

Expedition Parents Evening

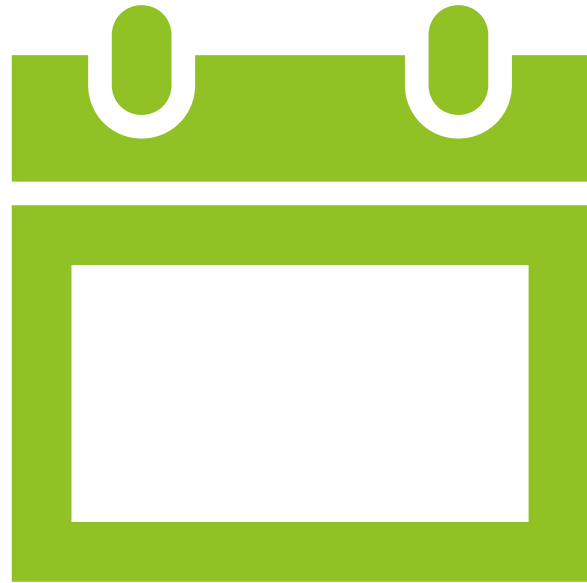
**Explore the great outdoors
and spend 2 nights, 3 days
away from home**

**Create memories that
will last a lifetime**



**YOUTH
WITHOUT
LIMITS**





Expedition Dates

- ▶ Silver Training Expedition
Friday 15th May- Sunday 17th
May
- ▶ Silver Qualifying Expedition
Friday 26th June - Sunday
28th June

Kettlewell Campsite - Yorkshire Training Expedition

Phone

07930 379 079

Address

Kettlewell Camping, Conistone
Road, Kettlewell, North Yorkshire
BD23 5RE

Directions

**DO NOT FOLLOW GOOGLE MAPS
THROUGH THE VILLAGE.** Follow
brown signs.











Itinerary

- ▶ Children arrive at school on the Friday at normal time, meeting on the yard at the back of school
- ▶ Arrive in walking clothes and walking boots with their backpack
- ▶ Kit/equipment checks, bag checks and load minibus (to be assessed)
- ▶ Leave school approx. 9.30am
- ▶ Arrive at Kettlewell Campsite for approx. 10.45am
- ▶ Welcome talk covering rules and expectations, tour of site, Health & Safety
- ▶ Pupils to put up tents in preparation for the return in the evening (to be assessed)
- ▶ Day 1 Activities and walking for approx. 6 hours (to be assessed)

Continued

- ▶ Return to camp and evaluation of the day
- ▶ Showers, change into comfier clothing and chill out time
- ▶ Meal preparation and cooking (to be assessed)
- ▶ Cleaning of equipment and tidying of camp (to be assessed)
- ▶ Preparation for day 2 (kit checks, going over the route, emergency situations)
- ▶ Free time on camp under supervision, campfire, games, chill out time
- ▶ All pupils in tents by no later than 10.30pm

Day 2

- ▶ 6.30/7.00am wake up call - shower, dressed
- ▶ Breakfast and cleaning of all equipment
- ▶ Split into smaller walking groups - briefing, kit checks, route check
- ▶ Walking approx. 6-7 hours
- ▶ Return to camp and evaluation of the day
- ▶ Showers, change into comfier clothing and chill out time
- ▶ Meal preparation and cooking (to be assessed)
- ▶ Cleaning of equipment and tidying of camp (to be assessed)
- ▶ Preparation for day 3 (kit checks, going over the route, emergency situations)
- ▶ Free time on camp under supervision, campfire, games, chill out time
- ▶ All pupils in tents by no later than 10.30pm

Day 3

- ▶ 6.30am wake up call - shower, dressed
- ▶ Breakfast and cleaning of all equipment
- ▶ Packing up of bags and tents (assessed)
- ▶ Split into smaller walking groups - briefing, kit checks, route check
- ▶ Approx 5-6 hour walk to end destination
- ▶ Debrief by assessor
- ▶ Return to school by approx. 6.00pm

Lanefoot Campsite - Lake District Qualifying Expedition

Lanefoot Farm Campsite
Thornthwaite
Keswick
Cumbria
CA12 5RZ

Lanefoot Farm Campsite is a peaceful site in a picturesque setting, between Bassenthwaite Lake and Derwentwater, with panoramic views of the surrounding fells.





