



THE DUKE OF  
EDINBURGH'S AWARD

# St Peter's Duke of Edinburgh

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Bronze & Silver Expedition Guide 2026







# Training

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The DofE has a full training programme that every DofE participant must undertake before they will be allowed to take part in their qualifying expedition

# Training Overview

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Azarias Training Ltd will provide the full DofE Expedition programme for St Peter's.

This will include a variety of activities to ensure that participants are able to successfully meet the standards required to pass the DofE expedition.

All training must be completed in order to take part in the qualifying expedition.

**Expedition E-Learning Course** – Must be completed before the practice expedition

The course will provide guidance and advice for the expedition section of the award whilst covering key elements of the training framework.

There are five online modules to complete within the course.

Each module is released after successful completion of the previous module. Participants must complete all the activities and score 80% or more to successfully pass each module.

Module Content: • Expedition Food • Kit and Equipment • First Aid • Navigation and Map Skills • The Expedition

The content will be reinforced and developed further through practical training, which the participants will take part in during their practice expedition.

**Practice Expedition** - The practice expedition will begin with a training day; this will consolidate learning completed through the online training modules and develops participants understanding of the required expedition skills. The practice expedition also provides hands-on practical training, including campcraft, stove cooking, and navigation using a map and compass, as required by the DofE Expedition Training Framework.

Following the training day, participants will complete planned linear and circular routes, operating under a combination of training, guided, and remote supervision, in line with DofE expedition requirements. Participants will be challenged to navigate safely and effectively with minimal adult intervention, while maintaining appropriate safeguards to support learning, confidence, and safety.

**Route Planning** - Route planning will be introduced and supported during training. Following the practice expedition independent/group work will be required to plan and submit route plans for the qualifying expedition.



# Qualifying Expedition

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The Qualifying Expedition is the final, assessed expedition for the Duke of Edinburgh's Award.

Throughout the expedition, participants must meet the DofE Expedition requirements.







# Expedition Aim & Requirements

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- The DofE Expedition Aim and Requirements can be viewed via the following link. Please have a read of this document.

[Expedition-Aim-and-Requirements-1.pdf](#)

- In order for the DofE teams to complete their expeditions, they need to be self-sufficient and unaccompanied, completing their route without any outside assistance or being led by an instructor. This means that during the qualifying expedition and parts of the practice expedition, groups will need to be supervised remotely.
- Remote supervision involves the safety and well-being of a group being monitored from a distance, with limited contact.
- Remote supervision can take different forms and supervisors will move between different types of remote supervision to ensure that the safety of a group is managed without compromising the expedition experience and the independence of the participants.
- More information on remote supervision can be viewed on the following page.





# Azarias Training Ltd

## Remote Supervision

### What is Remote Supervision?

Remote supervision allows participants to experience the independence required for their DofE award while being monitored and supported by our staff from a distance. Supervisors track progress, provide support when necessary, and ensure safety without compromising the spirit of self-sufficiency.

### How Does It Work?

We use advanced tools and protocols to remotely supervise expeditions:

- **Checkpoints:** Pre-arranged points where participants check in via text. There will be staff members present at 1-2 checkpoints during each day to meet the groups face-to-face.
- **Mobile Phones:** Participants carry mobile phones for emergencies. They will be provided with a contact number for their Expedition Director/Supervisor which they can call for support during the expedition.
- **Real-Time Monitoring:** Supervisors monitor weather conditions, route progress, and team health remotely. They will be moving around the countryside to monitor the groups from a distance to allow them to work as independent as possible.
- **Emergency Protocols:** All staff/supervisors remain on standby to assist in emergencies or unforeseen situations.

### Responsibilities:

#### 1. Participants:

- Adhere to the expedition planned route and checkpoints
- Use equipment responsibly; use mobile phones to contact supervisor when needed.
- Notify supervisors immediately in case of emergencies or significant deviations from the planned route

#### 2. Parents/Guardians:

- Ensure that the emergency contact details provided are accurate.
- Ensure participants are prepared with the correct equipment and ensure that participants understand the Mobile Phone Policy.
- Trust the supervision process and encourage participants' independence.

