

FAQ Answers

- Young people will be walking with a full rucksack for (approx.) 9k per day. This will be decided in the training sessions prior to the expedition with discussion from parents and young people.
- The **sleeping bag & any spare clothing** should be in a waterproof bag or ruck sack liner inside the rucksack and labelled with the required day.
- Young people will be **camping**, under canvas.
- We use Trangia **stoves** which require fuel (Methylated Spirits) and matches to light it with. Fuel is available from B&Q and Wilkinsons.
- Young people will stay at campsites that have a toilet and fresh water tap.
- On expeditions mobile phones are to be used only in an emergency.
- Food: young people will need enough food for the length of expedition being under taken. Please label what is for when as this will help leaders and group members.
- Young people need to bring all the items on the kit list. Some equipment can be loaned especially the group items such as stoves and tents.
- The time we put down for finishing is an estimate as we could get held up on the way home, however if time changes, we will let you know.
- Groups take part in a debrief at the end of the expedition, this is an important part of their Award, this could take up to 30 minutes.
- We ask all groups to hand borrowed kit back on return from expedition, before they leave for home.

More Frequently Asked Questions can be found on our website www.kirkleesdofe.org/faq

Contact

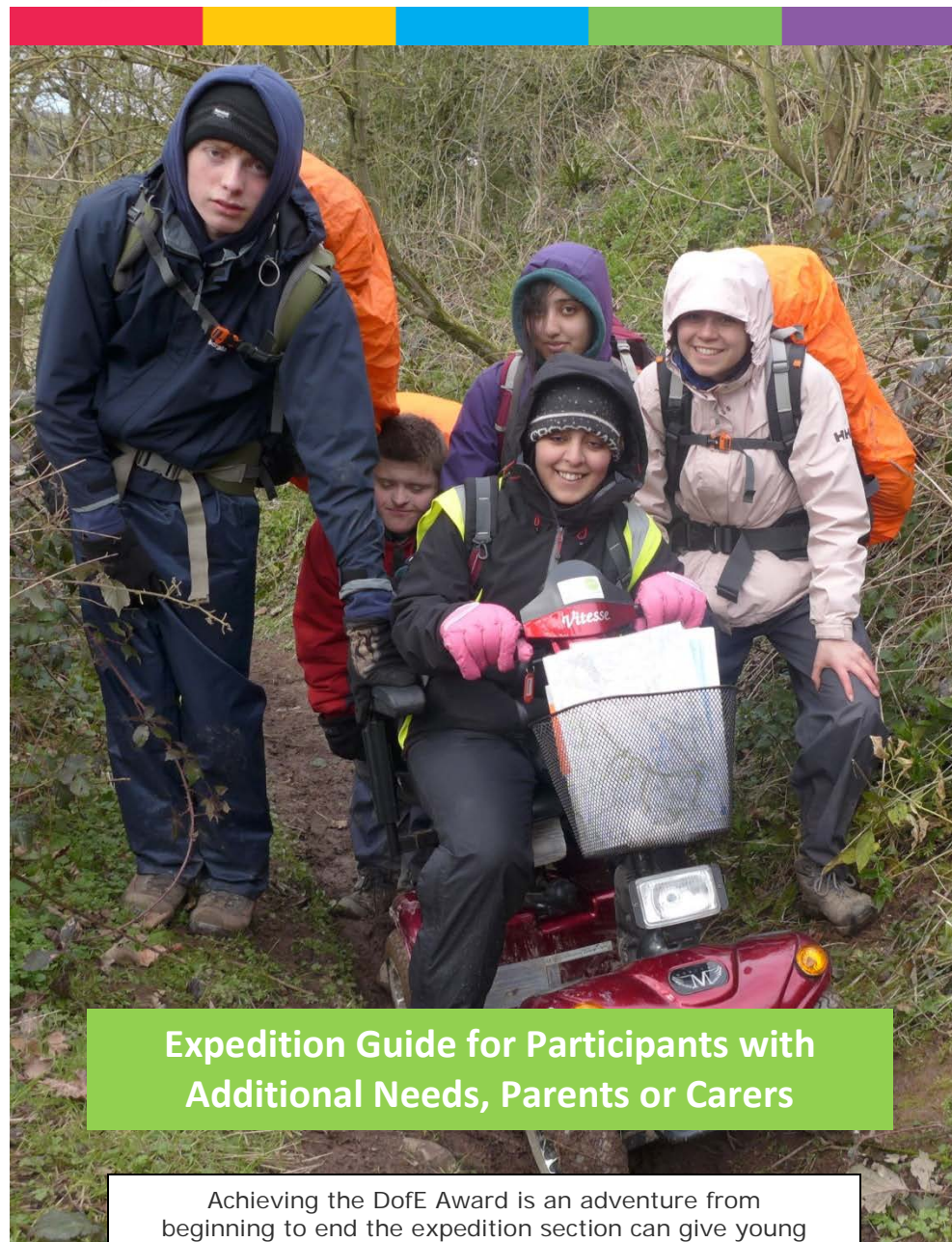
If you require further information please contact the member of staff at the DofE Award Group or

