

Bronze DofE Expedition information guide 2024

Hadrian's Wall

This guide has been put together to help you and your team prepare for your Duke of Edinburgh Expedition. Please read over all of the information. Being prepared and having the right kit will allow you to get the most out of your DofE experience.

If you have any further questions, please contact Mrs Cooper or Mrs Thornton.



**MORTIMER COMMUNITY
COLLEGE**



Welcome



MORTIMER DofE CONTACTS

Mrs Cooper hcooper1@mortimer.school

Mrs Thornton jthornton@mortimer.school



MORTIMER DofE WEBPAGE

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



MOBILE PHONES

Students can bring their mobile phones (at their own risk). However, there will be no opportunities for students to charge their phones. Phones can be used to take photos of themselves and the landscapes, but should not be used to access mapping apps, social media or the internet. Students will have access to a school mobile number in case of emergencies.



SUPERVISION

The DofE 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.

DofE Training Day



WHEN & WHERE

Thursday 27th June 2024 on the school site and the local area (West Park & 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 Hcooper1@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**.



**NORTH EAST
GUIDES**

DofE Assessed Expedition



WHEN & WHERE

Kit Issue: Wednesday 3rd July 2024

Drop Off: Thursday 4th July 2024 at 8am – Mortimer – Bus will leave school at 8.30am.

Pick Up: Friday 5th July 2024 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 8th July at 8.15am at Mortimer - All kit must be returned on this date in a good condition as 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 Hcooper1@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 DofE 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 DofE School mobile number (which will be shared before we leave).**



**NORTH EAST
GUIDES**

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

How to pack your DofE rucksack
Get more tips at [DofE.org/shopping/expedition-kit](https://www.dofe.org/shopping/expedition-kit)

- Linear:** Use a dry bag or rubbish sack to line your rucksack to keep everything dry. *Lifesystems Dry Bag*
- Sun protection:** Store in a suitable bag to avoid damage and keep next to top or in pocket to regularly reapply. *Lifesystems Mountain Factor Sun Protection*
- Fuel:** Double-bag fuel containers in a suitable bag and store vertically to avoid spillage. *Trangia Fuel*
- Waterproof jacket and trousers:** Pack your bag in the order you will wear your kit. Remember tent in first out. *Craghoppers Helium Jacket and Ascend Overtrousers*
- Head torch:** Pack evening essentials such as batteries or chargers together so you can find them easier in the dark. *Lifesystems Intensity 100 Head Torch*
- Mid layers:** Choose an lightweight and dry quickly. Keep near the top as temperatures can change quickly. *Craghoppers Strata Thermal Jacket*
- Survival bag:** Use as an extra to help keep kit stable in the bag. *Lifesystems Survival Bag*
- Tent:** Ensure the heaviest kit is close to your back and balanced on each side. *Vango Banshee 300 Tent*
- Shoes:** Clean and dry thoroughly, then place close to your back to maximise your amount of ground. *Trangia 60-64, Stone*
- First Aid:** Ensure your first aid kit in the bottom of your rucksack. *Lifesystems Trek First Aid Kit*
- Sleeping mat:** Try to get all your kit inside your bag. If you have a large roll mat, you can fit it securely to the outside. *Vango Trek Sleeping Mat*
- Spare clothing:** Push spare clothes to the bottom of the rucksack to the spare rucksack. *Craghoppers Fusion Base T-Shirt*
- Rucksack:** Make sure your rucksack is padded to the weight of your kit to your size and roll on. *Vango Sherpa 60-70 Rucksack*
- Lunch/food:** Bag each meal separately to help ration your food. Pack your lunch in the dark and have snacks to hand for extra energy boosts. *Wayfinder Expedition Food*
- Sleeping bag:** Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack. *Vango Lethbridge Sleeping Bag*
- Eating/Drinking:** Plastic or titanium camping gear are lightweight, wear broken and easy to clean. *Lifesystems Ellipse Mug and Plate*
- Wash kit:** *Lifesystems Wash Bag*
- Shoes:** Always take at least two pairs of socks and 1 daily one pair for each day. Pack to keep dry. *Bridgford's Hike Midweight Performance Boot Socks*
- Towel:** *Duffe Bull BUFFO Original headwear*

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)

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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.