During the expedition, it is important that the DofE supervising team are contacted by parents/carers and participants if there are any issues/developments; the DofE team are there to support the young people attending the expedition but they cannot do this effectively if they are not kept informed.



# Team Goal

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During the qualifying expedition teams need to have a team goal to work towards. This is a project you do during your expedition.

At Bronze level you will then discuss this goal at the end of the expedition with your assessor but for Silver you will need to do a presentation about your team goal.

It is worthwhile discussing what your goal may be with your team prior to your practice expedition. You will need to agree your goal with your DofE leader.

Some ideas can be found on the following link:

<https://www.dofe.org/wp-content/uploads/2023/10/Team-Goal-Support-and-Examples.pdf>







# Bronze Expedition

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Note: Transport will be  
provided from/to school

## PRACTICE EXPEDITION

**Tuesday 9<sup>th</sup> June – Wednesday 10<sup>th</sup> June 2026**

**Meet at Sunnyside Farm at 930am (10am Start).**

The practice expedition is designed to consolidate learning completed through the online modules and to develop participants' understanding of expedition skills in greater depth.

The expedition will start with a training day that includes practical, hands-on training, covering:

- Campcraft (including pitching a tent)
- Stove cooking
- Navigation using a map and compass

All training is delivered in line with the **DofE Expedition Training Framework**.

Route planning for the following day's walk **and** Qualifying Expedition will take place during training day.

On the second day, groups will complete a linear walk with a combination of instruction-led and remote supervision. This will replicate the environment of the Qualifying expedition and will develop their teamwork & navigation skills, as well as reinforce safety and check-in procedures.

Groups will finish their walk at Grafham Playing Fields by 2.30pm (3pm collection).

<https://maps.app.goo.gl/8yaBXnmN1T4SN2rx7>

At the conclusion of the Practice Expedition, participants will be assessed and signed off for progression to the Qualifying Expedition, subject to meeting the required standard. Where members of the Azarias Training Ltd staff team have concerns regarding an individual's preparedness, competence, or suitability, these concerns will be formally raised and discussed with the School DofE Manager.

Where concerns are identified, a clear support plan will be agreed. This may include additional training, further assessment, or deferral from the Qualifying Expedition, depending on the nature and severity of the concerns. Progression will not be permitted until the required standard has been met.



**AZARIAS TRAINING LTD**

BRONZE DUKE OF EDINBURGH EXPEDITION

For St Peter's School

Note: Transport will be provided from/to school

## QUALIFYING EXPEDITION

Tuesday 30<sup>th</sup> June – Wednesday 1<sup>st</sup> July 2026

Camping at Sunnyside Farm, Stow Longa.

**Start Location:** Dalton Community Hall, Upper Dean, PE28 0LT. 9.30am Meet.

<https://maps.app.goo.gl/BMlc7by2KZ1djyMv5>

**Finish Location:** Mander Car Park, Perry, PE28 0BX. 3pm Collection.

<https://maps.app.goo.gl/g6KKtkDc6gt8qTrc8>

The Qualifying Expedition will begin at the Dalton Community Hall in Upper Dean. Participants must arrive fully prepared and ready to meet their Assessor at 9:30am to ensure a prompt start to the day. Late arrival may delay or prevent participation.

On arrival, the Azarias Training Ltd staff team will meet their allocated groups and deliver a formal expedition briefing, which will include:

- A review of the planned route
- Discussion of weather conditions
- Kit checks for essential items

Participants will not be permitted to start the expedition until the Assessor is satisfied that they meet the required standard. This includes, but is not limited to, carrying a **minimum of 2 litres of water**.

On Day 1, participants will complete their planned route, arriving at Sunnyside Farm, Stow Longa after completing a minimum of six hours of planned activity, in line with DofE Bronze Expedition requirements.

Groups will be remotely supervised throughout the day and will be required to attend designated check-in locations along their route, allowing the Azarias Training Ltd team to monitor progress and ensure participant safety.

