

Duke of Edinburgh Award – Bronze Expedition 17-18th July 2023

Dear Parents / Guardians,

I am writing to you to confirm details of the upcoming assessment expedition and to give you the information you need so that your child is fully prepared for their trip. After the practice expedition in March your child should have a good idea about what is required, but please take time to read through the information below and ensure you have everything you need.

Bronze Assessment Expedition	17 th July – 18 th July	Chalfont St Giles 17th Jul: Meet 8.15am sports hall Coach leaves school @9am 18th Jul: Coach arrives back to school at 4pm approx.
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Expedition Information

The expedition is an outdoor activity over 2 days and 1 night. Students will camp in tents for the overnight stay. Throughout the expedition, they will need to show the assessor that they can complete a journey on foot, incorporating various navigation and camp craft skills, and to do this independently. They are required to carry all their equipment for the duration.

- **I have attached expedition itineraries.**

Transport

The school will arrange transport to and from the expeditions, which is included in the total cost.

Evolve

Please confirm your son or daughters' attendance at the earliest opportunity through 'Evolve', which will be emailed to you.

Expedition Equipment and Personal Equipment

Please make sure that all the equipment or kit that you need is acquired well in advance of the expedition. I will arrange a time and date to meet students to lend out equipment where possible.

I have attached a kit and equipment list. This is a suggested list only and you do not need to purchase everything, however, please use it as a guide and be thoughtful of the weather usual for the time of year the expeditions are happening.

- **Tents, Stoves and Fuel** will be provided by **BXM Outdoors**, so please do not purchase any of these items
- **Rucksacks, Sleeping Bags and Sleeping Mats** can be rented from BXM Expeditions, if you do not wish to buy your own. Please visit their website to do this.
- **Students must bring waterproof jacket and trousers.** I have several I can lend out so please contact me.
- **Boots** – walking boots or walking shoes are required. Trainers or any other types of footwear will not offer the support, comfort or protection needed. I do have several spare boots – please contact me.

******* Please bring suitable equipment to cook food over a stove and eat with. Mess tins and a spoon are ideal *******

Food & Water

Bringing the correct food on an expedition can make a real difference to your experience. I would like to emphasise the importance of students eating well and planning meals and snacks carefully to cater for the duration of the expedition. Students should be eating around 2500-3000 calories a day. They will also be expected to cook a hot meal on the first afternoon.

- Students should bring snacks to give them energy throughout the day and a water bottle that should hold 1L.
- **Do not bring any food that contains nuts.**
- **Guidance on what food to bring has been attached.**

Meals

The table below shows the main meals students will need to plan for:

Day 1	Day 2
Lunch	Breakfast
Evening meal (must cook a hot meal)	Lunch

Medication

Students must bring any medication that they will require during the expedition. If they do not need medication anymore but are still on the school system as requiring that medication, they must still bring it with them. **Students will not be allowed to travel without their medication.**

Behaviour and expectations

Students must conduct themselves in a manner that reflects well on the school and fits in with the aims of the DofE throughout the expeditions. They must respect staff and instructors and follow all instructions. They must be always respectful of their peers and act appropriately. Any behaviour that falls short of these expectations may result in parents being contacted and students being asked to leave the expedition.

Mobile Phones

While students are allowed to have their phones, they are not allowed to be used to aid them in any of their tasks. Generally, we do not expect to see mobile phones being used at all unless in emergency or to contact instructors.

Emergency contact

In case of emergency or if your child is unwell on the day and is unable to attend the expedition, please contact the school on 01753 521320. We will also provide you with an emergency mobile phone number for the expedition leader nearer the date. If you have any questions, please do not hesitate to contact me via email at rjm@westgate.slough.sch.uk.

Yours faithfully,

Mr McGowan

Westgate School DofE Coordinator

rjm@westgate.slough.sch.uk

Please find following attached:

Food Guidance , Kit / Equipment list, Expedition itineraries

Food Guidance

Breakfast

We all know that breakfast is the most important meal of the day and when you're taking part in an expedition, where you can be active for up to 8 hours a day, you need to make sure you have enough fuel from the start.

Porridge is great, you can pick up small pots or sachets of porridge from all supermarkets with all sorts of different flavours. Porridge will provide you with omega-3 and fatty acids, as well as potassium. This gives you a great start to the day ahead.

If you don't like porridge, then some cereal bars are good. Avoid ones that are high in sugar as these will only give you a short burst of energy. If you decide to go for this option, ensure you have something warm in the mornings. This can be a cup of green tea or hot chocolate, you decide, but this will stop you from getting cold and will boost your morale considerably.

Avoid bacon and sausages, although this may seem like a good idea, in reality it is not. It makes cleaning your stoves incredibly hard and takes up a large chunk of your time in the morning that could be spent getting some extra sleep.

We also don't recommend having breakfast shakes or meal replacement shakes as they don't provide you with the energy you need.

