

Bronze Expedition

**Explore the great outdoors
and spend two days and 1
night away from home**

**Create memories that
will last a lifetime**



**YOUTH
WITHOUT
LIMITS**



Itinerary

- ▶ Children arrive at school on Friday 1st May 2026 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 Whitehough Campsite for approx. 10.00am
- ▶ Welcome talk covering rules and expectations, H&S Briefing
- ▶ 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 - Main assessment day

- ▶ 6.30am wake up call - shower, dressed
- ▶ Breakfast and cleaning of all equipment
- ▶ Packing up of bags and tents
- ▶ Split into smaller walking groups - briefing, kit checks, route check
- ▶ Checkpoint staff along the route to monitor pupils
- ▶ Return to camp after approx. 6 hours
- ▶ Debrief by assessor
- ▶ Return to school by approx. 5.30pm

Whitehough Outdoor Centre

WHERE TO FIND US

Though the activity centre feels a million miles from the hustle and bustle of a town or city, it's actually only 10 minutes from the M65 motorway and 20 minutes from Burnley town centre on Barley New Road.

ADDRESS

Barley New Rd, Barley, Burnley BB12 9LF

CALL US

01282 615688

EMAIL

whitehough@burnleyfc.com

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- ▶ 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
- ▶ Sliders/trainers for chill out time
- ▶ Towel
- ▶ Toiletries - basics only!
- ▶ Sleeping bag and pillow
- ▶ Small, personal first aid kit is advised
- ▶ Medication (Please inform V Smith)
- ▶ Torch/headtorch
- ▶ Powerpack
- ▶ Suntan lotion
- ▶ Hat
- ▶ Refillable water bottle

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 fridge, freezer, air fryer or oven!
- ▶ Prepack food, pre make any sauces, chop any ingredients in advance
- ▶ Ensure it is packaged securely to avoid it leaking in your bag
- ▶ Pre make a packed lunch for both days lunch - advised
- ▶ Bring water, juice, tea, coffee, hot chocolate
- ▶ No energy drinks allowed other than Lucozade
- ▶ Think about what you will use to eat it and how you will store rubbish in your bag
- ▶ **THINK - Do you want to club together with friends/who sharing a tent with regards food?**

- ▶ Due to allergies please do not bring pulses or sesame seeds
(lentils, chickpeas, dry beans, and pea)

Meal ideas

Breakfast

- ▶ Porridge
- ▶ Breakfast bars
- ▶ Fruit
- ▶ Cereal
- ▶ Croissants
- ▶ Yoghurt pouches
- ▶ 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

Snacks - Flapjacks, sausage rolls, sweets, drinks

Training completed

Intro to DofE - Loggin on

Intro to map reading

Map symbols game

Conditions, Aims, Countryside code

Weather

Map session

How to use a compass

Food and menu planning

Packing a rucksack

Tents - practice putting up

Expedition cooking practice

First Aid

Map session and navigation

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
- ▶ Normal school behaviour rules apply

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

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

Silver Award

It will take you at least 6 months/26 weeks for Silver if you've already achieved your Bronze, or 12 months if you've jumped straight into Silver.

- ▶ – Volunteering section: 6 months/26 weeks
- Physical and Skills sections: One section for 6 months/26 weeks and the other section for 3 months / 13 weeks
- Expedition section: 3 days/2 nights

- ▶ 2 expeditions (Practice and Qualifying)