



June 2019

Dear Parent/Carer

Gold and Silver Duke of Edinburgh 2019: Friday 28 June to Tuesday 2 July

I am writing to confirm the timings for the forthcoming assessed expedition.

Friday 28 June

Students will depart early in the morning on Friday 28 June; they will need to arrive at school by 6.00am for a prompt departure. Once in the Brecon Beacons, both Silver and Gold students will have an afternoon of training and kit checks.

Students should bring money for any food they wish to buy at the service station en route, and also for their evening dinner, which will be a takeaway meal.

Saturday 29 June

Gold students will begin their assessment and Silver students will have a further training day, before commencing their assessment on Sunday.

Tuesday 2 July

Both the Silver and Gold groups will finish their expedition. Students will keep you updated on their estimated arrival time during the return journey; please be available in the evening to collect them from school.

Students will need to bring a separate bag for personal clothing and food for when they are not on expedition. This will be left in the minibus or van during the expedition, so no valuables should be left in this bag.

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

Wednesday 3 July

Please could students come in after school to return any remaining group kit and dry the tents, if necessary (weather dependent). This would be a great help to staff, who will be teaching that day.

Contact

Your child will be out of contact during the expedition, but you can reach us on this number: DofE contact – 07934111516.

Food

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

Breakfast

Students must have something hot. Porridge is strongly recommend and, at an absolute minimum, a hot drink will be required to comply with the 20 Expedition Conditions for D of E. Students must not skip breakfast.

Lunch

This can be the hardest meal to plan. Wraps are a good idea with packaged tuna/sardines, 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, are recommended for speed and ease and also for washing up pans in the dark. See outdoor shops. Make sure the student has tested their choice because they have to eat it!

Students may wish to pack one small luxury food treat for night 3, when they hit an emotional low mid-expedition.

Top tip - if students wish to bring pasta, spaghetti is the most spatially efficient, but remember they 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 so that students can show their supervisor, unless they have had an emergency.

Kit

Clothing layers are the key. Students must have effective waterproofing; they may wish to purchase gaiters to cover lower legs for added waterproofing and ensure their walking boots are waterproof and provide ankle support. If you have any questions regarding kit please ask me. Please see the kit list attached.

Yours sincerely

Miss C Tubbritt
D of E School Contact