Lunch



For lunch you should bring things you may normally have for lunch at home but adapt them slightly to make it suitable for the expedition. For example, if you're on a Bronze expedition you might take a full packed lunch for your second day consisting of ham sandwiches perhaps, as the ham will not 'go off' after just one day. However, on a Gold expedition we would not recommend bringing ham or any items that need to be kept chilled, as you are unable to keep things refrigerated.

With this in mind you should think about things that do not need to be refrigerated such as tuna pouches (not tins) or other types of fish to put into wraps rather than bread (as wraps will not get squashed). You could also bring peanut butter in a plastic jar, not glass. Alternatively, you can bring extra pasta or rice and cook this in the morning and store it in a plastic box to eat cold during lunch time. You could also bring fresh vegetables, as these do not need to be kept cold and will last for all levels of expedition, and have these in your wraps.

Please note that you cannot cook during lunch time on your expedition.

Avoid things that need to be kept cold and jars that are made of glass. These are too heavy and could break easily.

Dinner

Dinner should be high in unsaturated fat and protein. This is to give you enough energy for the next day and repair micro tears in your muscles caused by walking longer than you normally would do each day. Imagine you have one hob to cook on at home with one pot to cook in when thinking about dinner.

Pasta or rice should be the base of your meals. Rice is better. Then add things to it to make a full meal. You may have rice and tuna with peppers or spinach and ricotta tortellini. As with lunch, don't bring fresh meats that need to be refrigerated as this will cause you to get ill. You can bring cooked meats and heat them up on the first day, or tinned products that you have transferred to plastic containers.

When buying food, look for things in packets that you can just boil in water to warm them up and eat out of the packet. Uncle Ben's rice is good, as well as 'look what I found' meal pouches. This will save you both time and washing up.

A great simple and easy meal is penne pasta with tomato puree and pepper. A super easy and simple meal that is lightweight and quick. Couscous is also a great option, as all you have to do is add hot water to it and it's done, it's really lightweight and cheap too. You can also get different flavours and add your own things to it as well.

You can buy whole boil in the bag meals from places like Go Outdoors. You can get both wet food and freeze dried food, but the freeze dried food is better as it is more lightweight. These types of food are great although, they can be quite expensive.

Snacks

Snacks are for when you take short breaks between breakfast, lunch and dinner. You should not take copious amounts of these with you, as your bag will become too heavy.

Cereal bars, as well as baked energy bars such as Clif Bars and Chimpanzee bars, are great. Sesame snaps are also very good. Dried fruit, and seeds are also fantastic snacks while on the move.

Small amounts of chocolate are ok and the occasional jelly baby, but again don't bring large amounts of these things as chocolate will melt and sweets are not very good for you and hold no nutritional value.

Things to avoid

- Jars and tins
- Fresh meats (as they cannot be chilled)
- Food high in sugar
- Food that will get squashed and become inedible
- Heavy food items
- Food of low nutritional value
- Food that other team members are allergic to.

The food you buy for your expedition should not be expensive. You should be able to buy plenty of food for a Gold expedition for under £15. That's £1.50 per meal.

Equipment List

BRONZE KIT LIST

This kit list should be used as a guide, it's up to your Expedition Supervisor to have the final say on the suitability of your kit.

We have made some recommendations we think are suitable for DofE Bronze, information about our bundles can be found on the reverse of this page.

CLOTHING

ITEM NEEDED	WHAT WE RECOMMEND	GOT	PACKED	HIRE
1 pair of walking boots	Hi-Tec Bandera Lite			
2 pairs of walking socks				
2 pairs of sock liners (optional)				
Jacket (waterproof and windproof)	Craghoppers Atlas Jacket			
Waterproof trousers	Craghoppers Ascent Overtrouser			
2 mid layers	Craghoppers Corey or Miska Fleece			
2 - 3 base layers	Craghoppers Atmos Base Layer			
2 walking trousers/ shorts	Craghoppers Verve Trousers or Short or Velocity Tight			
Underwear				
Nightwear				
Hat/ Sun hat/ Neck tube	BXM Neck Tube			
Gloves				
Gaiters (optional)				

PERSONAL KIT

Rucksack + liner				Y / N
Sleeping bag (+ liner)	Vango Atlas 250			Y / N
Sleeping mat	Summit Foam Sleeping Mat			Y / N
Whistle				
Torch				
Personal first aid kit				
Food				
Water bottle				
Cutlery	BXM Spork			
Plate/ bowl/ mug	BXM Mess Tin			
Wash kit				
Sun cream				
Towel				
Money (optional)				

ITEM NEEDED	WHAT WE RECOMMEND	GOT	PACKED	HIRE
Notebook and pencil				
Repair kit (optional)				
Sunglasses (optional)				
Watch				
GROUP KIT				
Tent	Vango Helvellyn or Omega			Y / N
Stove	Vango Folding Gas Stove			Y / N
Fuel	Coleman C500			
Cooking pans				
Cleaning equipment				
Rubbish bag				
Loo roll and trowel				
Map				
Compass	Silva Ranger			
Map case				
Camera (optional)				
Tick remover (optional)				
Survival bag				
Storm shelter (optional)				
Communications device	<i>Keep this switched off in your rucksack in a waterproof bag</i>			