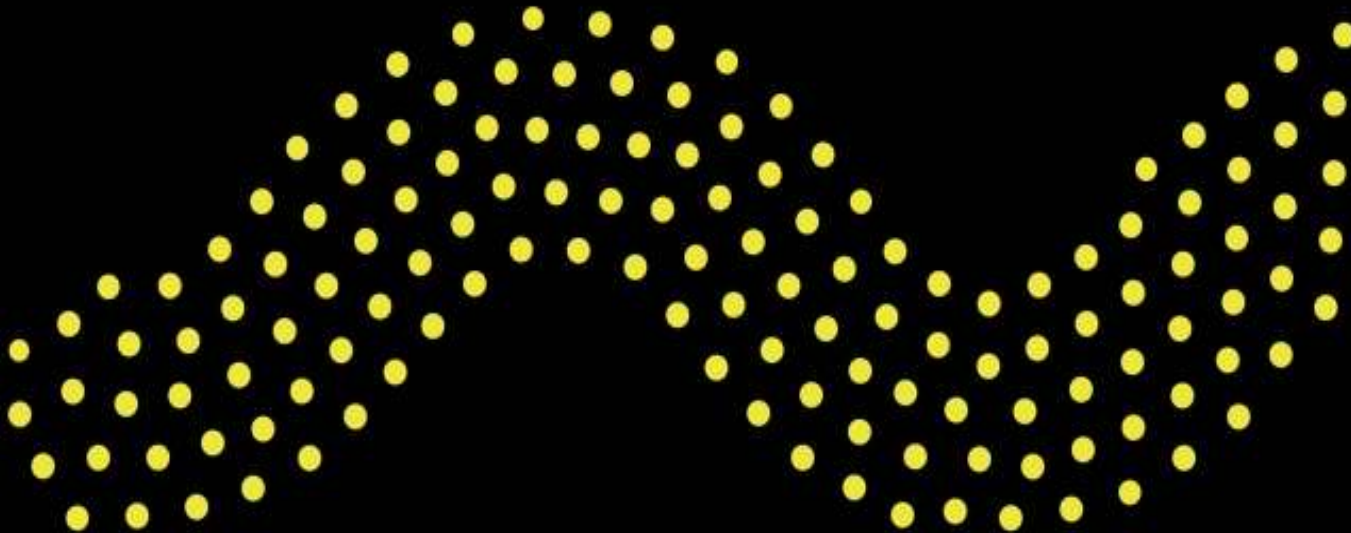




Bronze Duke of Edinburgh Expedition Guide 2025

Hadrian's Wall



NORTH EAST
GUIDES



MORTIMER COMMUNITY
COLLEGE



Key Contacts and Information



MORTIMER D of E CONTACTS

Mrs Parry cparry@mortimer.school

Mrs Thornton jthornton@mortimer.school



MORTIMER D of E WEBPAGE

[Duke of Edinburgh - Mortimer Community College](#)



MOBILE PHONES

Students can bring their mobile phones (at their own risk) to use in the evening at the campsite. However, no phones will be permitted during the expedition. A member of staff will return these to students when we have arrived at the campsite. Each group will be given a school phone with an emergency number saved in case of emergencies.



SUPERVISION

The D of E award requires participants to be unaccompanied and self-reliant on expedition. As part of the training each group receives, they will learn how to manage themselves as a group in the outdoors. Provided students have demonstrated the required level of competence, and have shown suitable behaviour during the training expedition, they will be remotely supervised. On practice and assessed expeditions, expedition staff will meet groups at check point(s) along their planned route and groups will have been briefed on what to do in case of emergency.

It is important to understand that all participants will be remotely supervised during their practice expedition, once they have demonstrated the pre-requisites. No participants will be allowed on their assessment if they haven't demonstrated the required level of competence. As such, all participants on their assessed expedition will be remotely supervised.

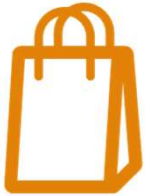


D of E Training Day



WHEN & WHERE

Friday 12th September on the school site and the local area (down to Trow Rocks and surrounding streets).



