

# DofE Expedition Guidance

How to complete a  
successful expedition.



**Your** expedition  
in **safe** hands



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**Ben Keen**  
Managing Director

## Your Expedition in Safe Hands

The Adventure Element are proud to stand as a leading provider of Duke of Edinburgh's Award Expeditions. We know how taking part can have a positive impact on a young person's life, and can make them stand out from the crowd.

Our professional planning and delivery service ensures you are always in safe hands.

# Duke of Edinburgh's Award Overview



**The DofE is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new territories. At the same time, you'll gain friendships, experiences and memories that will last a lifetime.**

It doesn't matter who you are, or where you're from, as long as you're 14 to 24 you can choose the activities that motivate you and go on your own personal journey. We know from other participants that the DofE Award helps you stand out from the crowd when you apply for college, university or jobs. Ready to find out what the DofE Award could do for you?

## The sections of the DofE Award are.....

### Volunteering

Volunteering is all about making a difference to other people's lives. Getting off the sofa and taking time out to change things for the better.

### Physical

You will achieve a greater physical fitness through participation and improvement in a physical activity. It's sure to make you feel healthier and you'll have fun along the way!

### Skills

The Skills section is all about developing practical and social skills and a personal interest. You'll develop a particular skill or new talent which will also boost your self esteem, develop practical and social skills and you'll learn how to set and rise to a challenge.

### Expedition

There needs to be between four and seven people in an expedition team (eight if you've chosen to travel by tandem canoe or bike). With your team, you'll plan an aim for the expedition, decide on the route and do lots of fun training to make sure you're fully prepared and know what you're doing!

### Residential (Gold Award only)

The big difference at Gold is you'll also do a Residential section – staying away from home for five days and four nights doing a shared activity with people you don't know. It's great fun and a real chance to do something different!

# Bronze Expedition Programme



**The Bronze level is great way to be introduced to the DofE Award and is completed using simple to navigate terrain.**

Our programmes are 5 days in duration, to include a period of training and route planning. Your qualifying expedition takes place over 2 days and 1 night.

**DURATION** - 2 Days, 1 Night

**ACTIVITY TIME PER DAY** - 6 Hours

**OF WHICH JOURNEY TIME SHOULD BE** - min 3 hours

N.B. The time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned

## SAMPLE PROGRAMME

### Pre-Expedition

#### DAY 1

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- Stove use & food choices
- Erecting tents
- Introduction to navigation
- Clothing and equipment
- Route planning

### Practice Expedition

#### DAY 2

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- Allocations of Equipment
- Start planned route
- Training from Instructor
- Overnight camp

#### DAY 3

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- Take down tents
- Start planned route
- Remotely supervised
- Debrief from Instructor

### Qualifying Expedition

#### DAY 4

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- Equipment checks
- Start planned route
- Remotely supervised
- Overnight camp

#### DAY 5

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- Continue planned route
- Complete presentation
- Assessors debrief

*\*\*\*This is a sample programme. Please check your specific programme details and duration\*\*\*.*

# Silver Expedition Programme



**Moving into more wild terrain, your skill level will increase, along with confidence and ability to be self reliant.**

More advanced navigational techniques and expedition skills will be learnt, in order to complete the route.

**DURATION** - 3 Days, 2 Night

**ACTIVITY TIME PER DAY** - 7 Hours

**OF WHICH JOURNEY TIME SHOULD BE** - min 3.5 hours

*N.B. The time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity.*

## SAMPLE PROGRAMME

### Training / Practice Expedition

#### DAY 1

##### Pre-Expedition Training & Route Planning

- Get to know your team
- Camp craft
- Kit checks
- Route planning

#### DAYS 2

##### Practice Expedition

- Start planned route
- Navigation practice
- Instructor debrief
- Overnight camps

#### DAY 3

##### End of Expedition

- Finish planned route
- Emergency procedures
- Expedition review
- Instructor debrief

### Qualifying Expedition

#### DAY 1

##### Skills Refresher & Route Planning

- Kit checks
- Navigation refresher
- Route planning
- Overnight camp

#### DAY 2 - 3

##### Qualifying Expedition

- Emergency plans tested
- Followed planned route
- Remotely supervised
- Overnight camps

#### DAY 4

##### End of Expedition & Presentations

- Continue route
- Navigation assessed
- Complete presentation
- Assessor debrief

*\*\*\*This is a sample programme. Please check your specific programme details and duration\*\*\*.*

# Gold Expedition Programme



**The ultimate achievement. Teams will travel through wild and remote terrain in the UK's famous National Parks.**

Our programmes are normally 6 days in duration and include a period of training and route planning. The qualifying expedition takes place over 4 days and 3 nights.

**DURATION** - 4 Days, 3 Night

**ACTIVITY TIME PER DAY** - 8 Hours

**OF WHICH JOURNEY TIME SHOULD BE** - min 4 hours

*N.B. The time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity.*

## SAMPLE PROGRAMME

### Training / Practice Expedition

#### DAYS 1 - 2

##### Pre-Expedition Training & Route Planning

- Get to know your team
- Emergency procedures
- Navigation training
- Route planning

#### DAYS 3 - 4

##### Practice Expedition

- Start planned route
- Remotely supervised
- Instructor debrief
- Overnight wild camping

#### DAY 5

##### End of Expedition

- Continue route
- Navigation practice
- Build on team work
- Instructor debrief

### Qualifying Expedition

#### DAYS 1

##### Refresher Days & Route Planning

- Kit checks
- Camp-craft revision
- Navigation refresher
- Route planning

#### DAYS 2 - 4

##### Qualifying Expedition

- Start planned route
- Navigation assessed
- Team work observed
- Overnight camps

#### DAY 5

##### End of Expedition & Presentations

- Finish planned route
- Emergency plans tested
- Complete presentation
- Assessor debrief

*\*\*\*This is a sample programme. Please check your specific programme details and duration\*\*\*.*

# Route Planning



## PLANNING YOUR ROUTE

A key part of the expedition process is planning your route. You will complete this task as a team either at the start of your Expedition programme or before arrival. This depends if you're taking part in an Open Expedition or with a school group.