On arrival at the campsite, participants will be required to:

- Pitch their tents
- Cook a hot evening meal

On Day 2, participants will complete their planned route and are required to finish by 3:00pm at Mander Park, Perry (PE28 0BX) The finish location provides suitable access for coach collection and/or parent pick-up. There are charges if parking for more than 15mins.



A red and black backpack is positioned on a dark, textured rock. A rolled-up teal mat is strapped to the front of the backpack. The background features a calm lake, distant green mountains, and a cloudy sky. The text "Silver Expedition" is overlaid in white, with a thin white horizontal line underneath it.

# Silver Expedition



**AZARIAS TRAINING LTD**  
SILVER EXPEDITION PROGRAMME  
FOR ST PETER'S SCHOOL

## PRACTICE EXPEDITION

**Sunday 26<sup>th</sup> April – Tuesday 28<sup>th</sup> April 2026**

**Wendover, Chiltern Hills (0930 Meet)**

Start Location: Tring Park Car Park, Tring, HP23 6EE.

<https://maps.app.goo.gl/ShemYex3nqew2U4B6>

Finish Location: Ashridge Estate, Berkhamsted, HP4 1LX.

<https://maps.app.goo.gl/N72Q3ZTYViouZjG46>

**Note: Transport will be  
provided from/to school**

The Practice Expedition will take place in the Chiltern Hills, starting at Tring Park Car Park (HP23 5QG) on the outskirts of Tring. Participants must arrive fully prepared and ready to meet their Assessor by 9:30am to ensure a prompt start to the day.

On arrival, the Azarias Training Ltd staff team will meet their allocated groups and deliver a formal expedition briefing, which will include:

- A review of the plan (training day)
- Discussion of expected weather conditions
- A kit check for essential items

Participants will not be permitted to begin the expedition until the Leader is satisfied that they meet the required standard. This includes, but is not limited to, carrying a **minimum of 2 litres** of water per person.

During the first day, participants will complete a range of structured training activities at Tring Park, designed to develop and consolidate navigational skills. Groups will then walk a planned route, accompanied by a member of Azarias Training Ltd staff, who will deliver additional training activities throughout the day, with a particular focus on practical map reading and navigation.

This day provides an opportunity to assess the group's current level of competence while also developing and refining navigation skills in preparation for the increased independence expected during the Silver Qualifying Expedition.

In the evening, staff will support participants in pitching tents and using stoves safely, providing guidance and instruction to further develop campcraft skills.

The groups will camp overnight at Hill Farm, Wendover (HP23 6LD).

<https://maps.app.goo.gl/KkUmDGscFyhLXcQn9>

On the following day, participants will be required to complete a planned circular route, operating under a combination of guided and remote supervision, where appropriate. By the end of the day, participants are expected to be able to navigate safely and effectively without direct intervention from staff, demonstrating readiness for increased independence.

In the evening, participants will have a further opportunity to develop and practise campcraft skills, including pitching tents and cooking a hot evening meal, before camping overnight.

On the final day, participants will complete an agreed route, taking greater responsibility for route choice, pacing, and decision-making, while staff provide remote supervision in line with DofE Silver expectations. The collection point for the final day will be Bridgewater Monument on the Ashridge Estate.

### Progression to the Qualifying Expedition:

At the conclusion of the Practice Expedition, participants will be assessed and signed off for progression to the Qualifying Expedition, subject to meeting the required standard.

Where Azarias Training Ltd staff identify concerns relating to a participant's preparedness, competence, or suitability, these concerns will be formally raised and discussed with the School DofE Manager. A clear support plan will then be agreed, which may include additional training or deferral from the Qualifying Expedition, depending on the nature and severity of the concerns identified.



## ROUTE PLANNING

**To be completed by Friday 8<sup>th</sup> May 2026**

Following the Practice Expedition, participants will be issued with clear, step-by-step instructions to complete the route planning task for the Qualifying Expedition, including details on how and where to submit their completed routes to Azarias Training Ltd.

Schools are encouraged to provide a dedicated session and appropriate space for participants to complete their route planning and access support where required. However, this task may be completed independently at home, and responsibility for completion rests with the participant.

