

THE DUKE OF EDINBURGH'S AWARD WITH E3ADVENTURES



**EXPEDITION HANDBOOK FOR
2022 -KINGS ACADEMY
RINGMER**

Welcome

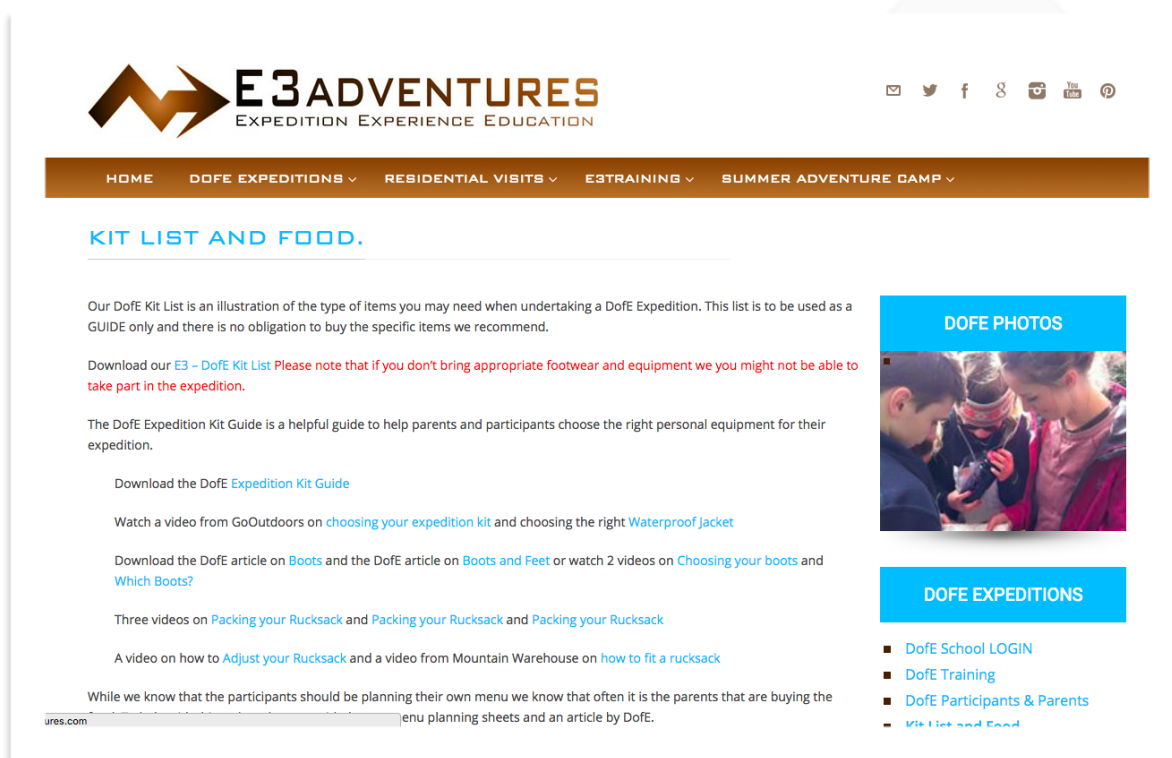
Welcome to your Duke of Edinburgh's expedition with E3Adventures, the Award is a balanced programme of activities that develop the whole person – mind, body and soul, in an environment of social interaction and team working with the expedition section often being the most memorable and impactful element of the Award.

The Award is renowned by employers and universities alike for the qualities young people have who've achieved a DofE Award.

To achieve your DofE Award you will be completing a programme of activities across four sections:

- Volunteering: undertaking service to individuals or the community.
- Physical: improving in an area of sport, dance or fitness activities.
- Skills: developing practical and social skills and personal interests.
- **Expedition**: planning, training for and completion of an adventurous journey in the UK or abroad.

This handbook combined with the information on our website is designed to help you get the most out of your **Expedition** Section, where you see this symbol please check out our website www.E3Adventures.com for videos, articles and other helpful information.