Whilst you will be provided with the location of your campsites for each night along with compulsory grid references to use, the route you choose between these points will be planned with your team.

### You will need to consider:

- The amount of 'planned hours' you have to complete for the level of award you are undertaking (see expedition programme in the previous sections).
- The amount of distance you and your team are capable of completing.
- The amount of ascent you are going to be doing during the day.
- The type of terrain you will be travelling through.

## EXAMPLE ROUTE PLANNING DOCUMENT

EXPEDITION ITINERARY										
School / Group Name:			Open Gold Expedition 27th May 2019 - PEAKS			TEAM PINK - PRACTICE				
Map Reference:			The Peak District - Dark Peak Area OL1							
Day No.	Day	Date	Start Location / Place Name	To Location / Place Name	Planned Itinerary	Start Grid Reference	Go Via Grid Reference	Go Via Grid Reference	End Grid Reference	Accommodation Notes
1	Mon	27.05.19	Home	Thorpe Farm, Hathersage	Travel to venue. Arrival should be by 14:00	SK 222 822	N/A	N/A	SK160 888	Basic bunkhouse in single sex shared rooms.
2	Tues	28.05.19	Thorpe Farm, Hathersage	Thorpe Farm, Hathersage	A day of training with your instructor around Hathersage.	SK160 888	N/A	N/A	SK160 888	Basic bunkhouse in single sex shared rooms.
3	Wed	29.05.19	Thorpe Farm, Hathersage	Hagg Farm campsite	Taxi will collect you at 08:00 and take you to Edale to begin your route. Travel to your campsite with instructor offering training throughout the day.	SK 125 855	SK 105 872	SK 143 880	SK 160 888	Camping
4	Thurs	30.05.19	Hagg Farm campsite	Rowlee Farm	Day 1 of your Practice Expedition. Remotely supervise by your instructor.	SK 160 888	SK 202 880	SK 193 911	SK 154 893	Camping
5	Fri	31.05.19	Rowlee Farm	Hayfield CC	Day 2 of your expedition. You will be supervised remotely by your instructor.	SK 154 893	SK 109 914	SK 064 901	SK 047 867	Camping
6	Sat	01.06.19	Hayfield CC	Edale Train Station	Day 3 of your expedition. Finish at Edale train station. You will be debriefed by your assessor and then free to leave by approx. 17:00	SK 047 867	SK 062 846	SK 129 873	SK 122 853	N/A
7	Sun	Date	0	0	0	0	0	0	0	0

# Understanding Maps



## READING A MAP

In order to plan a route and go on your Expedition you will need to be able to understand how to read a map. The following information should be used in conjunction with your DofE Expedition training.

## GRID REFERENCES

A grid reference is a map reference, indicating a location in terms of a series of vertical and horizontal grid lines (creating squares), marked on a map and identified by numbers.

You will be using Ordnance Survey (OS) maps with a scale of 1:25,000. This means that one centimetre on the map is equal to 250 metres in real life.

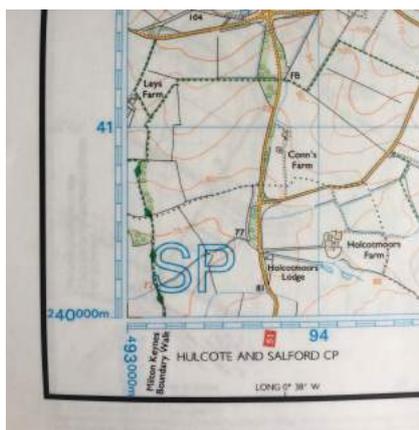
OS splits the country into one hundred kilometre squares, each of which is given a two letter identifier TL,SO,NN,SH etc. These two letter identifiers are blue in colour and can be found in the corners of your map.



Each of these squares is further divided by the vertical and horizontal grid lines into one kilometre squares (marked in blue on the map).

The vertical lines are called the Eastings and the horizontal lines are the Northings.

The Eastings increase in number to the east and the Northings increase in a northerly direction.



# Taking a Grid Reference

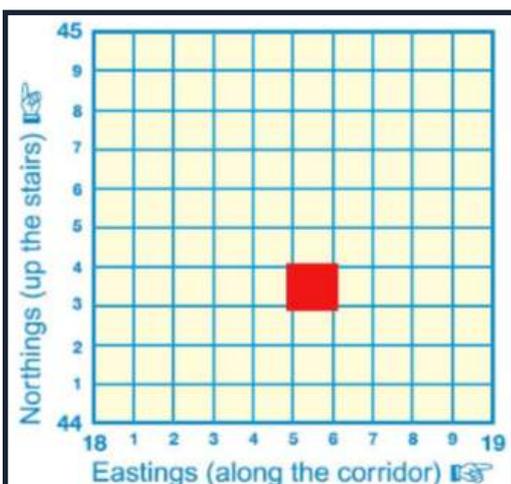
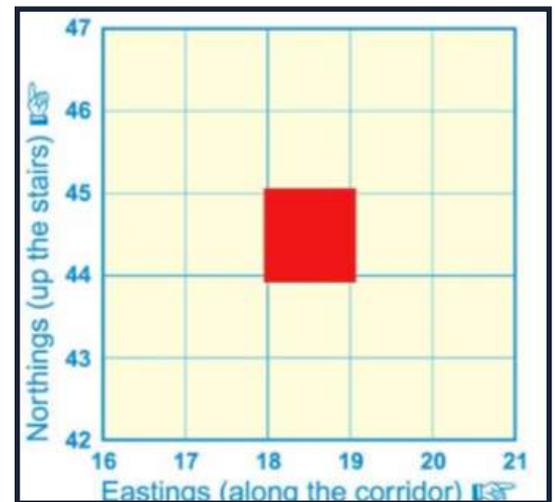


## 4-FIGURE GRID REFERENCE

Let's imagine we want to get a 4-figure grid reference for the location of the red square. We combine the 2 letter identifier (SP - see photo on Pg 7), with the Eastings (18) and the Northings (44)

ALWAYS read the Eastings first, then the Northings. Think.. 'along the corridor, then up the stairs'

This 4-figure grid reference is therefore **SP 18 44** and will get you to a location 1km square.