**The deadline for submission of completed route plans is Friday 8<sup>th</sup> May 2026.**

This deadline is required to allow Azarias Training Ltd Assessors sufficient time to review and approve routes in advance of the Qualifying Expedition. Any group that has not submitted completed route planning by this deadline will not be permitted to take part in the assessed Qualifying Expedition.

Route planning is a mandatory safety requirement and must be completed at least 14 days prior to the expedition. Schools are not required to provide additional time or support beyond what has already been offered. Participants who are experiencing difficulties completing the task must raise this with their School DofE Manager as early as possible.



## QUALIFYING EXPEDITION

**Sunday 17<sup>th</sup> May – Tuesday 19<sup>th</sup> May 2026.**  
**Buxton, Peak District (0930 Meet).**

**Start Location:** Goyt Valley Car Park, Buxton, SK17 6UP.

<https://maps.app.goo.gl/ZcHdcjaMZNptAFnY6>

Note: Transport will be  
provided from/to school

**Finish Location:** Hulme End Car Park, Hartington, SK17 0EZ.

<https://maps.app.goo.gl/Aei8Fgn8FimAaWMY6>

The group will begin their Qualifying Expedition at Goyt Valley Car Park, Buxton.

At the start of the expedition, the Azarias Training Ltd team will meet their allocated groups and deliver a formal expedition briefing, which will include:

- A review of the planned route
- A discussion of current and forecast weather conditions
- A kit check for essential items
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Participants will not be permitted to begin their expedition until the Assessor is satisfied that they meet the required standard. This includes carrying a **minimum of 2 litres** of water per person.

On Day 1, participants will complete their planned route to arrive at Berry Bank Farm (SK11 0BG).

<https://maps.app.goo.gl/38zmNNcL6PsRkJGv8>

On arrival, participants will be required to:

- Pitch their tents
- Cook a hot evening meal

On Day 2, participants will complete their planned route to the second campsite. Throughout the day, Assessors will remotely supervise the groups, monitoring progress, decision-making, and development. The overnight camp will take place at The Hollies Campsite (ST13 8TR).

<https://maps.app.goo.gl/WE8usV9dJGUNbLXdA>

On the final day, participants will complete their planned route to finish at Hulme End Car Park (SK17 0EZ). Toilet facilities and a café are available at this location, making it suitable for group collection.



A person with dark hair, wearing a light blue sweater, is lying on their back in a field of dry grass and small flowers. They are holding a red smartphone over their face, with the phone's camera lens visible. The text "Mobile Phones & Communication" is overlaid in white, with a horizontal line underneath it.

# Mobile Phones & Communication

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# Azarias Training Ltd

## Mobile Phone Policy

Participants must meet the DofE Expedition Requirements set which state that "expeditions must be unaccompanied and **self-sufficient**. The team must be properly equipped...ensuring their welfare is paramount.

[Click here to download the Expedition Requirements](#)

### Mobile Phones

For safety, we allow participants to bring their mobile phones on expedition, however they should be kept in their rucksacks and should **not** be used to communicate with other groups, access social media, music or other apps.

During the expedition, the team will be asked to create a WhatsApp group with Azarias Training Ltd to allow us to support the participants during expedition. This will include texting in at checkpoint locations and/or using location features available.

It is important that participants bring a battery charger to ensure that their phones have sufficient battery power for the duration of the expedition.

### Electronic Devices

We encourage participants to use their DofE expedition as an opportunity to explore nature and enjoy the countryside without the use of electronic devices, however we are aware that this presents a significant challenge in the modern world.

It is important that the following guidelines are adhered to on expedition:

- **No speakers** should be taken on expedition. These will be confiscated.
- Electronic devices are **not allowed** to be used
- Participants must not use **headphones** whilst walking with their group and/or completing activities at the campsite.
- We request that there are **no social media** posts/access during the expedition.

We appreciate that participants may find it relaxing to sit and listen to music in the evenings after a long day - this is only permitted within their own tents with the use of headphones to avoid disrupting others.

### Message for Parents & Carers

Please avoid texting or calling your son/daughter during the expedition. This allows participants to be independent, as well as avoiding miscommunication and avoidable stress during the expedition. If there is a problem, participants should talk directly to their supervisor/assessor team **before** making contact home.