E3ADVENTURES
EXPEDITION EXPERIENCE EDUCATION

HOME DOFE EXPEDITIONS RESIDENTIAL VISITS E3 TRAINING SUMMER ADVENTURE CAMP

KIT LIST AND FOOD.

Our DofE Kit List is an illustration of the type of items you may need when undertaking a DofE Expedition. This list is to be used as a GUIDE only and there is no obligation to buy the specific items we recommend.

Download our [E3 – DofE Kit List](#) Please note that if you don't bring appropriate footwear and equipment we you might not be able to take part in the expedition.

The DofE Expedition Kit Guide is a helpful guide to help parents and participants choose the right personal equipment for their expedition.

Download the DofE [Expedition Kit Guide](#)

Watch a video from GoOutdoors on [choosing your expedition kit](#) and choosing the right [Waterproof Jacket](#)

Download the DofE article on [Boots](#) and the DofE article on [Boots and Feet](#) or watch 2 videos on [Choosing your boots](#) and [Which Boots?](#)

Three videos on [Packing your Rucksack](#) and [Packing your Rucksack](#) and [Packing your Rucksack](#)

A video on how to [Adjust your Rucksack](#) and a video from Mountain Warehouse on [how to fit a rucksack](#)

While we know that the participants should be planning their own menu we know that often it is the parents that are buying the menu planning sheets and an article by DofE.

DOFE PHOTOS

DOFE EXPEDITIONS

- [DofE School LOGIN](#)
- [DofE Training](#)
- [DofE Participants & Parents](#)
- [Kit List and Food](#)

Expedition process

To complete your expedition section you will need to be trained, complete both a practice and qualifying expedition and give a presentation about your expedition.

Training

Before you start your expeditions you will be trained how to navigate, use a stove, pitch a tent and carry out first aid and emergency scenarios.

Please wear your walking boots to the training so that we can see them and give you any feedback.

Training Day

You will do a days training where you will practice the skills taught in school. You will be expected to wear your boots and to carry your packed rucksack.

Qualifying Expedition

You will be required to carry your own clothing and kit as well as your share of the group equipment so leave space in your rucksack when you are packing you own kit.
You will need to cook a hot evening meal and on the qualifying expedition your assessor will want to see this as part of the assessment.

Expedition report

After your expedition you will have a chat with your expedition assessor about the expedition. They will write a report for you.

Expedition Kit List

This Kit List is a suggestion of clothing and equipment that you might need for the expeditions, you might already have much of this however if you are considering buying any equipment it is worth buying items that could be suitable for the duration of you Bronze / Silver / Gold expeditions.

Clothing	Personal Kit	Group Kit
1 pair of walking boots (broken in) 2 pairs of walking socks 2 t-shirts Thermal t-shirt (optional) 2 fleece tops or similar 2 walking trousers Underwear Nightwear Flipflops/trainers/sandals etc (optional for campsite use) Warm hat &/or sunhat (as appropriate) 1 pair gloves (if appropriate) 1 pair shorts (if appropriate) Sunblock (if appropriate) Waterproof over-trousers Jacket/coat (waterproof & windproof) 1 pair gaiters (optional)	60L Rucksack + Liner Sleeping bag + mat Survival bag Whistle Torch (spare batteries) Personal first aid kit Water bottle (2 Litres) Knife, fork, spoon Small pocket knife/pocket tool Plate/bowl /Mug Box of matches Wash kit/personal hygiene items (some items could be shared as a group) Towel Notebook and pen/pencil Watch Spare Laces	Scourers, washing up liquid Tea towels Plastic bags (for rubbish etc.) Toilet paper Camera (optional) Tin Opener (if needed) Repair Kit Lighter
Tents / Stoves / Fuel / Pots / Pans / Maps / Compass / Group First Aid Kit / Emergency Phones are all provided by E3Adventures		

Buying or getting the right kit / equipment

If you are considering buying or borrowing any equipment please look at our website where we have a number of videos and articles to help you, these include:

- Expedition Kit Guide
- Choosing your Expedition Kit
- Choosing your Waterproof Jacket
- Choosing your boots



Please note that if you don't bring appropriate footwear and equipment you might not be able to take part in the expedition.