EQUIPMENT

- **PLEASE WEAR YOUR MORTIMER PE KIT.**
- Please bring with you everything on the kit list.
- Footwear with ankle support (walking boots or trainers) is required for this expedition.
- You will need to ensure that you have enough clothing to keep you warm and dry.



MEALS AND SNACKS

- You will need to provide all of the food for this training day, **lunch (you have the option to cook yourself a hot meal using a Trangia or gas stove).** Students who have free school meals can be provided with a packed lunch if needed – please email cparry@mortimer.school to confirm if this is required.
- Please see the food suggestions page for ideas - this will also be covered on the training expedition.

OVERVIEW

During the training day, we look at a variety of skills including navigation, route planning, first aid, emergency procedures, camp craft, expedition cooking and nutrition, health and safety and kit requirements.

SUPERVISION

Participants will be directly supervised by an instructor and member of school during the training.

COMMUNICATION

As we are in school during this day, you can contact school in the normal way by calling **0191 4566511**.



MORTIMER COMMUNITY
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D of E Assessed Expedition



WHEN & WHERE

Kit Issue: Wednesday 24th September

Drop Off: Thursday 25th September at 8am – Mortimer – Bus will leave school at 8.30am.

Pick Up: Friday 26th September at approx. 4pm (Mortimer will send a text message to all parents to confirm arrival time as this could be earlier or later).

Campsite Location: Greencarts Campsite

Kit Return: Monday 29th September at 8.15am at Mortimer - All kit must be returned on this date in the condition it was issued.



EQUIPMENT

- Please bring with you everything on the kit list.
- Footwear with ankle support (walking boots or trainers) is required for this expedition.
- You will need to ensure that you have enough clothing to keep you warm and dry.

MEALS AND SNACKS

- You will need to provide all of the food for this expedition, **lunch & dinner day 1** and **breakfast & lunch day 2**. Students who have free school meals can be provided with a packed lunch if needed – please email cparry@mortimer.school to confirm if this is required.
- We recommend that lunches are a typical packed lunch and snacks. There will not be an opportunity to cook any lunch items.
- Dinner needs to be able to be cooked on a Trangia or gas stove.
- Please see the food suggestions page for ideas, this will also be covered on the training expedition.



OVERVIEW

The assessed expedition is overseen by a D of E Assessor from North East Guides.

COMMUNICATION

Whilst on expedition any communication between parents/guardians and students will need to go through expedition or school staff, as it is a requirement of the Duke of Edinburgh's award that direct communication is not permitted. Should you need to contact participants **you will be provided with a D of E School mobile number (which will be shared before we leave).**



Expedition – KIT LIST

ITEM	GOT IT	PACKED IT
Waterproof jacket		
Waterproof trousers		
T-shirt(s)		
Minimum 2 litres of water		
Sun cream		
Personal medication		
1 x fleece/jumper		
Spare warm layer		
Walking boots/trainers		
Spending money (£5 max)		
Personal toiletries & small towel		
Waterproof trousers		
Underwear, including walking socks		
Trousers/shorts		
Hat & gloves		
Sleeping bag (3 seasons preferred)		
Rucksack (60 litres)		
Sleeping mat		

MORTIMER PROVIDING
Torch
Whistle
Knife/fork/spoon, bowl & mug
Washing up kit
Matches
Tent
Cooking stove
Maps
Compass
Small First Aid kit



More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://www.dofe.org/shopping)

Save at least 10%, and often more, in over 200 stores and online



Find everything for your next expedition at one of our recommended retailers in store or online. Find your nearest store at [DofE.org/shopping/wheretobuy](https://www.dofe.org/shopping/wheretobuy). All items shown are examples only. Always follow the advice and training of your DofE expedition supervisor. The DofE Edinburgh Award is a Registered Charity No. 1070460, and in Scotland No. SC038564, and a Royal Charter Corporation No. SC003036. DofE.org

This document can be found on our website in the DofE section.



