

# DofE Expedition 8<sup>th</sup>-9<sup>th</sup> May

This meeting is for participants of this expedition and for their parents/carers.

## Topics:

- Itinerary- both days
- Campsite
- Behaviour expectations and rules
- Required kit
- Borrowing kit and its return
- Assessment
- Q and A

# Itinerary- day 1

**Friday 8<sup>th</sup> May-Students arrive at school, at their usual time** and first 2 teams wait in the **Sixth Form Food hall (later teams go to their first lessons)-** in expedition kit, with food (and any personal medication). Rucksacks will already have been transferred to the start point.

- Students are ferried in their teams to the expedition start point. They do a final check of equipment before setting off. Teams are released with a 20-30 -minute gap to avoid clustering.
- Students reach check-in point 1- they will meet a staff member/ teams use the check- in function on their tracker.
- Students will continue to check-in at their scheduled points ( they will have photo cards and 6 figure grid references for each of these).
- Teams will decide when and where to take breaks, including a lunch-break. **TEAMS MUST SPEND A MINIMUM OF 6 HOURS TRAVELLING/COMPLETING THEIR TEAM GOAL.**
- Teams will have 4 check-in points before reaching the campsite.
- Teams erect tents, cook on Trangias and have a well-earned rest. This is a time to play rounders, cards, sing camp songs and bond.

During the expedition, the students will not have their personal phones. In case of an emergency, please email [andrew.douglas@kevigcs.sch.uk](mailto:andrew.douglas@kevigcs.sch.uk) or call emergency phone number 07985579956.

Students need to be self-sufficient and are not allowed to order takeaway or “nip to the shop.” They should also not be contacting home.

# Itinerary- day 2

**Saturday 9<sup>th</sup> May-Students wake, eat, disassemble their tent and repack their rucksacks.**

- Students do a final check of equipment before setting off. Teams are released with a 20-30 -minute gap to avoid clustering.
- Students reach check-in point 5- they will meet a staff member/ teams use the check- in function on their tracker.
- Students will continue to check-in at their scheduled points (they will have photo cards and 6 figure grid references for each of these).
- Teams will decide when and where to take breaks, including a lunch-break. **TEAMS MUST SPEND A MINIMUM OF 6 HOURS TRAVELLING/COMPLETING THEIR TEAM GOAL.**
- Teams will have 3 check-in points before reaching the finish point in Ludford.
- Teams will have their debriefs by their leader and assessor.
- Teams will be ferried back to school. **AS TEAMS ARE STAGGERED, AND AS TEAMS WILL HIKE AT VARIED SPEEDS, THE ESTIMATED TIME OF ARRIVAL BACK AT SCHOOL WILL BE BETWEEN 3-5PM.**

Students need to be self-sufficient and are not allowed to take mobile phones or devices on the expedition. Teams risk being disqualified should they have a device with them.



# Campsite

- We will be returning to a campsite used before, in Goulceby.
- There will be six staff members camping alongside students.
- Students will be sharing tents with same-sex team-mates.
- There is a toilet and water at the campsite, but participants will be roughing-it.

## Carry out all rubbish

- Bring a strong bag with a good seal for the group
- Carry a bag handy for personal items as you walk – or use a pocket
- Don't let things blow away
- Don't leave food waste e.g. drained pasta around
- Don't leave food lying around

The campsite and route are public spaces. Participants must follow the countryside code and show consideration towards members of the public.

# Kit

**All items (excepting food) should be bought into school several days before the expedition itself on Tuesday 5<sup>th</sup> May.**

**All kit will be checked (this forms part of their assessment), some items will be distributed between team members. Then all kit will be loaded into a vehicle and transported to the expedition start point.**

**Required kit-** a list has been previously sent to you via Edulink and has been shared with students during lunchtime sessions.

