastic bags, bin bags etc.