# Communication

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- Throughout the expeditions, the School DofE Lead Mrs Powell will be the primary point of contact for parents and will provide the appropriate school trips emergency contact number, in line with school policy prior to the expedition.
- **Parents should not contact participants directly during the expedition.**
- This allows participants to be independent, as well as avoiding miscommunication issues.
- If a participant has any worries or concerns during the expedition they should talk directly to their supervisor/assessor or a member of school staff.





# Countryside Code & Etiquette

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It is really important that all participants know how to keep themselves safe and enjoy themselves on their expedition – but also that they understand the importance of treating farmers, passers-by, animals and the countryside they're travelling through with respect and to follow the countryside code.

See link below:

[The Countryside Code \(England and Wales\)](#)



**Leave gates as found** – gates are usually left shut to keep animals in the correct field, not closing a gate after going through it can lead to livestock getting into fields they shouldn't be in, and even onto roads. Similarly, if a gate is open when you find it, leave it open.



**Respect livestock** – while we understand groups may get lost and end up near livestock, they should try not to interact with or bother animals they come across. [This video from Heady Farm](#) gives great tips on how to quietly and safely walk through a field with animals.



**Leave no trace** – pick up your rubbish and don't leave leftover food behind. Animals that eat things you leave behind may get sick, and rubbish ruins the natural environment. Also do not damage or remove any natural features like rocks or plants.



**Stick to pathways** – we have free access across hundreds of thousands of miles of rural land, but please ensure you stick to paths. Going across private land can damage crops, aggravate animals, and cause issues for farmers.



**Follow signs** – to help you stick to paths and public rights of way, keep an eye out for signs. Following signs helps you stay on track and avoid livestock. [Please review this useful video from BBC Teach](#)



# Outside of these Countryside guidelines, we'd also like to emphasize:

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- **Politeness** – be polite to anyone you meet during your expedition, whether they're a farmer, walker, driver, or anyone else.
- **Behaviour** – please do not behave in a manner that could be seen as inappropriate or use inappropriate language. Remember you are representing your school and the Duke of Edinburgh Award.
- **Walking on lanes** – be mindful of cars and other lane users. DofE groups can take up a lot of space, so you should be aware of this on lanes in particular.
- **Stopping for rest breaks** – Ensure when stopping for breaks you don't block pathways or stop by peoples houses or farmyards – be respectful.





# Expedition Kit



## Personal Kit

Try not to pack too much and share items between your group where possible, such as toiletries (do you all need to bring a toothpaste?). In short, you need enough clothing to cover the duration of your expedition taking into account the weather forecast.

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
<b>Walking boots</b>	Boots with good ankle support. <b>Make sure to break these in before the expedition to avoid blisters.</b>		<b>Gloves</b>	Optional – dependant on time of year.	
<b>Walking Trousers (not Jeans or shorts)</b>	Quick drying lightweight trousers or sports leggings. 1-2 spare pairs	-	<b>Warm hat</b>	Even in the summer it can get chilly at night.	
<b>T Shirts</b>	Quick drying sport type t shirts are ideal but if not just normal cotton T shirts. 2-3		<b>Sun hat</b>	A wide brimmed hat that helps cover the back of your neck is best.	
<b>Thermals</b>	Optional – a set can be useful if you feel the cold and could be used to sleep in.		<b>Nightwear</b>	If taking thermals could use those else could wear long sleeved t shirt/ fleece and clean set of trousers or leggings for example to keep weight down using clothes you have.	
<b>Fleeces</b>	Not sweatshirts/ hoodies. 1 to wear one spare.		<b>Flipflops or Crocs</b>	Optional – can be nice to give your feet a break from the boots at the campsite. <b>Boots must be worn when cooking though to help protect from scalds.</b>	
<b>Walking socks</b>	Proper walking socks a must. 2-3 pairs		<b>Suncream/aftersun</b>	Could share between your group so you don't all have to pack this.	
<b>Underwear</b>			<b>Girls – Sanitary Items</b>	Please ensure you bring any required sanitary items and some small disposal bags.	
<b>Waterproof Jacket</b>	Waterproof not showerproof – Essential item, must be packed even if weather looks sunny.		<b>Toiletries/small towel</b>	There are no showers for Bronze and possibly not for Silver so toiletries can be kept to a minimum. If bringing a towel, a very small microfibre towel is best. Wipes are useful to freshen up and hand sanitser is good to pack.	
<b>Waterproof trousers</b>	Essential item, must be packed even of weather looks sunny.		<b>Insect Repellent</b>	Small travel sized could be shared between your group.	