07976 497590 – Danny Kirkpatrick

07866 684043 – Denise Bedford MBE



The Duke of Edinburgh's Award
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Huddersfield Road
Mirfield
WF149HR



**Expedition Guide for Participants with
Additional Needs, Parents or Carers**

Achieving the DofE Award is an adventure from beginning to end the expedition section can give young people some of their most memorable experiences!

Introduction

The value of a DofE Award to a young person cannot be underestimated. The personal and non-competitive nature of a DofE programme means that participants from different and diverse starting points can equally proud of achieving a certificate based on their personal challenge and journey.

Every section of a DofE programme gives young people an opportunity to be independent, self-sufficient and to be challenged as an individual.

The expedition section gives all young people the opportunity to work together as a team with a common goal. There are 20 conditions that all groups must abide by but the overall aim is to encourage participants to look after one another while completing a venture under the supervision of a qualified supervisor and assessors.

Participants will undergo a number of training sessions within their Award Centre's looking at a syllabus to give them the all the skills they need to prepare them for an expedition. They will then complete a practice where any training needs can be identified before embarking on the qualifying expedition. Then to complete this section they will deliver a presentation.

The whole experience will give laughs, arguments, joy and frustration but, by the end, you'll have better team and leadership skills, not to mention bags more confidence and a rucksack full of great memories!

Training

All participants undergo specialist training in the following areas to

- | | |
|------------------|------------------------|
| • Team Building | • First Aid |
| • Map Reading | • Equipment & Clothing |
| • Food Nutrition | • Stove Safety |
| • Country Code | • Tents |
| • Road Safety | • Weather |

Expedition Length

The length of an expedition depends on the Level of the Award.

Bronze – 2 Days 1 Night

Silver – 3 Days 2 Nights

Gold – 4 Days 3 Nights (possible travel days and acclimatization day depending on expedition location)

Groups

Groups are made up of young people participating in the award. Where it is possible we will mix abilities to help facilitate the success of the expedition.



The Expedition Section in Pictures

Here are some pictures taken over the last 10 years of young people enjoying their DofE expeditions.



Food

On an expedition, participants provide their own food for breakfast, lunch and dinner at the campsite in the evening. These should be supplemented with suitable snacks that can be eaten throughout the day. Water is provided at the campsite and you will be offered a water-bottle top-up usually in the middle of the day. There is no need to bring lots of liquid as this is heavy to carry and unnecessary on a back packing expedition.

There are a wide range of food available on the market and teams are encouraged try out different foods during training and at home before making the final choice of menu for the Assessed Expedition.

Ideal Food for Backpacking

Breakfast

Cereal, Powder Milk, Porridge, Cereal Bars, Pancakes



Lunch

Sandwiches, Pitta, Wraps, Lunchables (non-fridge ones), Fruit Teacakes and Jam, Malt Loaf, Crisps, Couscous, Tuna Pots



Evening Meal

Dried Pasta Meals, Rice Meals, Super Noodles (add Frankfurters or sliced Pepperoni to bulk out), Boil in a Bag Meals



Snacks, Drinks and Puddings

Malt Loaf, Nuts, Chocolate, Sweets, Juice (for water bottle), Tea, Hot Chocolate, Custard, Dried Fruit, Chocolate Buttons



WHAT NOT TO BRING

Food that needs refrigeration such as raw meat should be avoided. So too should glass jars, tins, large bottles & fizzy drinks.



Expedition Area's

Bronze

The practice and qualifying expeditions usually take place in Kirklees using canal towpaths, greenways and sometimes a canal boat trip day.

Silver

The practice usually takes place in Kirklees using trails, paths and greenways. On occasion a canal boat trip is arranged for the middle day. The qualifying expedition usually takes place in the Wakefield area on and around the Trans Pennine Trail.

Gold

Gold Expeditions for young people with additional needs have been held in a variety of places including the Vale of York, North Yorkshire Moors, Brecon Beacons, Scotland and as even on the Isle De Rae in France.

Expedition Staff

All our instructors have undergone enhanced DBS checks and, are fully qualified outdoor leaders who hold governing body awards and have current First Aid certificates. We are licensed by the Adventure Activities Licensing Service which is part of the Health & Safety Executive.

Instructors who go out on expeditions are usually instructors that are based in the Open Award Centre's and have an experience of working with young people who may have additional needs or disabilities.