## 6-FIGURE GRID REFERENCES

A 6-figure grid reference will give you a more precise location.

Now imagine the above red square is split into a further 100 tiny squares with 10 squares making up each side.

To get a 6-figure grid reference we combine the 4 Figure grid reference SP 18 44 with the Eastings (5) and Northings (3) of the smaller square.

When combined with the Eastings and Northings figures the 6-figure grid reference is: **SP 185 443**

Your grid reference starts with a two letter identifier. Then you quote the Eastings and then the Northings.

The number is quoted from the bottom left hand corner of the square.

**To remember this, think - 'along the corridor and then up the stairs'.**

# The 5 D's of Navigation



## **DIRECTION, DISTANCE, DURATION, DESCRIPTION, DESTINATION**

Every time you navigate from A to B, try to use these 5 titles. They will help you to create a strategy or plan and ensure you arrive at the right place and not get lost!!

### **1) DIRECTION**

This can be an accurate bearing from your compass i.e. 274 degrees, or simply a general direction e.g. East (E).

Ensure you have a general direction of travel before you charge off the wrong way and get lost very quickly!

### **2) DISTANCE**

Measure the distance you are to travel carefully on a map. This could be a particular leg, or the whole route. If the leg between A and B is not in a straight line you can use string to trace your route and then measure against the blue squares on the bottom of your map (these are 1km across), or against the romer scale on your compass (ensure you are using the correct romer scale the size of map you are using 1:25k or 1:50k).

### **3) DURATION**

How long should it take to get to your destination? This can be calculated by knowing you will walk on average 3km per hour especially when carrying a heavy pack.

Measuring height gain on your planned route is also important, as walking up / down hill will add time to your journey. Measure change in height by counting the number of contour lines your route crosses to the nearest 10m. Contours are the orange lines on the map. Each contour line depicts 10m in height difference.

You should then add on an additional 1 minute for every contour line you cross on the map.

# The 5 D's of Navigation

*contd.*



## 4) DESCRIPTION

What are you going to see along your route? What features could you 'tick off' which will confirm you're going the right way?

From looking at your map, imagine you are telling a story of your journey, and remember it as you're walking along. E.g. 'After 5 minutes I will come to a wall, where I will turn right and cross a stream. The path then goes up hill following a cliff on my left. On the top of the hill there is a trig point'.

In this example, If you suddenly start going down a steep hill - you know you've gone wrong!!

Break the journey into bite-sized sections, so you can remember each story, until the end of its section..

## 5) DESTINATION

How will you know when you arrive at your destination? What are you expecting to find?

Try to head towards big features like the top of a hill, a path junction or wall. This helps to ensure you've arrived at the right place.

**Catching features:** An overshoot feature is a feature that you will definitely see if you have walked past where you intended to go. For example you may decide that if you reach a road, a river or start walking up a hill you have gone too far.

### **\*\*ESCAPE ROUTES\*\***

An escape route is vital for each leg of your journey. It should be an instruction you can use quickly in an emergency.

It could be to a previous checkpoint, a point of access (road/track) or to the next if these are places of safety.

Other places of safety might include places where you can get help and find a telephone to call for help, such as a house, church or a road.

# It is all in the Planning



## TOP TIPS

- Stay off roads as much as possible.
- Your instructors will let you know which roads you can cross by yourself and which they will meet you at.
- Pick a sensible route: try to stick to paths.
- Be as clear as possible: 'KEEP IT SIMPLE'
- Head for landmarks or obvious natural features e.g. ruins, fence lines, rivers etc.

## CALCULATING TIME

TIME = DISTANCE / SPEED + TIME FOR HEIGHT GAIN & LOSS

### Speed

Aim for 3 km/hour in your planning.

### Height climbed / descended

Add 30 seconds for each 10m climbed or descended.

**Tip:** count the number of 10m contours you go over and add 30 seconds for each.

### Example:

At 3 km/hour, covering a distance of 1500 m (1.5km) with 200 m of height climbed will equate to 50 mins. 30 mins (distance) + 20 mins (height gain).

= 1.5 / 3 (0.5 hours, or 30 mins) for distance, + 20 mins (for height gain) = 50 MINS

## ROUTE CARDS

As part of the planning process you will produce a route card for each day of your Expedition. This will help to work out the distance and time it will take to walk your route each day.

# Equipment



## PROVIDED BY THE ADVENTURE ELEMENT

As part of your Expedition fee, The Adventure Element will be providing certain items of equipment and services. These are:

- ✓ High quality tents (shared 2/3 person)
- ✓ Gas-fuelled Trangia stoves including pans
- ✓ Waterproof maps and compass (2 per team)
- ✓ Group First Aid kits (1 per team)
- ✓ Coloured 'team' rucksack covers (1 per person)
- ✓ Camping fees and administration costs.
- ✓ Emergency shelters
- ✓ GSM Tracking devices (1 per team)
- ✓ Staff who are qualified First Aiders and DBS Checked.

## KIT GUIDES

The DofE Expedition Kit Guide is aimed at helping participants and parents to choose and then find the right kit for their expedition.

