



St Peter's Duke of Edinburgh

Bronze & Silver Expedition Guide 2025



Training

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

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. A badge will be awarded for each completed section and a certificate of completion received at the end of the course.

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

- **Practice Expedition** - The practice expedition will incorporate a number of training sessions covering a variety of topics including: Expedition Kit & Rucksack Fitting • Pitching Tents • First Aid Scenarios • DofE Expedition Requirements, Map skills and Navigation.



Dates

Bronze Practice & Qualifying Expeditions

Practice

Monday 28th April – Tuesday 29th April 2025

Staying at - Sunnyside Farm (PE28 OTR)

Qualifying Expedition

Monday 12th May – Tuesday 13th May 2025

Staying at - Sunnyside Farm (PE28 OTR)

**Transport to and from school will be provided for both the practice and qualifying expeditions.
Exact timings will be provided at a later date.**



AZARIAS TRAINING LTD

BRONZE DUKE OF EDINBURGH EXPEDITION

For St Peter's School

Monday 28th April 2025

The practice expedition will incorporate a number of training sessions that will take place at Sunnyside Farm, Stow Longa (PE19 5UR). The day will begin with a carousel of activities to cover a variety of topics including:

- Expedition Kit & Rucksack Fitting
- Pitching Tents
- First Aid Scenarios
- DofE Expedition Requirements

The itinerary for the day will be flexible to consider multiple factors, including weather, temperature, group ability and previous learning. Staff will work closely with their group/s and will work through the training activities at a pace suitable for the group.

After lunch, groups will complete a walk focusing on map skills and navigation; this is a supervised afternoon to allow groups to develop their navigation skills and to prepare them to meet the expedition requirements.

At an appropriate moment throughout the day, the group will look at planning their routes for the following day **and** their qualifying expedition. There is a barn area available at the field to use in inclement weather for planning activities.

In the evening, participants will pitch their tents and cook dinner at the camping field; they will camp overnight and prepare to start their practice expedition in the morning.

Tuesday 29th April 2025

Groups will complete a linear practice walk using the skills developed throughout the training sessions the previous day; staff will use a variety of supervision techniques depending on the ability of the group. By the end of the day, the aim is for all groups to walk with remote supervision from the Azarias staff team.

At the end of the training day, participants will be signed off to progress to the Qualifying expedition. If staff from the Azarias Training team have concerns over individuals, these will be raised and discussed with the DofE Manager. At this stage, a plan will be agreed and put in place to support these participants, which could be additional training or a deferral depending on the severity of the concerns raised.

Route planning for the Qualifying Expedition will be completed during the practice expedition – groups will be required to plan their routes using OS maps and complete a route card. There is sufficient time to complete this, however any groups who are unable to finish within the allocated time will be required to complete the outstanding work and hand in to their DofE manager by **Friday 9th May**.

3) QUALIFYING EXPEDITION: MONDAY 12TH MAY – TUESDAY 13TH MAY 2025 9.30AM MEET AT RISELEY PRIMARY SCHOOL (MK44 1DR)

The Qualifying Expedition will begin at Riseley Primary School (MK44 1DR). We request that participants arrive and are ready to meet their assessor at 9.30am to ensure a prompt start to the day.

The Azarias Training Team will meet their allocated groups and complete a briefing for the weekend, which will include a review of the route, discussion about weather and kit check for essential items. Participants will not be able to start their expedition until the assessor has ensured that they meet the standards required, this includes carrying a **minimum** of 2L of water.

Participants will complete their planned route on the first day to arrive at Sunnyside Farm in Stow Longa (PE28 0TR) for the night. At the site, they will be required to pitch their tents and cook a hot meal.

The following day, participants will be required to walk their planned route to finish at Grafham Community shop (PE28 0UR) or Perry Car Park (PE28 0BY) by 3pm. There is a car park suitable for coach collection and/or parents.

Throughout the expedition, the DofE Manager will remain the contact for parents and should provide them with the school trips number as per the school policy. Azarias Training Ltd will liaise with the DofE Manager to ensure that the school communications procedures are followed on expedition.

Please note the following regarding the Qualifying expedition:

- Participants must complete a minimum of 6 hours of planned activity each day. Arriving early to the campsite or the finish destination would not meet the DofE expedition requirements.
- Remote supervision is used throughout the expedition. Assessors will meet the group at least once during the day; however, the expedition is designed to allow participants to be independent and complete their routes without adult intervention. From a safety aspect, it is important to note that whilst participants may feel 'alone' that the Azarias Training team will be closely monitoring their progress and will intervene if required.
- Mobile phones should be taken on expedition so that participants can take photos of their experience, however they are not permitted to use social media throughout the weekend and are discouraged from contacting home. The mobile phone policy should be shared with both participants and parents before the expedition.