- ▶ Everything you bring you must carry; it must fit in your backpack (apart from your sleeping bag and pillow which can be attached to the outside of your bag and left in your tent)
- ▶ Walking boots and a waterproof jacket - essential. You cannot complete the expedition without these 2 items (Assessed items)
- ▶ Appropriate walking clothes (dry fit, leggings, walking trousers, fleece)
- ▶ Socks - multiple pairs!
- ▶ Warm PJ's or sleep clothes
- ▶ Sliders/trainers for chill out time
- ▶ Towel
- ▶ Toiletries - basics only!
- ▶ Sleeping bag and pillow (ask if required)
- ▶ Small, personal first aid kit advised
- ▶ Medication (Please inform V Smith)
- ▶ Torch/headtorch
- ▶ Powerpack

What to bring

What's provided



Tent



Backpack and waterproof cover



Sleeping mat



All cooking equipment including gas (may want to bring own cutlery, cup)



Maps, compasses, map covers



Camp fire equipment (Smores!)

Food & Drink

- ▶ You will need to provide your own food for the duration of the expedition, and this must fit in your backpack
- ▶ There is no air fryer or oven! There is a communal fridge/freezer on site
- ▶ Prepack food, pre make any sauces, chop any ingredients in advance
- ▶ Ensure it is packaged securely to avoid it leaking in your bag
- ▶ Packed lunch for each day's lunch - advised
- ▶ Bring water, juice, tea, coffee, hot chocolate, milk
- ▶ No energy drinks allowed other than Lucozade
- ▶ Think about what you will use to eat and how you will store rubbish in your bag
- ▶ No known allergies within the group
- ▶ THINK - Do you want to club together with friends/who sharing a tent with regards food?

Meal ideas

Breakfast

- ▶ Porridge
- ▶ Breakfast bars
- ▶ Fruit
- ▶ Cereal
- ▶ Croissants
- ▶ Sausages
- ▶ Bacon
- ▶ Eggs
- ▶ Wraps

Lunch

- ▶ Wraps
- ▶ Sandwiches
- ▶ Cold pasta salad
- ▶ Cheese and crackers
- ▶ Chopped veggies
- ▶ Crisps
- ▶ Soup

Dinner/Tea

- ▶ Pasta & Sauce
- ▶ Curry & Rice
- ▶ Noodles
- ▶ Chilli & Rice
- ▶ Burgers
- ▶ Sausages
- ▶ Expedition meals

Training completed

Intro to DofE - Loggin on

Map refresher

Conditions, Aims,
Countryside code

Compass refresher

Food and menu planning

First Aid (shock,
dehydration)

Map session and navigation

Route planning

Rules

- ▶ No vaping/smoking or alcohol - instant removal from programme/expedition
- ▶ Limited mobile phone use
- ▶ At no point must you go in anyone's tent other than your own
- ▶ Parents are not to come to site to see pupils or drop anything off
- ▶ Once in your tent at night, you must remain in there
- ▶ Any dangerous behaviour will result in removal from the Award

- ▶ **Vicky Smith School Mobile Number - 07939 399269**

- ▶ Remember, DofE is about survival. Contact with home, friends, social media should be emergencies only.

Gold Award

For Gold, you'll need to do your programme for at least 12 months/52 weeks if you've achieved your Silver Award, or 18 months if you've started at Gold level without doing your Silver – even if you've done Bronze. The big difference at Gold is you'll also do a Residential section – staying away from home for five days and four nights doing a shared activity with people you don't know.

Volunteering section: 12 months/52 weeks

- Physical and Skills sections: One section for 12 months/52 weeks and the other section for 6 months/26 weeks
- Expedition section: 4 days/3 nights
- Residential section: Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.

- ▶ If you didn't do Silver, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

- ▶ Burnley College
- ▶ Accrington & Rossendale College / Nelson & Colne College
- ▶ Clitheroe Grammar Sixth Form
- ▶ QEGS Sixth Form
- ▶ St Christophers Sixth Form