**CLICK THE LINKS TO ACCESS THE GUIDES**

[Expedition Kit Guide](#)

[Expedition Kit List](#)

## DISCOUNTS

As part of being involved with the Duke of Edinburgh's Award, you also receive a 10% Discount Code for Go Outdoors, Blacks and Millets - this can greatly help reduce the cost of buying whatever kit you need. Further details of the discounts available can be found here:

[Your Discounts](#)

# Example Kit List



## Personal Kit

Item Needed
Rucksack. 65 - 75 litres. Must be able to fit all equipment except a foam sleeping mat inside.
Small day bag with 2 shoulder straps to use on practice walks before your expedition. (Only for some programmes. Check your itinerary).
Rucksack liner (or 2 heavy duty plastic bags / dry bags )
Sleeping mat (foam or inflatable)
Sleeping bag. 2 - 3 seasons
Stuff sacks. Dry bags or rubble bags. This helps to organise your kit and keep it dry. Pay attention to sleeping bag and spare clothes.
Sleeping bag liner (optional)
Watch
Whistle
Head Torch (battery operated)
Spare batteries for head torch
Personal First Aid kit (see notes)
Water bottles (2 x 1 Litres)
Water purification tablets.
Knife, spoon
Small pocket knife/pocket tool
Camping Bowl, Mug or Thermal Mug
Box of matches or lighter (in waterproof container)
Wash kit / personal hygiene items
Insect repellent (High in DEET)
Mosquito Head Net (optional)

## Clothing

Item Needed
1 pair walking boots (broken in)
Walking socks. One pair for each day.
2 pairs sock liners (optional)
1-2 t-shirts. Not cotton! 'Technical fabric'
Thermal long sleeved. Technical fabric base layer. Good option for PJ's!
1 microfleece tops or similar. (NOT HOODIES! accept for Bronze expeditions).
2 walking trousers NOT jeans. Zip off style trousers are great for hotter weather. (amounts required depends on length off expedition)
Underwear
trainers / sandals / flip flops (optional)
Warm hat and/or sunhat (as appropriate)
1 pair gloves
1 pair shorts (if appropriate)
Sunblock (if appropriate)
Waterproof over-trousers. Ideally with a zip up the leg to assist in putting them on with boots.
<b>ESSENTIAL</b>
Waterproof Jacket. Must have a hood. Thick ski jackets are not appropriate. <b>ESSENTIAL</b>
Wellington boots (if Canoeing)

## NOTES

**Personal First Aid kit items:** adhesive waterproof plasters, antiseptic wipes, anti-bacterial hand wash, blister plasters, pain killers, antihistamine / bite cream, rehydration sachets, personal medication if needed.

# Example Kit List *contd.*



## Group Kit

Item Needed
Tent(s)*
Camping stove(s) + Fuel*
Cooking pans*
Scourers*
Tea towels (optional)
Plastic bags (for rubbish etc)
Toilet paper
Maps 1:25 000)*
Compass with a good base plate*
Map cases*
Light weight small Trowel*

\* May be provided by **The Adventure Element Ltd.** Check your specific programme details.

## Optional Additions

Item Needed
Storm shelter*
After-sun cream
Water purifying tablets
Waterproof dry bags for clothes
String
Sunglasses
Ball, playing cards etc.
Hydration bladder (instead of bottles)
Camera (optional)

## Day Walks

On most programmes you will complete a navigation training day walk. For this you will need a small 'day' rucksack. Approx 10-12 litres.

Ideally the day rucksack will have has 2 padded shoulder straps.

Day Walk Kit List	
Item Needed	Item Needed
Walking boots	Waterproof Trousers
Warm layers	Waterproof Jacket
Extra warm layers	Hat and Gloves
Walking Trousers	Packed lunch
Small Rucksack	Refillable drink bottle
Personal Medication	Bin bag / Carrier bag
Suncream (if needed)	Change of clothes

# How to Pack Your Rucksack



## THE TRAFFIC LIGHTS SYSTEM

Your rucksack should be between 65 and 75 litres and have a good hip belt with an adjustable back system.

Having an organised rucksack will make your life a lot easier during the day of your walks and also when arriving in camp. Knowing where everything is stored in your bag will mean you will not have to empty everything out in order to find a single item.

The traffic light system prioritises where items will be stored, in order of their use during the day.

	WHERE IN THE RUCKSACK	EXAMPLE OF ITEMS
ITEMS WHICH <b>WILL</b> BE NEEDED DURING THE DAY.	In the top and side pockets of the bag.	<ul style="list-style-type: none"> <li>• Lunch, Snacks and Treats</li> <li>• Warm layers, hats &amp; gloves</li> <li>• Water</li> <li>• Map and compass</li> </ul>
ITEMS WHICH <b>MAY</b> BE NEEDED DURING THE DAY.	In the top compartment of the rucksack.	<ul style="list-style-type: none"> <li>• Waterproofs</li> <li>• Torch (in case of emergency)</li> <li>• First Aid Kit</li> <li>• Sun cream</li> </ul>
ITEMS WHICH WILL <b>NOT</b> BE NEEDED DURING THE DAY.	In the bottom of the rucksack.	<ul style="list-style-type: none"> <li>• Tent and Stove</li> <li>• Spare clothes &amp; toiletries</li> <li>• Remaining days' food</li> <li>• Sleeping bag</li> </ul>

## PACKING TIPS

- Pack your kit yourself
- Check the weight: no more than 1/4 of your body weight when fully loaded, including water
- Pay particular attention to keeping your kit dry (in a dry bag) - especially your sleeping bag.
- Make sure your bag is evenly balanced on both sides
- Adjust the straps correctly to take the weight on the hips rather than the shoulders
- Avoid cotton and jeans. Hoodies, Jeans and cotton T-Shirts are not suitable clothing for an expedition.
- Nothing should be hanging off your rucksack. The exception to this is a foam sleeping mat.

