



Bronze D of E 2019-2020

Preparations for the expeditions



Simple
'How to pack your
DofE
rucksack'
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- REMINDER: students should have completed at least one of their other sections by now. Everyone should have put online information about ALL their sections except the expedition.
- You will NOT do the expedition unless you HAVE completed all other sections.

- Students have already created teams of 6 or 7.
- They should have sent in a team request for equipment to be borrowed from the school for the Training weekend coming up at end of September.

- Today:
 - Information and dates for training and expeditions
 - Information for the Blacklands Training weekend Sept 28/29th
 - Information on kit required

Over the autumn and winter, try and get together with your team and go for walks. Or go out with family.

You will be expected to go for regular walks before your expeditions coming up next 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)

Programme of Preparation for Expeditions 2019-2020

Day	Date	Activity	Venue	Times
Tuesday	September 10th 2019	Parents meeting for information on expedition programme	School Hall	6:30-7:30pm
Tues-Thursday	Sept 24th-26th 2019	Collect Equipment and share menu plans	Sixth form Centre and G Block	3:15pm - 4:15pm
Saturday-Sunday	28th - 29th September 2019	Compulsory Training Weekend Training including camping overnight	Blacklands Farm, East Grinstead	9am Saturday – 1pm Sunday
Sunday	November 2019 TBD	Expedition preparation activities: Equipment; assessor's role; menu planning; team building; maps; Countryside code.	Sixth form Centre and G Block	9am – 12pm 1pm-4pm
Sunday	March 2020 TBD	Expedition Preparation <ul style="list-style-type: none"> • Paper Mapwork • Route cards (distances, timings, escape notes) • Online mapping • Begin planning practice and Qualifying expedition 	Sixth form Centre and G Block	9am – 12pm 1pm-4pm
Week days after school	April/May 2020	Final admin and prep for the expeditions	Various	3:15pm - 4:15pm



Expedition Dates



In the weeks leading up to the expeditions, there will be after school sessions to prepare you fully with route planning, equipment allocation and ensuring you are fully aware of health and safety guidelines for the expeditions.

Please be aware, if **behaviour** in school is **poor** (many Behaviour Hits), this will **jeopardise** your **participation**: we cannot take out students who cannot be trusted to behave.

	Dates	Times	Venue
Practice Expedition: Compulsory	<p>Group A: Friday 24th April – Saturday 25th April 2010</p> <p>Group B: Saturday 25th April – Sunday 26th April 2020</p>	<p>Group A: 5:30pm Friday to 4pm Saturday</p> <p>Group B: 5:30pm Saturday – Sunday 4pm</p>	<p>Washington/Findon location of South Downs</p> <p>Camp site: Washington Campsite</p>
Qualifying Expedition Compulsory	<p>Group A: Sat 6th June – Sunday 7th June 2020</p> <p>Group B: Sat 20th June – Sunday 21st June 2020</p>	<p>9am Saturday – 3pm onwards Sunday</p>	<p>Steyning and Henfield Area of South Downs</p> <p>Campsite: Parkwood Scout Camp</p>

Payments: please pay at least £120 of your final total if you have not already done so, by the end of September, as we have to pay the company. It is over £80 per student. You have already paid £30 deposit that covered the registration fee and early admin costs.



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Blackland Farm

September 28th/29th 2019



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Saturday 28th Sept:

All students arrive 8:45-9am for a 9am start.

Weekend Details

Please drop off and leave.....ie we need to keep people moving!

Activities throughout the day on Saturday include:

- Team building
- Campcraft skills including putting up tents and securing them; cooking on camp stoves (trangias); looking after campsite area; health and safety around tent areas
- First Aid for expeditions
- Equipment and how to pack your rucksack
- Route planning and map reading: how to write up a route plan from your map in preparation for your expedition; plan route for walk Sunday morning

Saturday Evening:

- set up camp: put up tents, cook evening meal, clear up/wash up and put things away
- Relax with campsite activities: games
- Retire to tents 9:30pm. Lights out by 10pm

Sunday:

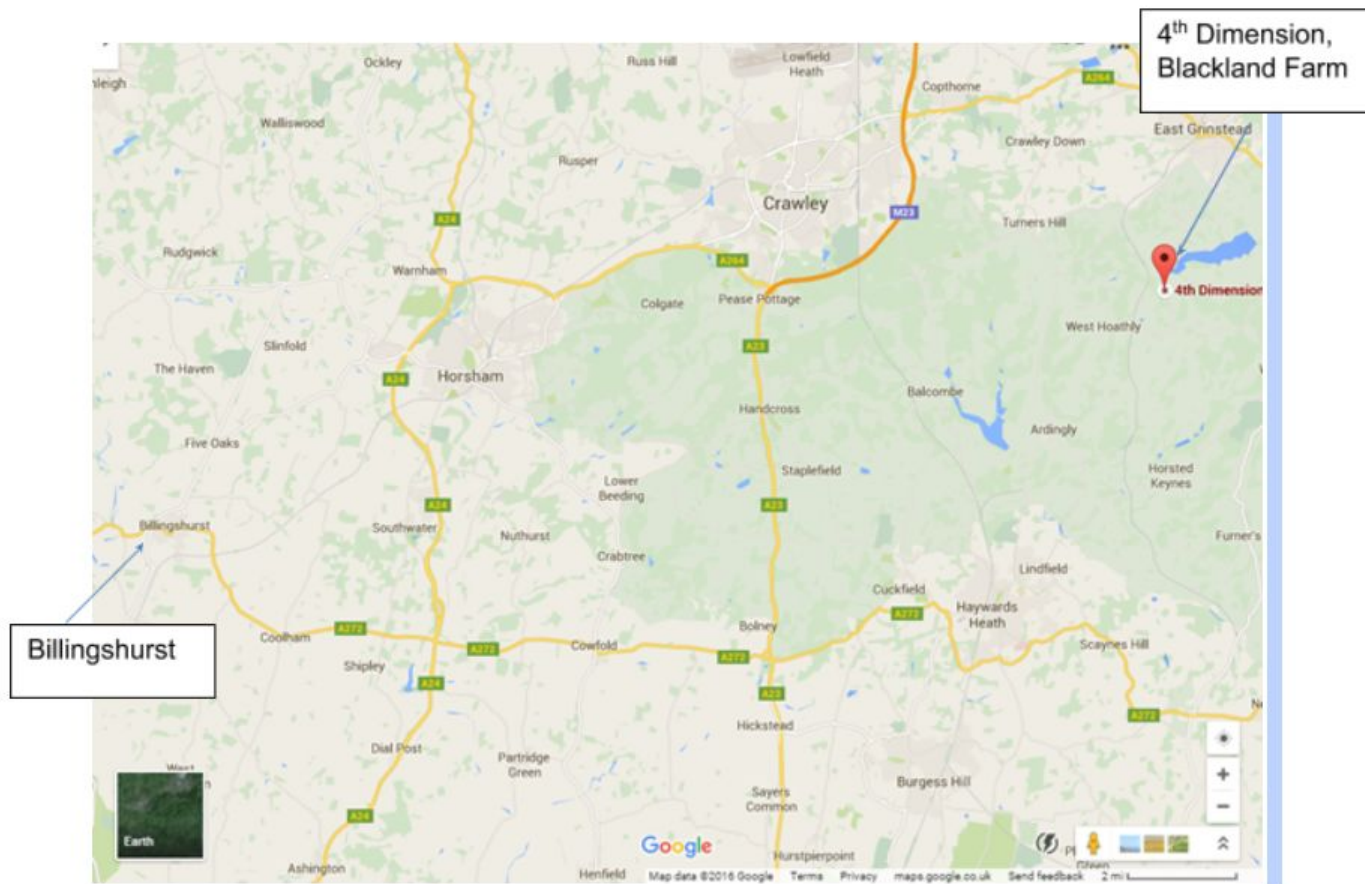
- 6:30am rise – take down tents, cook breakfast, clear up, pack rucksacks
- Walk with instructor for 3-4 hours, with rucksacks, navigating and pacing.

Return by 12:30: debrief by instructor

Final instructions and debrief from The Weald Staff

1pm collect by parents

Do not enter the main Girl Guiding gate, but, if coming from the south, (via Haywards Heath) pass the main gate and enter the next gate on your left into a field. If coming from the north (via East Grinstead), enter the gate just before the main entrance, turning right into a field.



Equipment: NO PHONES

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)

Important equipment

Presented by: Harvey Betts, Head Boy

- works at Cotswolds, specialist outdoor equipment shop in Horsham
- very experienced in outdoor activities.
- has completed Silver expedition and is going on to do Gold

In Summary

- **Students only, meet with teachers in G Block in week before training weekend to collect equipment and clarify menu. To be arranged.**
- **Training weekend: September 28th/29th 2019, Blackland Farm near East Grinstead: all students**
- **November: 1 Sunday meeting to begin planning expeditions: students**
- **Get out walking throughout the next 7 months to build up your hiking fitness!**
- **March: 1 Sunday to complete preparation for Expeditions: students**
- **Fri/Sat April 24th/25th 2020 Group A: Practice Expedition**
- **Sat/Sunday 25th/26th April Group B: Practice Expedition**

- **Qualifying Expedition:**
- **Group A: Sat/Sun June 6th/7th**
- **Group B: Sat/Sun June 20th/21st**

Equipment which can be borrowed from school: rucksack, tents, stoves, sleeping mats and bags. Important: good BOOTS and WATERPROOFS!



Any Questions?