Equipment information



Rucksack: Although we can provide you with a rucksack, sometimes its nice to have one that you can call your own. It needs to be **between 60 and 80 litres**. Remember - you have to be able to carry everything in your expedition over some challenging and sometimes steep terrain so ensure your rucksack doesn't weight too much for you. Approximately 17kg would be a maximum weight.

Sleeping Mat: We can lend you a foam roll mat, lightweight, comfy but bulky, or you can get yourself an air mat, comfy, warm, packs small but will be a lot heavier. The choice is yours.

Sleeping Bag: If you have your own sleeping bag you need to ensure that it is both warm enough and can pack down small enough to fit in your rucksack. Most sleeping bags will display a comfort rating; this doesn't want to be above 0 degrees Celsius.



Water and Hydration: You will need a minimum of 2 litres of water.

Dry bags / Rucksack Liner: You can waterproof your rucksack, using a rucksack liner or really thick bin bag.

Walking Boots: A good pair of walking boots or sturdy trainers will be needed.



Walking Socks: Two pairs of walking socks will be needed. It is important that these are not cotton socks. A decent pair of walking socks will help protect your feet and prevent blisters.



Towel: Do not waste space with a big towel. A hand towel or tea towel will do.

Sun Cream: You will need sun cream because you will be out in the sun all day. This is an essential piece of kit.



Toiletries: Containing all of your personal toiletries & medication. Toothbrush, toothpaste, deodorant and wet wipes.

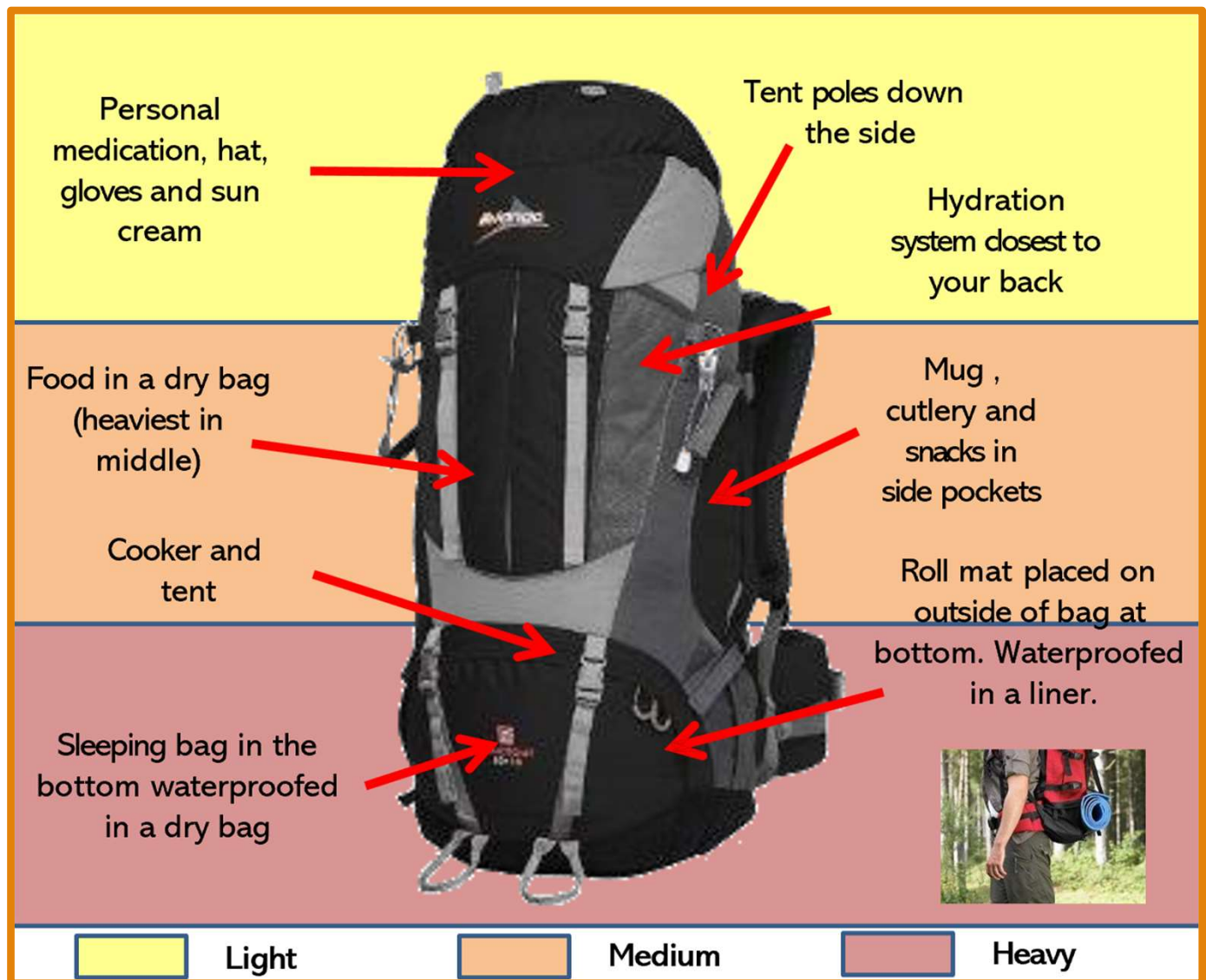
Clothing: Expedition clothing should be warm, quick-drying and light. Lots of layers are much better than one thick layer. Thermal base layers and fleeces work really well as they are not made of cotton. **Do not wear jeans or thick cotton hoodies** and **avoid** all other **cotton** items if possible.