## Personal Kit.....Continued

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
<b>Personal Medication</b>	Ensure you have any required medication for the duration of your trip.		<b>Washing up liquid</b>	Pop some in a small little travel bottle. Share this between your group to save you all bringing one.	
<b>Personal First Aid Kit</b>	It is mandatory that each participant carries a very small personal first aid kit. <b>Don't forget some Blister plasters also.</b>		<b>Pan scourer</b>	Yes - you will be doing your own washing up. A couple between your group should be fine.	
<b>Sleeping bag</b>	Place in black bin bag to ensure this is kept dry		<b>Tea towel</b>	Again a couple between your group would be sufficient, so work out who will bring what.	
<b>Sleeping Mat</b>	Foam mat or self-inflating – no air beds. Place in black bin bag to ensure this is kept dry		<b>Torch or head torch</b>	Don't forget a set of spare batteries	
<b>Rucksack</b>	65 – 70l – <b>ensure you line with a black bin bag or rubble sack to keep contents dry as they aren't generally waterproof even with provided cover.</b>		<b>Extra Plastic bags/ black bin bags</b>	For wet or dirty items or rubbish	
<b>Power bank &amp; cable for phone charging</b>	There will be no electric to charge phones at the campsite. Could be shared item with other group member/s.		<b>Watch</b>		
<b>Small notebook/pen or pencil</b>			<b>Whistle</b>	Some backpacks have these integrated.	
<b>Plate, Bowl, Mug</b>	Or a mess tin which can be used as either a plate or a bowl. Lightweight items		<b>Water bottle/s – to carry 2L</b>	Bottles or water bladder – <b>It is mandatory that participants carry 2L of water. 2 x 1 litre bottles is better than one 2 litre bottle as these fit better in backpack side pockets.</b>	
<b>Knife, Fork &amp; Spoon</b>	Or a spork		<b>Tissues</b>	Ensure these are suitably disposed of and you do not litter.	
<b>Food/Snacks/ Emergency rations</b>	<b>For the duration of your trip there will be no shopping or takeouts. What can you cook as a group and share carrying?</b>				

Group Kit

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
Tent	THIS WILL BE PROVIDED BY AZARIAS		Map Case	PROVIDED BY SCHOOL	
Stove/Fuel	THIS WILL BE PROVIDED BY AZARIAS This includes cooking pans		Compass	PROVIDED BY AZARIAS	
O/S Maps	THESE WILL BE PROVIDED BY AZARIAS		Tick Remover	PROVIDED BY SCHOOL	
Survival Bag	PROVIDED BY SCHOOL – 2-3 PER GROUP				
Matches	Keep in a waterproof container. Do you all need to bring these? Maybe just 2 of your group do.				

Optional Kit

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
Camera	Or can use phone		Small travel/card game	To play with your group in the evening.	
Gaiters	To go over walking boots and bottom of legs.		Neck Buff	Good for warmth or to keep sun off neck or head. Can be soaked in water to keep yourself cool also.	
Small quantity of money	For a treat if a shop at the end of the expedition (no shopping during though)		Sunglasses		
Tin opener	Try and avoid bringing food in tins, if possible, as can be quite bulky.		Spare boot laces		
Shorts	For campsite – Best to wear long trousers for walking.		Sleeping Bag Liner	Can provide an extra layer of warmth if required.	
Small thermos flask	For hot drinks or soup		Walking Poles	Not essential, but some have found them useful for Silver expeditions.	