# How to Pack Your Rucksack

Contd.



## MAKE SURE IT STAYS DRY

Your rucksack is not waterproof. You will need to pack your clothes, equipment and food in separate waterproof bags.

### There are 2 options:

- 1) A series of 'roll-top' dry bags, These can be bought from good outdoor retailers using your DofE discount. We would suggest a variety of sizes and colours, This allows you to separate your kit in the rucksack, having different colours will mean you can allocate a colour to items. i.e. Red bag = clothes, Blue bag = food, Yellow bag = sleeping bag.
- 2) Use heavy duty rubble bags which can be bought from DIY shops. These bags are made of tough plastic.



Roll-Top waterproof dry bags.



Heavy duty rubble bags.

## NOTES

1. Bin bags or carrier bags are not suitable for protecting kit from getting wet. The plastic is not strong enough and they will rip.
2. The rucksack cover provided with some bags, is not waterproof! It will protect kit from a shower, but not a downpour. Always use an additional waterproof layer inside your bag.

## TOP TIP

Ensure you are waterproofing your sleeping bag, at least 1 set of clothes and your food as a priority. After a long day, you'll appreciate having these items bone dry and will guarantee a good nights sleep.

# Food Planning Top Tips



## Expedition Menu Planning Top Tips

The success of your DofE Expedition will depend in no small part on the quality and quantity of food and drink you consume. Here are some top tips to help you prepare your Duke of Edinburgh's Award Expedition menu:

<p><b>Plan each day of your menu carefully.</b></p>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Lunch</li> <li>• Dinner</li> <li>• Snacks and drinks</li> </ul>
<p><b>Select food which are tasty, high in calories and essential energy</b></p>	<p>Your daily intake of calories should be approximately 3000 - 5000 calories, to take into account the heavy bag you will be carrying and the amount of energy you will be exerting. Energy should come predominately from slow energy release foods. Do not be tempted just to pack sugar-rich foods.</p>
<p><b>Consider how quick and easy your food will be to cook</b></p>	<p>Dehydrated food such as pasta and cereals only require boiling water to prepare and are light-weight. Also, dried fruits are full of energy and are light-weight.</p>
<p><b>How heavy your food will be to carry</b></p>	<p>You should plan for 1 kilo in weight per day. Throw away packaging beforehand to save weight and space. Place your food in sealable bags with portions already weighed out. Also, avoid perishable food which needs to be refrigerated, along with tins and glass jars which are heavy.</p>
<p><b>Have hot and cold drinks as part of your expedition menu plan</b></p>	<p>You should be drinking up to 4 litres a day in normal weather conditions. Plan to have at least 2 hot drinks a day, one for breakfast and one with your evening meal. Flavouring your water may mean you drink more of it and stay hydrated.</p>

## Get organised, and then organise some more....

To make the process of planning your expedition food menu easier, plan with your team mates. If each tent team plans their menu and cooks together, the task when you arrive in camp is far easier and establishes a good team work ethic. It will also mean you can reduce the number of stoves you may have to carry.

Pack your food into separate bags for each day and waterproof them. Write on the outside which day it is for and then share the load evenly with your team mates.

# Breakfast Ideas



## BREAKFAST

Your breakfast should be quick and easy to prepare and full of energy. It should contain approximately 20% of your day's calorie intake. You and your expedition team will have lots to do in the morning, so the process of cooking and eating should not take a lot of time to prepare or clear up afterwards.

### IDEA 1 - Porridge Oats

Instant oats are full of energy and flavour. 1 packet is not enough, plan for at least 2 packets per person per day. They are lightweight and can be prepared quickly with hot water (adding a little extra dried milk powder can make them extra tasty).

An alternative would be to mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag (1 bag / day). Add 350ml water and cook whilst stirring until everything goes thick.

Add some dried fruit and nuts to the porridge for extra flavour and energy. Even try adding chocolate powder for a really tasty breakfast.

### IDEA 2 - Muesli or Granola

Individually packed into bags - add powdered milk when you pack your meals so all you should do is add water and eat when you wake in the morning in camp.

Choose the highest calorie cereal you can find.. Most cereals are around 340 – 380 calories per 100g, but crunchy muesli type cereals (anything with 'cluster's in the name) are around 480 calories per 100g (be aware that lots of these calories are sugar)! Mix 50g cereal and 50g powdered milk in a sealable bag. To eat empty into a bowl and then pour cold water over and stir.

### IDEA 3 - Soup

Not a usual type of breakfast food but can be a warmer on a cold morning. A Instant soup sachets with pitta bread to dunk.

### IDEA 4 - Frankfurters

Sausages which are smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them the first day.

## NOTE

Breakfast biscuits and bars are not enough. They will not offer you enough calories to survive a hard expedition day. You can add them to your breakfast menu along with other items listed above as a treat though!

# Lunch Ideas



## LUNCH

Lunch should be an easy meal to prepare. Plan to take a cold lunch to save the time of getting stoves out, cooking and washing up; and because you are unlikely to stop in a place suitable for all this anyway. Consider a deconstructed sandwich idea where you carry all the ingredients and eat them separately.

Lunch should contain approximately 30% of your daily calorie intake.

## IDEA 1 - Sandwiches or Pre-cooked Pizza

Lunch on your first day can be sandwiches. These can be prepared at home before your DofE Expedition starts.

Pizza is a great option for lunch on day 1. It can be pre-cooked the evening before and then wrapped up to eat cold.

## IDEA 2 - Breads

Wraps, pitta bread, fajitas and naan breads are already squashed so do not go flat in your bag.