It is extremely unlikely that a group is unable to meet the Bronze requirements for the expedition section, however if this does happen, the decision regarding a pass or deferral will be made by the Azarias Training team. This will be communicated with the DofE Manager and a plan of action created for that group.

Assessor reports will be completed for each group/participant and sent to the school within 14 days of the expedition date. This will provide information that can be uploaded to eDofE to allow the DofE Manager to complete the expedition section of the award for each participant.

Any participant that is unable to complete the Qualifying expedition due to illness, injury or absence will be provided with the opportunity to complete their expedition at the end of the season on our Open Bronze Weekend at a cost of £25.00. The dates for this are 12th – 13th July 2025.

Groups will be provided with expedition equipment at the start of the Qualifying expedition; items that are damaged or lost will be charged to the school the cost of replacing those items.

Silver Practice & Qualifying Expeditions

Practice

Sunday 15th to Tuesday 17th June 2025 (inclusive)

Staying at - Hill Farm, Wendover (HP23 6LD) – both nights

Qualifying Expedition

Sunday 6th July to Tuesday 8th July 2025 (inclusive)

Staying at - Berry Bank Farm (SK11 0BG) night 1
The Hollies (ST13 8TR) night 2

**Transport to and from school will be provided for both the practice and qualifying expeditions.
Exact timings will be provided at a later date.**

Campsites could be subject to change.



AZARIAS TRAINING LTD

BRONZE DUKE OF EDINBURGH EXPEDITION

For St Peter's School

PRACTICE EXPEDITION: SUNDAY 15TH JUNE - TUESDAY 17TH JUNE 2025

The Practice expedition will take place in the Chiltern Hills starting at [College Lake Wildlife Centre \(HP23 5QG\)](#). We request that participants arrive and are ready to meet their assessor at 9.30am to ensure a prompt start to the day.

The Azarias Training Team will meet their allocated groups and complete a briefing for the weekend, which will include a review of the route, discussion about weather and kit check for essential items. Participants will not be able to start their expedition until the leader has ensured that they meet the standards required, this includes carrying a **minimum** of 2L of water.

Participants will complete the first day with an allocated member of staff who will complete additional training activities throughout the day to include practical map and navigation skills. This day is an opportunity to test the skills of the group, as well as improve & develop their navigational abilities.

In the evening, staff will supervise groups pitching their tents and using stoves safely providing guidance and support to further develop their skills. We will be camping at [Hill Farm, Wendover \(HP23 6LD\)](#).

On the following day, participants will be required to complete a circular route following a planned route with staff using guided and remote supervision where required. By the end of the day participants should be able to navigate safely without intervention from the staff team.

In the evening, participants will have another opportunity to practice their campcraft skills by cooking dinner and pitching their tents before departing for their final day to complete an agreed route.

The final day will provide participants with the opportunity to take control of their route and make decisions with staff providing remote supervision.

The collection point for the final day will be [Whiteleaf Cross Car Park \(HP27 0RP\)](#)

At the end of the Practice Expedition, participants will be signed off to progress to the Qualifying Expedition. If staff from the Azarias Training team have concerns, these will be raised and discussed with the DofE Manager. At this stage, a plan will be agreed and put in place to support these participants, which could be additional training or a deferral depending on the severity of the concerns identified

ROUTE PLANNING (DUE FRIDAY 27TH JUNE 2025)

Following the Practice Expedition, participants will be sent instructions to complete the route planning task for the Qualifying expedition. This will be sent with step-by-step instructions, as well as how to submit this to Azarias Training Ltd. We encourage schools to provide a session/space where participants can go to complete this task and get additional support as required, however this planning can be done from home if participants prefer.

The deadline for participants to submit their routes is **Friday 27th June 2025** to allow Azarias Training Ltd assessors sufficient time to look at the routes before the Qualifying expedition. Any group that has not completed their route planning will be unable to participate in the assessed weekend.

Please stress to parents and participants that the route planning is a task that they must take responsibility for and the school has no obligation to provide additional time or support. If participants are struggling to complete the task, then they should flag this to their DofE manager as soon as possible. It is a safety requirement that this task is completed 14 days prior to the expedition.

