



October 2018

Dear Parent/Carer

## **Silver Duke of Edinburgh 2018**

I am writing to you to confirm the timings for the forthcoming practice expedition.

### **Key Dates:**

#### **Monday 22 October 3.30pm - Room 86**

Final check that students have all the necessary paperwork and kit for the Assessed Expedition.

1. Maps – each team must have three maps marked up with practice and assessed routes completed. These should already have been completed in the route planning sessions.
2. Route cards – completed in detail with help from staff already.
3. The Aims of each DofE Expedition has been completed and handed in.
4. Personal kit and food are ready.
5. Menu planners are completed and handed in.

#### **Practice Expedition Monday 29 October – Friday 2 November**

The trip is five days long, travelling up early on the morning on Monday 29 October for an acclimatisation day. Students will need to arrive at school by 6.30am for a prompt departure. Students will need to bring money if they would like to buy breakfast at the service station and a takeaway, or similar, for their evening meal. Orientation and kit checks will take place during the day. On Tuesday 30 October students will complete a further training day, before starting their three day practice expedition on Wednesday 31 October.

We will return during the evening of Friday 2 November. Students will be able to update you when we are on our way back, to give a more accurate arrival time, but it will be approximately 10.30pm.

We will liaise with the groups about the most convenient time to complete their presentations for the assessed expedition.

Students need to bring a separate day bag for Monday 29 October and Friday 2 November (in the van on the way home). This will be left in the minibus or van during the expedition, so please do not include any valuables in this bag. On Monday 29 October this should include anything required for the day, including money for the service station, packed lunch, waterproofs and additional layers.

#### **Tuesday 6 November**

Please could students come in after school to return any remaining group kit and dry the tents if necessary (weather dependent).

### **Contact**

**Your son/daughter will be out of contact during the expedition but you can reach us on these numbers:**

**DofE 1 contact - 07415631719**

**DofE 2 contact - 07904656505**

**Food**

A balanced and varied diet for the expedition, planned on menu cards.

**Breakfast** – must have something hot. It is strongly recommend that porridge is taken; at an absolute minimum a hot drink will be required to comply with the 20 Expedition Conditions for D of E. Do not skip breakfast.

**Lunch** – can be the hardest to plan for. Wraps are a good idea, with packaged tuna/sardines or sandwich filler or cheese. If you want meat, a dried meat like a chorizo may be a good idea.

**Dinner** – Light weight – dry freeze meals or boil in the bag recommended for speed and ease and washing up your pans in the dark. See outdoor shops. Make sure the student has tested their choice because they have to eat it!

You may wish to pack one small luxury food treat for night 3 when you hit an emotional low mid-expedition, to perk you up.

Top tip if you are going to bring pasta – spaghetti is the most spatially efficient! - but remember you have to wash the pan.

**Snacks** – dried fruit/cereal bars/mars bars/sweets/flapjack – avoid chocolate.

**Emergency rations** – must be kept until the end of the expedition to show your supervisor at the end (unless you have had an emergency).

**Kit** – Clothing layers are the key. You must have effective waterproofing. You may wish to purchase gaiters to cover your lower legs for added waterproofing and ensure your walking boots are waterproof and provide ankle support.

Yours sincerely

Charlotte Tubbritt  
D of E School contact  
**Gold Duke of Edinburgh 2018**