# Expedition Tips

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- When asked what they would change after their first expedition, many participants say that they would carry less.
- Don't bring too many clothes. clothes can be worn on more than one day. On Bronze expeditions there are no showers available, so toiletries can be minimised.
- Sharing certain items with friends will help with ensuring rucksack weights are as light as they can be, for example you'll only need one tube of toothpaste between your group, so do some planning with your group.
- Parents - Please let your young person do as much of their packing as possible so they know where things are. Please try to avoid packing them 'extras', 'what if's' or 'just in cases'. They will learn more if they get it wrong first time!
- The DofE have provided some useful information in regard to expedition kit and packing which can be viewed on the following link:.
- [Rucksacks and packing - The Duke of Edinburgh's Award \(DofE\) Shop](#)





# Kit Hire

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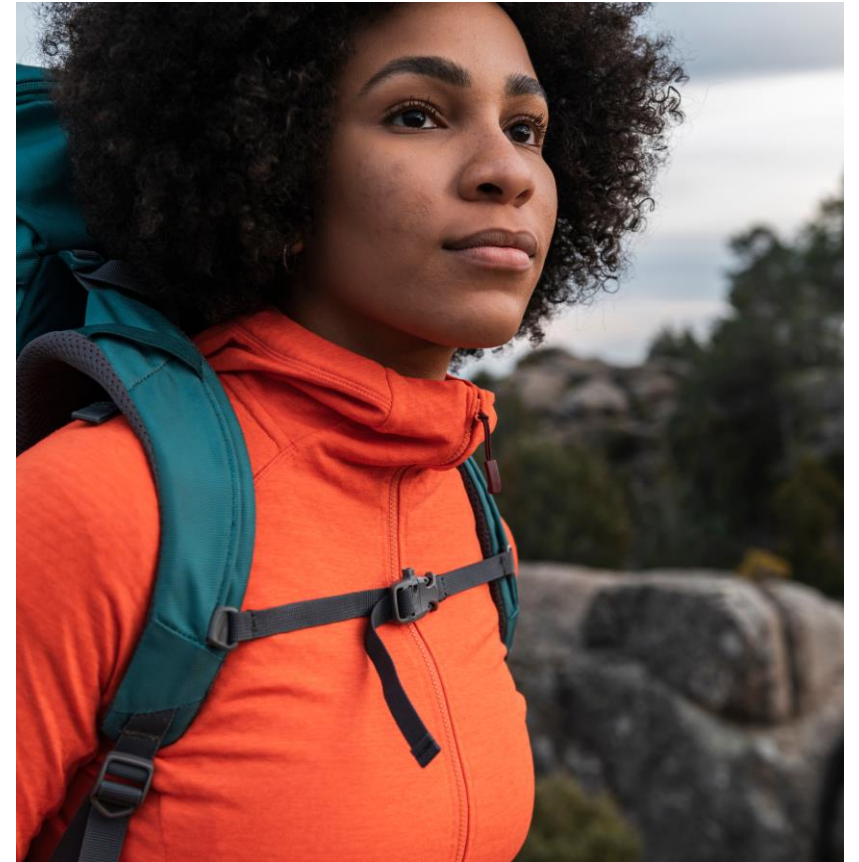
- The school do have a limited supply of sleeping bags, sleeping mats & rucksacks that can be loaned– These will be prioritised first to those that would find the cost prohibitive in taking part and the remainder then available to all. If you would like to complete a hire form these can be supplied by Mrs. Powell.
- Forms should be completed as early as possible, the cut off for receipt of hire forms is 3 weeks prior to the expedition.