QUALIFYING EXPEDITION: SUNDAY 6TH JULY – TUESDAY 8TH JULY 2025.

The Qualifying expedition will begin in the Buxton Area of the Peak District at [Goyt Valley Car Park \(SK23 7JX\)](#). Due to the number of participants, there may be multiple drop-off locations in this area to ensure routes are varied enough to meet the Qualifying Expedition requirements. We request that participants arrive and are ready to meet their assessor at 9am to ensure a prompt start to the day.

The Azarias Training Team will meet their allocated groups and complete a briefing for the weekend, which will include a review of the route, a discussion about the weather, and kit check for essential items. Participants will not be able to start their expedition until the assessor has ensured that they meet the required standards, including carrying a **minimum** of 2L of water.

Participants will complete their planned route on the first day to arrive at [Berry Bank Farm \(SK11 0BG\)](#) for the night. At the site, they will be required to pitch their tents and cook a hot meal.

The following day, participants will be required to walk their planned route to the second campsite. During the day, assessors will remotely supervise the groups to monitor their progress and development. We will be camping at [Camping at The Hollies \(ST13 8TR\)](#).

The final day will see participants walk to the [Hulme End Car Park \(SK17 0EZ\)](#). There are toilet facilities and a cafe at this location.

Throughout the expedition, the DofE Manager will remain the contact for parents and should provide them with the school trips number as per the school policy. Azarias Training Ltd will liaise with the DofE Manager to ensure that the school communications procedures are followed on expedition.

Please note the following regarding the Qualifying expedition:

- Participants must complete a minimum of 7 hours of planned activity each day. Arriving early to the campsite or the finish destination would not meet the DofE expedition requirements.
- Remote supervision is used throughout the expedition. Assessors will meet the group at least once during the day; however, the expedition is designed to allow participants to be independent and complete their routes without adult intervention. From a safety aspect, it is important to note that whilst participants may feel 'alone' that the Azarias Training team will be closely monitoring their progress and will intervene if required.
- Mobile phones should be taken on expedition so that participants can take photos of their experience, however they are not permitted to use social media throughout the weekend and are discouraged from contacting home. The mobile phone policy should be shared with both participants and parents before the expedition.

It is extremely unlikely that a group is unable to meet the silver requirements for the expedition section, however, if this does happen, the decision regarding a pass or deferral will be made by the Azarias Training team. This will be communicated with the DofE Manager, and a plan of action will be created for that group.

Assessor reports will be completed for each group/participant and sent to the school within 14 days of the expedition date. This will provide information that can be uploaded to eDofE to allow the DofE Manager to complete each participant's expedition section of the award.

A person wearing a light blue sweater is lying on their back in a field of dry, brownish grass and some green plants. They are holding a red smartphone over their face, with their hands visible. The phone is held horizontally, and the camera lens is visible on the back. The text "Mobile Phone Policy" is overlaid in white, centered over the phone and the person's face.

Mobile Phone Policy

- For safety, Azarias allow mobile phones on expedition, but they must be kept in rucksacks and should **NOT** be used to communicate with other groups, access social media, music or other apps or to communicate with friends or family.
- During the expedition, the team will be asked to create a WhatsApp group with Azarias Training Ltd to allow them to support the participants during the expedition. This will include texting in at checkpoint locations and/or using location features available.
- Participants **must** bring a power bank to ensure that their phones have sufficient battery power for the duration of the expedition. There won't be USB points or plug sockets available at the campsite.
- Participants are encouraged to use their DofE expedition as an opportunity to explore nature and enjoy the countryside without the use of electronic devices. We are aware though 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.
- Participants must not use headphones whilst walking with their group and/or completing activities at the campsite (Nor should music be heard blaring out of phones). Music is only permitted within your tent with the use of headphones so you do not disturb others.
- There should be no social media posts/access during the expedition.

Parents

Please avoid texting or calling your son/daughter during the expedition.

This allows participants to be independent, as well as avoiding miscommunication issues and avoidable stress for parents/participants during the expedition.

If there is a problem, participants should talk directly to their supervisor/assessor or a member of school staff.



A photograph of a wooden bridge with railings crossing a stream in a lush green forest. The bridge is made of weathered wooden planks and has simple wooden railings on both sides. The stream flows through the center of the bridge. The surrounding forest is dense with various green plants, ferns, and trees. Sunlight filters through the canopy, creating dappled light on the bridge and the water.