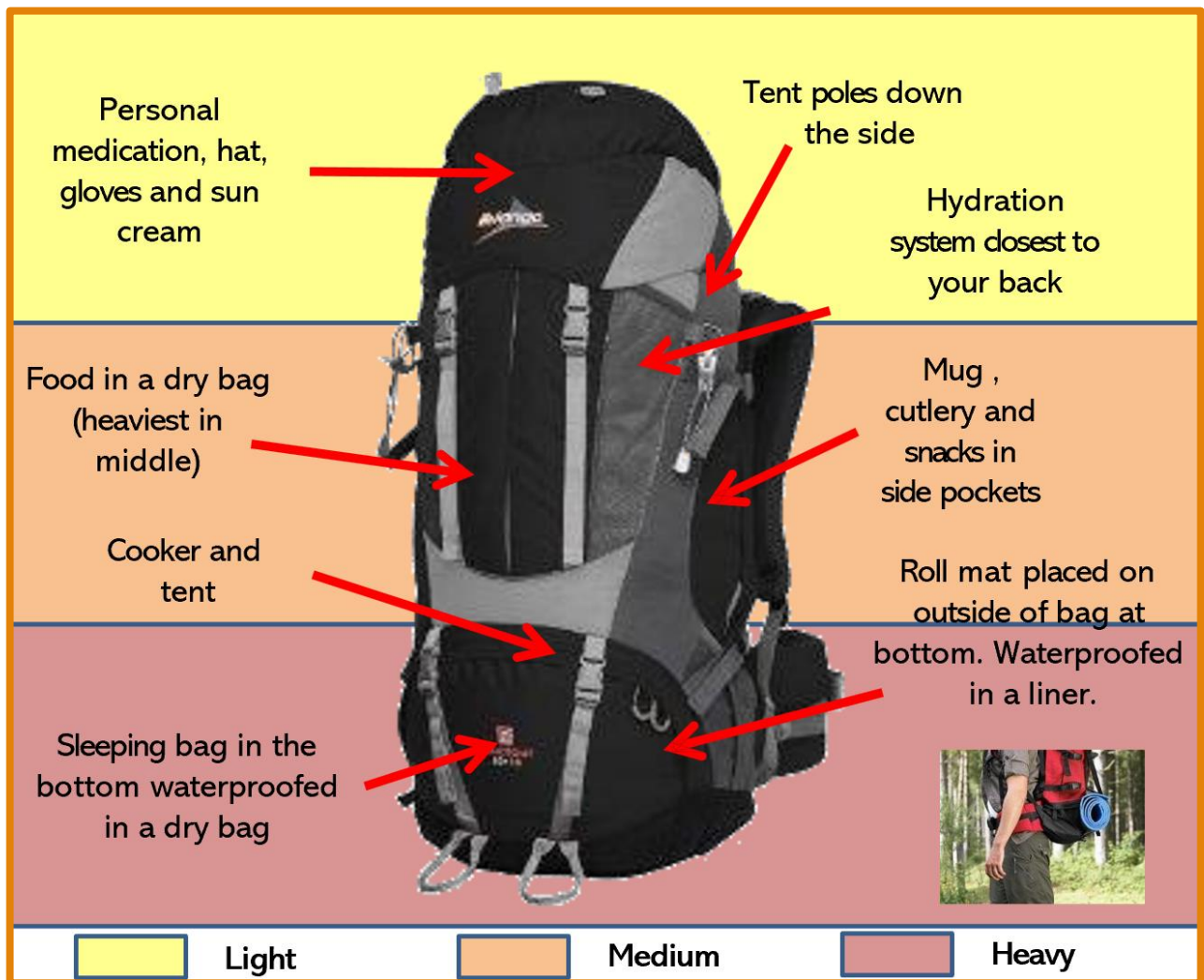
Toiletries: Containing all of your personal toiletries & medication. Toothbrush, toothpaste, deodorant and wet wipes.

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



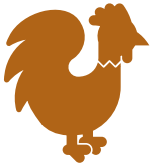
ABCDE of packing your rucksack

- **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.