Primula cheese in a tube, BabyBel or pre-sliced cheese is a great addition to your lunch menu and 1 tube could be enough for a couple of lunches. Add some frankfurters or sliced pepperoni sausage or tuna from a packet (not tinned) to your wrap for additional filling.

# Lunch Ideas *Contd.*



## IDEA 3 - Ready-to-eat meals with crackers or oat cakes

It is possible to buy ready-to-eat meals like pasta or couscous. These already have flavours added to them and can be eaten cold. Eat the meal with crackers or oat cakes to bulk the meal out.

## IDEA 4 - Dried meats

Pepperami, chorizo, beef jerky, cured meats etc are all great sources of protein and fat. Do not bring meats from the fridge section of the supermarket. It could go off in the heat and give you food poisoning. The only exception might be frankfurters if you eat them early in your expedition as they are salty and pasteurised to kill any bacteria. Once open they are not safe - so eat them all!

## IDEA 5 - Fish

A tin of sardines, mackerel, tuna in sauce, oil or brine. These are really tasty and nutritious and can be eaten straight out of the tin saving on washing up. Again, these should be eaten early in your expedition.

## NOTE

Pack some snacks to have with your lunch like nuts and raisins or cereal bars. Pack some re-sealable lunch / freezer bags to put your lunch in.

# Evening Meal Ideas



## EVENING MEALS

Once you arrive in camp and your tent is erected, it is time to prepare your evening meal. This should be hot, quick to prepare, nutritious and filling enough to satisfy your hunger.

Evening meals should contain approximately 50% of your daily calorie intake.

### IDEA 1 - Pasta / Couscous and Sauce

Pasta and couscous is so easy to cook, as all it needs is boiling water. Couscous is the easiest to make, get the precooked variety. Add to this some pre-made sauce, frankfurters or sliced pepperoni sausage and you have a hot meal which is full of calories and slow release carbohydrates which will give you energy for the next day's walk. If you also take with you some grated cheese or parmesan this can make a great meal.

Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet.

### IDEA 2 - Curry and Rice

It's possible to buy curry in packets and they only take a few minutes to heat up in a pan. Add to this some quick cook rice and you have a hearty meal. Why not pack a naan bread too?

Never bring normal rice, as it takes too long to cook. The best kind of rice is the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express.

# Evening Meal Ideas

Contd.



## IDEA 3 - Dehydrated or pre-made meals

These meals are superb and offering you high calories and taste. They can be bought from outdoor shops or from ordering on line. Dehydrated food is lighter but can be a little more expensive. Add to these some quick cook rice or couscous.

## IDEA 5 - Risotto

Get sachets of risotto which are already cooked with various flavours, like Uncle Ben's Risotto. These can be boiled in the sachet in water without opening it, then eat it out of the sachet when hot. Just pour two or three dessert spoons of boiling water into the sachet after opening and give it a stir. No washing up!

## NOTE

Consider at least a 2 or 3-course evening meal. You will have plenty of time in camp to enjoy your meal so why not indulge yourself. A good starter would be cup-a-soup with instant noodles.

# Dessert Ideas



## DESSERTS

Finishing your evening meal with a pudding can lift your spirits and can be the focus of your thoughts during the day! The easiest desserts to take on an expedition are ones which are instant mix, like custard. This type of pudding means you will have enough to share with your expedition team mates too.

### IDEA 1 - Flapjack and custard

Flap jack is high in calories and taste and combined with hot custard make a great pudding. Why not make your own flapjack and bring along for the whole team?

Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet.

### IDEA 2 - Chocolate or Biscuits

If you are strong-willed enough during the day, why not save your favourite chocolate or biscuits for an evening treat?

### IDEA 3 - Boil-in-the-bag puddings

It is possible to buy dehydrated puddings or Ready-to-Eat desserts from camping shops. They can be expensive and can be heavy but are a great treat. It is possible to buy a selection of puddings from Hot Chocolate puddings or even dehydrated Strawberries and cream!

## NOTE

Ensure you read the labels of how to prepare your puddings before you buy them. Ensure you buy ones which only require water!

# Snacks and Treat Ideas



## SNACKS AND TREATS

During the day's of your DofE Expedition you will want to keep your sugar levels up. Having a selection of treats in your pocket which you can graze on is a great way of keeping levels up. Maybe have a few extra snacks in your menu plan which are for emergencies when your energy is down and you need a boost before your next meal.

### IDEA 1 - Trail Mix

Nuts are very high in fat and therefore very high in calories. Mix together nuts and dried fruit along with some chocolate pieces or sweets. Have a small re-sealable freezer bag with the trail mix in your pocket that you can grab at any point.

### IDEA 2 - Nuts and Savoury snacks

It's a good idea to have a few savoury snacks at hand too - just in case you get bored of sweet snacks, and because you'll need some salts in your diet to replace those you've lost through sweating up those hills. Things like salted nuts and mini cheddars are great for this.

### IDEA 3 - Cereal bars, chocolate bars and malt loaf

Having some fun-size bars available for you to graze on can lift spirits when the going gets tough!

### IDEA 4 - Jelly or hard boiled sweets

This type of sweet lasts longer in your mouth and is more satisfying. Pack a few extra sweets too and share with your group. If you are feeling tired and need a 'pick-me-up' you can be sure other members of your group are feeling the same.

## NOTE

If there is hot weather during your expedition, your chocolate will melt! You have been warned!!

# Drinks Ideas



## DRINKS

Staying hydrated is a vital part of your expedition menu planning. Being just 10% dehydrated can significantly affect your energy and performance levels. You should be aiming to drink up to 4 litres of water a day whilst carrying a heavy bag and exerting yourself over miles of walking. You will be re-supplied with water if needed. You should carry at least 2 litres of water.

Each litre of water weighs approximately 1 kilo, this should be considered when packing your rucksacks.

