

TON/TDY

5<sup>th</sup> September 2016

**Trip Information for Bronze Assessed Expedition**

**17<sup>th</sup> - 18<sup>th</sup> September 2016.**

**Purpose**

A two day self-sufficient walking expedition with one night camping. Participants will be assessed on Navigation and Camp Craft Skills. They will gather information to be presented in their post expedition reports. Further development of the skills gained during the practice expedition will take place.

**Venue**

Northamptonshire/Buckinghamshire: walking from Stoke Bruerne – The Navigation Pub, camping at Quarries Scout Campsite in Cosgrove and finishing at the Swann Way Car Park - Salcey Forest.

**Start**

Parents/Guardians should drop students off at The Navigation Pub in Stoke Bruerne. Groups have been given start times for the expedition. See table below. **Please don't drop students before these start times as the Car Parks will become congested.**

<b>Group</b>	<b>Drop off time</b>
<b>1</b>	<b>8:30</b>
<b>3</b>	<b>9:00</b>
<b>5</b>	<b>9:30</b>
<b>7</b>	<b>10:00</b>

**Finish**

Groups should be finished between 15:00 & 16:00 on Sunday 18<sup>th</sup> September, therefore, please arrange to collect your son from the Swann Way Car Park at Salcey Forest.

**Please be aware that this is dependent on the students leaving the campsite on time and having no difficulty in navigating during the day!!**

There is little or no phone reception at the Swann Way Car Park, therefore, your son will be advised to call you towards the end of the day with an estimated time of arrival.

**Please don't turn up unless your son has made contact with you as the car park is very small.**

## **Cost**

The cost of the expedition is **£20 pounds**. Please pay cash and return to Mrs O'Neill along with the reply slip and the up to date Medical form in the envelope provided.

## **General Information common to both Practice and Assessed Expeditions.**

### **Equipment**

Full expedition kit is required including stove, walking boots, tent, waterproofs etc. A suggested kit list is available on the resources area of our website, in the expedition training notes and from the DofE website.

Here are some reminders:

### **Individual**

- Wash kit, toothbrush etc.
- Walking boots with ankle support
- Good socks
- **No jeans**
- Waterproof (pack near top of rucksack)
- Make sure all kit is water proof or in rucksack liner. (Green garden refuse sacks are ideal as they are stronger than black bin bags)
- Outdoor sleeping bag
- All kit in rucksack – only roll mat on the outside
- Sun cream, hat or warm hat and gloves dependant on weather
- Emergency rations – sealed
- Spare clothes – but remember it is only **one** night
- Torch and spare batteries
- Bowl, cup (**not** china) knife, fork & spoon

### **Group**

- Washing-up kit
- Waterproof matches – no lighters
- 1 survival bag
- Compass (if a personal one is owned)
- Playing cards for a little light entertainment in the evening!
- Food as planned during expedition planning
- Map & route cards

This equipment will be issued to the groups at school prior to the expedition. They will be responsible for the kit which includes stoves, stove bottles and maps. There are some rucksacks available to borrow. When kit is returned, it should be in the condition it was given.

**Failure to return kit in the condition it was received will result in a charge being made for replacement.**

**Stoves:**

Should be thoroughly cleaned, inside and out. No fuel should be left in the burner.

**Fuel Bottles:**

These can be returned with any unused fuel still in the bottle.

**Food**

All food requirements for the entire expedition have been planned by the participants. Arrangements to purchase the food will need to be made prior to the expedition:

- All food should provide a balanced diet of protein, carbohydrates, vitamins and minerals
- No Pot Noodles or Supper Noodles
- No glass jars
- No tins
- Read any preparation or cooking instructions before setting out.
- If packaging is removed, instructions should either be recorded or cut out and brought on expedition.

**Mobile Phones**

Phones are **only** to be used in an **emergency**. Mobile phones should be sealed in a package and must not be used unless there is an emergency. However, at the end of the expedition participants may use their mobile phones to call home.

**Leaders**

Leaders will be BELA or MLTB qualified and will have been CRB checked. All leaders have a First Aid Certificate. There will be a minimum ratio of 1 leader to 8 young people.

**Emergency Contact** – Please only contact if it is an emergency and not to find out when a group will be finished. **07411 083 776**

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**REPLY SLIP TO MRS O'NEILL BY MONDAY 12<sup>TH</sup> SEPTEMBER**

I/We\* do/do not\* give permission for my/our\* son to take part in the Bronze DofE Practice Expedition from 17<sup>th</sup> to 18<sup>th</sup> September 2016.

Student Name: \_\_\_\_\_ Form: \_\_\_\_\_

Signed: \_\_\_\_\_ Parent/Guardian