Expedition Times

Expeditions normally start at Ship Inn Car Park Stenard Lane, Mirfield WF14 8HB at 8:30am (unless otherwise stated when booking). Parents/carers will be notified with an exact time for pick up from Mirfield Library Car Park, Station Road, WF14 8XS around a hour before. This is usually between 3 and 6pm. It is impossible to give an exact time due to not knowing how quick the group might finish.

Contact on Expedition

All young people must have filled in a Kirklees DofE medical consent form prior to coming away on Expedition. This will include details of medical needs and contact details for parents. **IT IS REALLY IMPORTANT THESE FORMS ARE FILLED IN WITH AS MUCH DETAIL AS POSSIBLE!!**

Instructors on expedition will have a copy of these forms, details of which will be saved on our computer system and the Home Contact for the weekend will also have a copy.

If you need to make contact during the expedition details can be found on your letter.

Expedition Kit

Participants require specific kit to allow them to successfully complete their Expedition. Please find a basic check list below.

Kit	✓
Walking Boots	
Trousers (NO JEANS!)	
T-Shirt	
Jumper/Fleece (NO HOODIES!)	
Waterproof (top & bottom)	
Spare Clothing	
Hat, Glasses & Gloves	
Sleeping bag	
Roll Mat *	
Torch & spare batteries	
Rucsac *	
Map *	
Water bottle	
Mug & Plate/Knife, Fork, Spoon	
Food	
Wash kit & towel	
Personal first aid kit/medication	
Insect repellent / Sun cream	
Tent *	
Stoves *	
Fuel Bottle *	
Matches & Fuel **	
Abrasive sponge pad, washing up liquid & T-towel	

* Equipment you can borrow from Kirklees DofE

** Participants must bring their own fuel (methylated spirits) and matches

Carrying Kit

If participants are able to carry a full bag, it is expected of them to do so.

If a young person is unable to carry a heavy rucsac then it may be decided before the expedition that a variation is put in place where the participant may have certain group item placed at the campsite for them or carry a day bag with specific items for that day.

Group Kit

Items such as Tents, Stoves and Fuel Bottles will be split between the group and these will be shared instead of having one for each individual.

Packing a Rucsac

Here is a rough guide to packing a rucsac.

LINER
• Line your rucsac with a rucsac liner or strong rubble sack to keep everything dry. LIFEVENTURE DRISTORE ROLL TOP BAGS

LUNCH/FOOD
• Bag each meal separately so you ration your food properly and pack your lunch for the day at the top to get at it quickly in case it is raining. BEYOND THE BEATEN TRACK MAIN MEAL

WATERPROOFS, HAT & GLOVES
• Pack your bag in the order you will want your kit. Remember last in first out. CRAGHOPPERS REACTION LITE JACKET

TOP COMPARTMENT
• Put in all the small items of kit you'll need during the day.

WASH KIT
• Group and pack all kit into separate dry bags so you can find what you need quickly. LIFEVENTURE WASH HOLDALL

TRANGIA
• Clean and thoroughly dry, then place close to your back to maintain your centre of gravity. TRANGIA 25-TUL STOVE

SLEEPING/ROLL MAT
• Try to get all your kit inside your bag. If you have a large roll mat, make sure it is securely tied to the outside of your bag. VANGO TREK COMPACT SELF INFLATING SLEEPING MAT

SURVIVAL BAG
• Use up any gaps to help keep kit stable in the bag. LIFESYSTEMS SURVIVAL BAG

FUEL
• Store fuel and water vertically and double bag fuel canisters. TRANGIA FUEL BOTTLE 1L

FLASK
• Ensure you have enough water to stay hydrated. Must be easy to get to. LIFEVENTURE TRITAN FLASK 1L

TENT
• Ensure the heaviest kit is close to your back and balanced on each side. VANGO PULSAR 300

SLEEPING BAG
• Always put your sleeping bag inside another waterproof bag, do all you can to keep your sleeping bag dry. VANGO STRATOS

CLOTHES
• Push spare clothes to the bottom front of the rucsac to fill the space available. CRAGHOPPERS VITALISE BASE T-SHIRT

SOCKS
BRIDGEDALE WOOLFUSION TREKKER

COOKING/CAMP/CRAFT KIT
• The total weight of your bag should not be more than 25% of your body weight. LIFEVENTURE TITANIUM MUG & BOWL

Helpful Tips

- A really helpful tip for packing a bag is to line it with a rucsac liner. These can be bought from an outdoor shop however rubble bags or a thick bin liner could also be used to help keep the contents dry.
- Items should be labelled with your name
- Clothing placed in a carrier bag labeled with the intended day of use.
- Food labelled for the day to be consumed also label individual meals.
- Pack as light as possible with only the items that they need.