Water can get a little boring, which means you are less likely to drink it. Here are a few options make it more interesting and help increase your fluid intake.

### IDEA 1 - Flavoured juice

Concentrated juice or squash (Robinsons Squash'd is a perfect size) can be added to your water each day. If each member of your team brings a different flavour, you can all share.

### IDEA 2 - Hot chocolate sachets, tea and coffee

At the end of a long day or first thing in the morning it is a luxury to have a hot drink. Buy a selection of sachets of powdered drinks so you can choose what takes your fancy or trade with your team mates.

### IDEA 3 - Cup-a-Soup

Having a hot soup when you first arrive in camp can be a real warmer and comforter after a long day. It can also be the 1st course for your evening meal.

## NOTE

The tastier your drinks, the more likely you are to want to drink them. Staying hydrated is a priority.



## Duke of Edinburgh's Award Expedition Menu Planner

TEAM NAME:

YOUR NAME:

AWARD LEVEL: Bronze / Silver / Gold

DAY	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	TOTAL CALORIES
1					
2					
3					
4					

**Make sure you:** Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and day's food together so you can find it easily. If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

**YOUR EXPEDITION IN SAFE HANDS**  
[www.TheAdventureElement.co.uk](http://www.TheAdventureElement.co.uk)

# Requirements and Expectations



## COMMITMENT

Participation in the Duke of Edinburgh's Award requires a serious long-term commitment from the young person, but also involves a lot of time, effort and expense for the School/Centre.

It also requires expense and commitment from the parents. For this reason, we ask that before your child enrolls for this programme, you and your child think about how much time and motivation they will have for this programme over the course of the school year.

Participants and parents must check the dates carefully in order to ensure that there are no clashes with other activities. Participants will not be excused from a training weekend or training session because other commitments arise.

All of the training is essential to ensure your child and their group are properly trained and equipped to allow them to undertake an expedition safely. We cannot allow young people to attend their qualifying Expedition if training is incomplete. The enrolment and training costs are not refundable as all costs are paid in advance.

## EFFORT AND INITIATIVE

A great deal of effort and initiative is required from the Participants themselves. They must be motivated and fit enough to complete the course of training for the Expedition and to carry it out. They must also be prepared to meet, on their own initiative, the requirements of the Volunteering, Skills, Physical, Expedition and Residential (Gold only) sections of the Award. Participants must also be responsible for returning forms on time, meeting deadlines, attending meetings and all training and planning days and keeping their e-DofE log book up to date.

## SAFETY AND DISCIPLINE

The outcome of the Expedition is that the group of young people are able to undertake a journey without the need for adults to accompany them. The school/company must be confident that each participant is competent to take part in their final unaccompanied Expedition, therefore all Training and Practice journeys must be completed in full and no exceptions will be made. There must also be a bond of trust between staff and Participants. This trust must be created through the safe and sensible conduct of Participants throughout the training period. If at any stage it is felt that Participants cannot be trusted to carry out the expeditions safely and in the absence of adult supervision, they will be removed from the programme.

# Code of Conduct for Participants

Each young person should read and understand this Code of Conduct. It represents a minimum standard of behaviour on the programme. Disobedience or disregard of this Code of Conduct may lead to disciplinary action and possible removal from the programme. Enrolment onto the programme is an acceptance of this code.



1	I will listen to instructions given by the staff, instructors, supervisors or assessors and follow them whether I immediately agree with them or not.
2	I understand that any such instructions will be given for my safety, the safety of others and the smooth running of the expedition or residential.
3	I will wear all the appropriate safety equipment/clothing I am given for the expedition.
4	I will be punctual at meeting points.
5	I will conduct myself courteously towards all members of staff, instructors, my peers and members of the public.
6	I will use the bins provided and not drop litter at the campsite or in any other environment.
7	I will behave sensibly on the roads and in the countryside so as not to endanger myself or other members of the party.
8	I will look after my belongings and not expect others to be responsible for them.
9	I will look after my team's belongings and respect those which have been lent to me.
10	I will not consume any alcohol or drugs or smoke during the programme. If I do, I understand I will be sent home at my own expenses or that of my parent/guardian.
11	I will not carry any weapons on me and will not bring / purchase any items that would be deemed inappropriate.
12	I will not damage or lose school or The Adventure Element equipment through carelessness. I accept that I will have to pay for such loss or damage at replacement cost.
13	I will not use my mobile phone or iPods/MP3's or similar. These will be switched on during activity time - As detailed in the Mobile Phone and Electronic Device Policy.
14	I will be responsible enough to ensure there is no noise after 10.00 pm, or any earlier time as requested by a campsite.

# Code of Conduct for Participants

*contd.*



## REMOVAL FROM THE PROGRAMME

Alcohol, smoking, drug taking, and being in the tents of the opposite sex are immediate 'send home' offences, as are other serious breaches of discipline. If it is felt that the Participant cannot be trusted, or there is an incident which we decide that will endanger the safety of other Participants, instructors, staff or members of the public, then the Participant will be removed from the programme. In this event the parent or guardian will be responsible for collecting the young person from wherever they are, at whatever time of the day or night that might be.

Programme costs or travel charges are not refundable.

# Mobile Phone & Electronic Device Policy



It is accepted that Participants may wish to carry a mobile with them, especially as they may wish to use this to take photos or video of their Expedition or use it to assist with their 'aim'. Primarily, the phone should be available for use in an emergency. Therefore, there should always be enough battery life available.

## Mobile Phones

The following points should be noted:

- Mobiles MUST be in 'airplane mode' or switched off during activity time.
- The phone must not be used to update social media, contact home or friends or used the phone as a navigational tool (unless in an emergency).
- All staff reserve the right to remove mobiles from Participants where irresponsible use is suspected.
- Participants' mobiles may get wet. The young person is responsible for any damage or loss.
- Parents of Participants who do not carry mobiles must accept that other Participants will be carrying mobile equipment, which may give unrestricted access to the internet.