# Kit Buying Tips

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- **Plan ahead** – don't leave shopping for kit until the last minute, keep an eye out for items that are in the sale.
- **Wear your boots in** – don't leave these in their box until expedition day. Wear your boots around the house and then out and about locally so they mould to your feet. Nobody wants painful blisters on expedition.
- **Don't shop online for boots** – go to local stores and try a number of brands for comfort and ensure when trying on you use your hiking socks.
- **Use own brands** - You don't need to spend a small fortune on high end products look at own brands at stores such as Go Outdoors, Trespass, Mountain Warehouse, Regatta, Blacks, Millets etc.
- **Ask friends** – maybe a friend or family member has a backpack or sleeping mat you can borrow for example – so do ask around.
- **Buy second-hand** – Vinted and eBay are great for picking up items you may need. Don't be tempted to use second-hand boots if you can help it as these will be moulded to someone else's feet and then may cause you blisters.
- **Discount Card** - Use your DofE discount card. And don't be shy to ask in other stores if they give a discount for DofE, always worth asking. Mountain Warehouse are not listed on the DofE Card but will usually provide a discount.
- **Shop around** – don't feel you have to purchase all the Duke of Edinburgh recommended products there are others that are equally as good and may be a cheaper option.





# First Aid Kits



Each participant must carry a small personal first aid kit to deal with any minor injuries.

This should include items such as:

- Any required personal/prescription medication
- Plasters/ blister plasters
- Small dressings
- Medical tape
- Medical wipes
- Medical gloves
- Small bandage
- Rehydration sachets – handy to have 1 or 2
- Bite/sting cream

**If a participant takes medication, they must remember to bring this with them but must not share any medication with other participants.**

**As the participants will be completing their expedition independently it is important that participants make their group members and the school staff/ expedition provider aware of any current medical issues that could impact them during the expedition.**



Useful Links:

[LDUK-Awareness-Posters-2024.pdf](#)

[How-to: Look after your feet on a DofE Expedition in 6 simple steps | DofE Hero](#)

# Expedition Food





- You will need approximately 3000-5000 calories per day which should include a balance of carbohydrates, fats and proteins.
- Consider the weight of food you take as well as its nutritional value. There will be no fridges so don't bring any fresh foods that would spoil or go off if they got warm.
- Do not bring any nut products unless it is advised that there are no nut allergies within the groups.
- Remove as much excess packaging as you can to reduce weight. For example, mini cereals could be removed from the cardboard outer packaging.
- You need to cook a hot meal each evening. Work together as a group to plan meals and don't duplicate on items that can be cooked and shared as a group.
- No glass containers and avoid heavy squashable packaging. Jams or spreads could be decanted from a jar into a little screw top plastic pot for example.
- Place food items that may need a bit more protection from bursting open into additional packaging such as Ziplock food bags.
- Porridge pots & pot noodles – are bulky & don't travel well. Who wants a dusty mess all over their bag when they arrive at camp – please don't bring. Porridge sachets are a much better idea or tip a porridge pot contents into a small sealable bag before you leave home. Small packs of noodles could be used and combined with some other food items to make a meal rather than a pot noodle and will be more filling.
- Try out your chosen food at home before your expedition so you have an idea of how easy it is to prepare and whether you like it. Try and think how you would prepare the food with minimal cooking equipment and utensils.
- There is a document of food ideas on the Teams channel so have a look at those with your group, many will require combining with other items to make a nutritious meal so mix and match and get creative with your ideas. You'll notice that many of the foods could easily be adapted for different mealtimes.
- Do not litter – take any packaging and left over food with you and dispose in a bin.
- Ensure you bring all the food you need for your expedition, there will be no shopping each day. Also ensure you bring some snacks to keep up your energy in between meals and some emergency rations.



# DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold Practice / Qualifying



Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.



Which meals do you need to bring food for:

**Bronze – Practice/Qualifier**

Day	Breakfast	Lunch	Hot Dinner
1	Have a good breakfast before you leave home	Yes	Yes
2	Yes	Yes	No
Don't forget snacks and rations for both days also. 2L of water is mandatory so ensure you bring this (refills can be made at the campsite).			

**Silver – Practice/Qualifier**

Day	Breakfast	Lunch	Hot Dinner
1	Could be an early start so may want to bring some grab and go type breakfast items if you don't eat before leaving home.	Yes	Yes
2	Yes	Yes	Yes
3	Yes	Yes	No
Don't forget snacks and rations for 3 days also. 2L of water is mandatory so ensure you bring this (refills can be made at the campsites).			

[Have a look at some meal ideas via this link](#)

# Queries

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If you have any queries or anything you would like to discuss in relation to the DofE then please contact:

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