Expedition Menu and Food

Cooking and eating are vital aspects of the expedition and having a well prepared menu with tasty food can lift your teams spirits after a long days walk. Although cooking does not have to be a team activity we strongly recommend that your team agree and plan a menu in advance, this will help reduce weight and bulk as well as making cooking easier. Think about foods that will provide you with both the calories that you need and energy throughout the day, sweets and crisps are ok for snacks but should not form the key components of your menu!

Day 1

Before you start your expedition make sure you have a filling and nutritious breakfast, this will give you the energy to start your expedition, cereal with a chopped banana on top or toast with peanut butter might be nice. You could have a packed lunch for mid-day. Your evening meal is a key part of the expedition, choose something your team will enjoy cooking and eating, if you get the opportunity practice cooking it at home before your expedition.

Day 2

There are many options for breakfast, the commonly available porridge pots offer an easy and filling option but you might be tempted to be a bit more adventurous with an omelet or fried breakfast. Lunch can be something simple that gives you long lasting energy and is easy to prepare and eat. Your evening meals should be hot, filling and nutritious.

Emergency Rations

Bring some emergency rations, a couple of chocolate bars or fruit bars, flapjacks or similar.

Menu planner and articles on expedition Food

Visit our website to download your own menu planner and the DoF articles on Expedition food and 'Healthy Eating on Expeditions'



E3Adventures Bronze Menu Planner

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Eat a filling breakfast at home before you leave on expedition.	Can be a packed lunch	Something hot and easy to cook.	Something to give you energy and keep you going.
Day 2		Can be a packed lunch	Can be hot	
Emergency Rations				

- 1 - Choosing not to cook - easy - filling food will help give you energy and keep your spirits up
- 2 - Cooking does not need to be a team activity but cooking together can be useful and more fun.
- 3 - Good high energy snacks will help keep you going - especially in poor weather or at the end of a long walk.



How to pack your rucksack

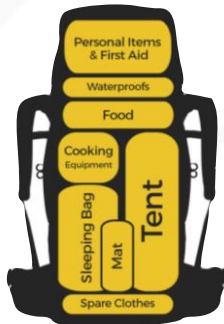
Please do visit the website, there are a couple of videos and downloads on how to pack your rucksack which will really help you. Having a well packed and well adjusted rucksack will make a huge difference to your level of comfort as well as the stresses and strains put upon your body.

Treat the videos and articles as a great place to start, however there is no substitute for experience, with that in mind follow our handy tips.



Practice packing your rucksack

You won't know what works, how much fits in or how to do it unless you practice at home first. The morning of your practice expedition should NOT be the first time you pack your own rucksack.



Pack the stuff you need where you can get it

You might need your waterproofs in a hurry, don't pack them at the bottom of your rucksack.



Pack bags within bags

Your rucksack is NOT waterproof. Use a rucksack liner or similar. Pack your dry clothes, sleeping bag, food in separate bags. Several bin liners or a rubble sack work well. This will keep them dry and mean that you can find what you need without having to rummage through everything.



Put equipment inside your rucksack

Anything outside of your rucksack will get snagged on trees and branches, will get wet or dirty or lost. If it can't fit inside your rucksack either you don't need it or your rucksack is too small.

Your personal equipment.

Choosing the right equipment can make all the difference to the success of your expedition. When thinking about your equipment ask yourself the following questions.

- What have I already got in my wardrobe?
- What can I borrow?
- If I am still growing what will still fit in 2 or 3 years time

Boots and Socks



Your boots should have good ankle support and have a good solid tread on the bottom., this will minimize the likelihood of you slipping and help protect your ankle if you do slip or trip. Your socks should help cushion your feet, minimize blisters and keep moisture away from your feet. Wear 2 pairs of socks, a thin pair next to your skin and a thick pair on top.