Remember, the more you pack, the more you have to carry!



Rucksack Packing



ABCDE of packing your rucksack

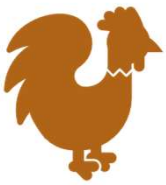
- **ACCESSIBILITY** - Think about how often you would take the item in and out of your bag. Pack frequently used items closer to the top or inside compartments on the side. Items you will not need until we arrive at the campsite should be put at the bottom of the bag.
- **BALANCE** - Pack heavier items at the bottom of your bag. Pack both sides evenly, so you're not lopsided. This will make your bag easier to carry.
- **COMPRESSION** - Use stuff/compression sacks to pack soft items, such as sleeping bags and clothes that are easily compressed. This will save space in your bag.
- **DANGLING kit is not allowed** - Do not strap anything to the outside of your bag. Roll mats are an exception, put it inside a durable waterproof bag strapped securely onto the outside of your bag.
- **ENVIRONMENT** - barbed wire, mud, rain and thorns. You need to protect your kit inside your bag, to do this pack using durable waterproof plastic bags/dry bags. The school has some of these, so don't worry if you don't have one.



Food and drinks

Food is a really important part of your expedition preparation to get right. If you have food that you like and enjoy it will keep your morale high, there is nothing worse than not looking forward to your evening meal because you don't like it! Plan your meals well. It is important to ensure you have a balanced diet during your expedition, DofE recommend you have about **3,000 calories a day overall** (breakfast, lunch, dinner, drinks and snacks) when out and about.

Miss Best is happy to give advice on food and drinks.



BREAKFAST: Porridge, croissants, cereal – you will need a breakfast for the morning of the second day. It is a good idea that you bring something easy to prepare (or with no preparation needed).



LUNCH: traditional packed lunch – you will need **TWO** packed lunches for the two days. There will nowhere for this food to be refrigerated at the campsite, so think about food that will last well.



DINNER: **MUST BE A HOT MEAL** – pasta packets that can be warmed on a stove are a good, compacted example of a warm dinner. You, however, can bring whatever they like for their evening warm meal. Always consider how much everything will weigh, as they will have to carry it.



SNACKS: chocolate, trail mix, cereal bars – remember to bring lots of snacks to keep you going for the two day of walking.



DRINKS: you will need to walk with **2 LITRES OF WATER** (there will be no opportunities to buy anything on your walk). You must keep hydrated during the two days of walking. A warm drink (e.g. hot chocolate) may be nice to have at the campsite after a day of walking.



PLEASE DO NOT BRING NUTS! Consider how food will be after carrying it in a rucksack for a day or two. Crisps will be crushed, and fresh fruit may not last very well.