Expedition Aim & Requirements

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 groups 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.

Please review the expedition guide on the following link:

[Expedition-Guide-2024 \(1\).pdf](#)



Countryside Code & Etiquette

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:

- **Politeness** – be polite to anyone you meet, whether they're a farmer, walker, driver, or anyone else.
- **Dogs** – groups should not interact with dogs they come across, and definitely not excite or aggravate them.
- **Walking on lanes** – be mindful of cars and other lane users. DofE groups can take up a lot of space, so they should be aware of this on lanes in particular.
- **Stopping for rest breaks** – Ensure when stopping for breaks you don't block paths 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
Walking boots	Make sure you break these in before the expedition to avoid blisters.		Gloves	Optional – dependant on time of year.	
Walking Trousers (not Jeans or shorts)	Quick drying lightweight trousers or sports leggings. 2 pairs	-	Warm hat	Even in the summer it can get chilly at night.	
T Shirts	Quick drying sport type t shirts are ideal but if not just normal cotton T shirts. 2-3		Sun hat		
Thermals	Optional – a set can be useful if you feel the cold and could be used to sleep in.		Nightwear	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.	
Fleeces	Not sweatshirts/ hoodies. 1 to wear one spare.		FlipFlops or Crocs	Optional – can be nice to give your feet a break from the boots at the campsite. Boots must be worn when cooking though to protect from scalds.	
Walking socks	Proper walking socks a must. 2-3 pairs		Suncream/aftersun		
Underwear			Girls – Sanitary Items	Please ensure you bring any required sanitary items and some small disposal bags.	
Waterproof Jacket	Waterproof not showerproof		Toiletries/small towel	There are no showers for Bronze so toiletries can be kept to a minimum. If bringing a towel a small microfibre towel is best as packs small. Wipes are useful to freshen up and hand sanitser is good to pack.	
Waterproof trousers			Insect Repellent		

Personal Kit.....Continued

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
Personal Medication	Ensure you have any required medication for the duration of your trip.		Washing up liquid	Pop some in a small little travel bottle. Could you share this between your group to save you all bringing one?	
Personal First Aid Kit	It is mandatory that each participant carries a personal first aid kit. Don't forget some Blister plasters also.		Pan scourer	Yes - you will be doing your own washing up. A few between your group should be fine.	
Sleeping bag	Place in black bin bag to ensure this is kept dry		Tea towel	Again a few between your group would be sufficient, so work out who will bring what.	
Sleeping Mat	Foam mat or self-inflating – no air beds. Place in black bin bag to ensure this is kept dry		Torch or head torch	Don't forget a set of spare batteries	
Rucksack	65 – 70l – 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.		Extra Plastic bags/ black bin bags	For wet or dirty items or rubbish	
Power bank & cable for phone charging	There will be no electric to charge phones at the campsite .		Watch		
Small notebook/pen or pencil			Whistle		
Plate, Bowl, Mug	Or a mess tin which can be used as either a plate or a bowl. Lightweight items		Water bottle/s – to carry 2L	Bottles or water bladder – It is mandatory that participants carry 2L of water	
Knife, Fork & Spoon	Or a spork		Torch or Headtorch	Don't forget spare set of batteries.	
Food/Snacks/ Emergency rations	For the duration of your trip there will be no shopping or takeouts. What can you cook as a group and share carrying?				

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		Toilet Paper & Small folding Trowel	Trowel (1 required per expedition group) not required for Bronze	
Survival Bag	PROVIDED BY SCHOOL – 2-3 PER GROUP		Tick Remover	PROVIDED BY SCHOOL	
Matches	Keep in a waterproof container. Do you all need to bring these maybe just 2 of your expedition group?				

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		
Small quantity of money			Sunglasses		
Tin opener	Try and avoid bringing food in tins as can be quite bulky.		Spare boot laces		
Shorts	For campsite – Best to wear long trousers for walking.		Sleeping Bag Liner		
Small thermos flask	For hot drinks				

Top Tips :

- 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 e.g. you'll only need one tube of toothpaste between 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 regards 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:

- The school do have a limited supply of sleeping bags, sleeping mats & rucksacks that can be hired— 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

- **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.

[DofE-Expedition-Kit-Guide-2025.pdf](#)

First Aid Kits



Each participant must carry a 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
- Bite/sting cream
- Rehydration sachets
- After sun
- Medical wipes
- Gloves
- Triangular bandage

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](#)