Rucksacks

Your rucksack should be big enough to carry your own equipment and your share of the group equipment. If you are intending to carry on to Silver and Gold DofE you might want a rucksack with an adjustable back system that will grow with you over the years and be big enough to use on your Gold Expeditions. 60-70L should be sufficient.



Waterproofs

Good waterproof coats and trousers will help protect you from the wet and the wind. When choosing your waterproofs try them on to make sure they will be comfortable to walk in. Check that you can put your waterproof trousers on while wearing your boots.



Sleeping Bag and Mat

Getting a good nights sleep is vital, you will need a sleeping mat or similar. This helps you be a bit more comfortable and, more importantly, keeps you off the cold floor so helps you keep warm. Your sleeping bag should keep you warm and pack down small enough to go inside your rucksack, a modern 'mummy' style 2-3 season sleeping bag should do it. Always pack your sleeping bag inside a bin liner or similar just in case it rains or water gets inside your rucksack.



For videos and articles all about choosing and fitting your personal equipment visit our website and look for the Kit List and Food link.



Getting ready for your expedition - Checklist.

Use this checklist to make sure you are ready for your expedition, if there is anything you are unsure of talk to your DofE coordinator who will be able to help you.

- ☒ I have received my expedition handbook that includes the kit list

Training - Expedition training framework

- ☐ I have been taught First Aid and emergency procedures
- ☐ I know how to plan my route and fill in my route card
- ☐ I know how to use a map and compass to navigate
- ☐ I know how to choose suitable clothing and equipment for expedition
- ☐ I know how to use the stove safely

Equipment

- ☐ I have a roll mat and sleeping bag
- ☐ I have waterproof trousers and jacket
- ☐ I have a personal first aid kit with some plasters in
- ☐ I have a rucksack that is big enough (60-70L) and is comfortable
- ☐ I have a plate, cup, KFS, T-towel and a scourer to clean the pans with
- ☐ I have a pair of boots that protect my ankle and have good grip on the bottom

Planning and preparation

- ☐ I have planned the route and done my route card
- ☐ I have talked with my group and made a plan for our menu
- ☐ I have talked with my group and we have an AIM for our expedition
- ☐ I have used my boots, waterproofs and rucksack to check that they fit and are comfortable

Just before the expedition

- ☐ I have bought my expedition food
- ☐ I have packed my own rucksack and it is ready to go
- ☐ I know where and when we are meeting to leave for the expedition

This is just a guide, as a group you should be thinking about and planning **your** expedition. Help and support each other by checking that everyone has the right equipment and knows what is going on. The better you work as a team the more enjoyable your expedition will be

DofE Expedition Consent Form

Dear Parent/Guardian,

We are an AALA licensed, DofE approved provider of DofE Expeditions. Details of all activities along with the risk assessments, copies of our insurance and licenses are available at the school. Before your son/daughter participates in the expeditions we ask that you complete the below form about them.

First Name:	
Surname:	
Age:	
Medical, behavioural or emotional conditions that could impact on the safe and successful delivery of this activity programme.	

Consent from parent or guardian (if applicant is under 18 years old)

PLEASE READ

I agree to my son / daughter / ward undertaking the DofE expedition with E3Adventures. I fully understand the nature of the activities that my child/ward will be taking part in which will involve expeditions and camping. I understand that the expeditions are remotely supervised and that there will not be a leader with my child at all times during this expedition. I understand that my child needs to have sufficient training to enable them to undertake this expedition safely, and I understand the importance of them attending all of the training sessions and practices. I confirm that I have disclosed any medical, behavioural or emotional conditions that could impact on the safe and successful delivery of this expedition programme.

	<i>Print Name</i>	<i>Signature</i>	<i>Date</i>
Parent/guardian			/ /
Relationship to participant:		Contact telephone no:	

PHOTOGRAPH CONSENT

As part of the work we do with young people E3Adventures occasionally take photographs or videos of various activities. These may then be displayed and published on our web site to promote and celebrate the work of young people. Please tick the box *if you are happy* for photographs of your child displayed and published. ☐



E3

