



Bronze D of E 2019-2020

Preparations for the expeditions



Simple
'How to
pack your
DofE
rucksack'
Download



- REMINDER: you should have completed at least one of your other sections by now. You should ALL have put online information about ALL your sections except the expedition.
- You will NOT do the expedition unless you HAVE completed all other sections.

- **TODAY**

- Create teams of 6 or 7. Single gender or mixed gender. Get together and put your names on a list on the paper provided.
- Look at the information sheet you have been given and the kit/equipment list. Discuss as a group what you can provide for yourselves and as a team.
- Discuss what strengths you think you can bring to the team.
- Go to a teacher when they call you to give the names of your team members

Over the summer, try and get together with your team and go for a walk. Or go out with family.

You will be expected to go for regular walks before your expeditions coming up next school year in April and June. This is to improve your fitness. Even if you already do a lot of sport, walking for up to 6 hours with a heavy rucksack is very different from playing a match or training for a couple of hours a week. Too many students are not coping with the physical hard work of the expeditions. You **NEED TO PRACTICE!**

Assessors can defer you if they think you have not met the physical fitness criteria! (Deferred means redo the expedition at a later date)



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Blackland Farm

September 28th/29th 2019



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Equipment

Fully equipped:

- rucksack
- suitable shirt
- warm top (fleece jacket)
- waterproof jacket and trousers
 - suitable walking trousers
- walking boots and socks
- change of underwear
- nightwear
- warm hat and gloves
- Torch and batteries
- wash bag (toothbrush, soap etc)
- personal medicines
- Tent
- sleeping bag
- sleeping mat
- cooking stove and matches or lighter (group);
- **team meals: dinner and breakfast; plus lunch and snacks**
- Knife, fork, spoon, plate, bowl, mug
- washing up materials (group)