### CLOTHING

1. 1 pair of walking boots (broken in)
2. 2 pairs of walking socks (and 2 extra pairs if wet weather is forecast)
3. 2 pairs of sock liners (optional)
4. Jacket/coat (waterproof and windproof)
5. Waterproof over-trousers
6. 2 fleece tops or similar
7. 2-3 t-shirts (thermal optional)
8. 2 walking trousers (warm, NOT jeans)
9. 1 pair of shorts (if appropriate)
10. Underwear and nightwear
11. Warm hat and/or sunhat (as appropriate)
12. 1 pair of gloves (if appropriate)
13. 1 pair of gaiters (optional)

### PERSONAL KIT

1. Rucksack
2. Rucksack liner (or 2 strong plastic bags)
3. Sleeping bag
4. Sleeping mat
5. Waterproof bag
6. Sleeping bag liner (optional)
7. Whistle Torch (handheld/head torch and spare batteries)  
Personal first aid kit
8. Food (including emergency rations)
9. Water bottle
10. Cutlery\*\* **KNIVES ARE NOT ALLOWED**
11. Plate/bowl
12. Blister plasters,
13. Waterproof first aid kits.
14. Mug
15. Box of matches (in waterproof container)
16. Wash kit/personal hygiene items (some items could be shared as a group)
17. Sunblock
18. Towel
19. Notebook and pen/pencil
20. Watch ( not smart watch)

Parental contact number written on tag for after the expedition is over.

# Required kit

## GROUP KIT

1. Tent(s)
2. Camping stove(s)
3. Camping stove fuel\*\*\* (in an appropriate and safe container)
4. Cooking pans
5. Scourers
6. Tin opener (if required)
7. Tea towels
8. Plastic bags (for rubbish etc.)
9. Toilet paper and trowel
10. Maps (1:25 000/1:50 000)
11. Compass
12. Map cases
13. Camera (optional)
14. Tick remover
15. Survival bag

## ADDITIONAL OPTIONAL KIT

1. Head/Neck scarf
2. Hydration pack
3. Storm shelter
4. Stove multidisc (lid/cutting board)
5. Pre-packed expedition food
6. Small pocket tool\*\*
7. After-sun cream
8. Sunglasses
9. Insect repellent
10. Stopwatch
11. Waterproofing (pre-expedition)
12. String
13. Spare boot laces
14. Walking poles
15. Mosquito net
16. Light Sticks
17. Water purifying tablets

## Borrowing kit and its return

**We have various equipment to lend students (at no cost). We can provide tents, sleeping bags, rucksacks, stoves, maps, compasses and gas. If you wish to borrow sleeping bags, please collect those this week and wash them before use (they have been stored). As a courtesy, we ask that after the expedition, you wash and dry all borrowed kit before returning it. All kit borrowed must be signed for by the participant who agrees to return it in a fit condition. **Accidents happen; if you break a zip etc- please let us know, so it can be repaired/replaced.****

**If you need a different item or kit, please ask as we may be able to provide it.**

**Some participants wish to use their own tents. If this is the case, please let me know by email. I have previously advised that you bring it into school during your tent building DofE session , so you and your tentmates can practice putting it up.**

Note:  
All equipment should fit inside rucksacks excepting tentpoles and roll mats.

Rucksacks should hold enough but **not too much.** Participants will be carrying everything with them.

# Assessment

Throughout their expedition, participants will be visited at key checkpoints by their assessor. They will also be monitored remotely, using the GPS trackers. We will know where they are at all times.

The expedition is not easy. Not everyone can complete the course. It is a valuable Award to achieve because of the resilience, cooperation, willpower and maturity it requires. Each participant will be assessed throughout the expedition. Minimal assistance will be given. Students will be supported in finding their own way to achieve their goal. At the end of their destination, they will debrief and discuss their experiences. Those participants who are being assessed for a qualifying expedition, will have an assessor report written, which will then be sent for external verification.

# Q and A

After the expedition, if you are collecting your child, you will receive a phone call/text message from a staff member/your child. This will advise you, when to expect your child to arrive at KEVIGS (or Ludford, if that is your preferred collection point). To ensure your child is collected promptly, please pack the appropriate parental contact number (written on tag) inside your child's rucksack.

During the expedition, the students will not have their phones. In case of an emergency, please email [andrew.douglas@kevigs.lincs.sch.uk](mailto:andrew.douglas@kevigs.lincs.sch.uk) or call emergency phone number 07985579956.

**If borrowing kit, such as a sleeping bag or cooking utensils, please wash, dry and return it for the Monday after the expedition. We are running several expeditions and some kit items will be required every week. Thank you for your support.**