## iPods, Music Players, Speakers or Gaming devices

Participants are advised not to bring such devices as there is a possibility they could get damaged or broken. However, if a participant does bring such equipment they must only be used with headphones in order to keep noise down on campsites. They must not be used during activity time.

All staff reserve the right to remove such equipment from participants if rules are not met.

Participants are expected to only use phones in case of an emergency. Mobiles do not guarantee that someone is contactable. For most of the area in which Participants are working there is no network coverage. We have other ways of monitoring, checking and contacting groups.

**To aid in an emergency, please download the following 2 Apps to your phone. Both are free of charge. You will be taught on their use during the programme.**



OS Locate



What 3 Words

# Medical Conditions and Special Dietary Requirements



## DISPENSING of NON-PRESCRIPTION DRUGS

Parents and Participants should be aware that staff will not dispense any drugs.

Over-the-counter painkillers can be provided in the Participants' First Aid kits but a staff member must be informed before any are taken.

Any prescription drugs which the Participant requires during the Expedition must be packed and named. If a Participant requires medical treatment or a prescription then they will be removed from the Expedition and will need to be sent to a GP. The parent/guardian on their contact form will be called to collect them in non-urgent cases.

If Participants are taking any drugs, they must be detailed (with the dose) on the consent form.

## EPI-PENS AND INHALERS

Parents of Participants with allergies or asthma must give the relevant information on the consent form. Participants are expected to bring their own inhalers and Epi-pens if required.

## ALLERGIES

Allergies and Intolerances must be marked clearly on the consent form and if appropriate you should inform your member of staff and group about your condition. When on Expedition, always check the contents label of your food. You must take a large measure of responsibility for yourself. Your team should also be aware of your requirements and help to reduce the risk of accidental ingestion.

## EPILEPSY

Parents of Participants with epilepsy must give the relevant information on the consent form. Participants who suffer from epilepsy are usually allowed to participate in walking expeditions, but not water activities.

## DIABETES

Participants with diabetes must give the relevant information on consent form. Increased and sustained high level of activity should be taken into consideration when packing food and insulin for all training and expeditions.

## UPDATING MEDICAL DETAILS AND EMERGENCY CONTACT NUMBERS

As participation in the scheme is spread over a long period of time, medical details and emergency contact numbers may change. It is the responsibility of parents/guardians to keep the school / company informed of any relevant changes.

# Dealing with periods in the outdoors



Females can feel like they shouldn't talk about having a period, especially with people who don't have them or with males present. It goes without saying, periods are a perfectly normal body process for a huge percentage of the population. It is important for everyone to be supportive and to assist participants with dealing with periods in an outdoor environment.

**To assist, below is some guidance and advice:**

## **Make a little 'period' bag, containing:**

- Tampons or sanitary towels
- Hand sanitiser & wet wipes
- Toilet roll
- Nappy /poo bags or a small ziplock bag
- 1 dark coloured and thicker bag (to put the above bag of choice in)
- A spare pair of underwear

## **Find a suitable spot**

Easier said than done sometimes. Trees, walls, dips in the land can be useful to look for. Also need to be 50m away from a water source (river/lake etc). Organisation is key, so have things ready and easily available. If it is windy or raining, keep your items in your pocket.

## **Changing a sanitary item**

- Sanitise hands and then clean with wet wipe to remove the alcohol.
- Change sanitary item, and wrap item in some toilet roll.
- Put in nappy / poo bag and tie up.
- Then put that bag into the larger/darker coloured one.
- Wet wipe hands & sanitise hands. Job done.

Put the bag in a suitable bin on route or dispose when you arrive at the campsite.

**Note: Don't bury it in the ground!**

# Staying Healthy on your Expedition



## LOOK AFTER YOUR FEET

### Socks

Choose your socks carefully. Buy good quality walking socks and buy them early, so you can then wear them whilst on your training walks.

Good walking socks will help minimise blisters as they have padding and moisture protection fabric.

Poor fitting or inappropriate socks can cause lots of issues and create blisters. Once you have a blister, you will not get rid of it during the expedition.



### Boots

Make sure you get the right material for you. Leather boots are very durable and water resistant but cost more. Synthetic boots, which are lighter and cheaper than leather, are ideal if your feet are still growing and you don't need your boots to last for years.

Consider a good quality waterproof and breathable membrane (like Gore-Tex) making sure rain and sweat aren't an issue.

Insoles can often make a boot fit much better and are a cheap way to get extra comfort.



## During the Expedition

How many socks? You should carry at least one spare pair, preferably several, ideally one set for each day. You may choose to bring more depending on the length of your expedition and the weather forecast.

Bring a pair of flip flops or lightweight sandals/trainers to wear around the campsite. This will let you air and dry your feet, socks and boots once in camp.

**PREVENTION OF BLISTERS IS BETTER THAN CURE**

# Ticks and Lyme Disease



## What's the problem?

The tick's bite is painless and some ticks can be as small as a poppy seed or spec of dirt, so it can be easy to overlook them. A tick will generally remain attached until it is gorged with blood, increasing greatly in size, before dropping off. This can take between a few days and 2 weeks.

## Tips for avoiding ticks

- Leave no exposed skin on your legs, feet, ankles or arms - wear long sleeves, tuck trousers into your socks or wear gaiters, choose fabric which is thickly woven.
- Spray insect repellent on clothing and socks.
- Wear light-coloured clothing so you can see the dark ticks and remove them - inspect clothing often to remove the ticks.
- Check yourself for ticks at the end of every day, especially your hairline, navel, groin, arm pits, between toes, behind the ears and knees.

## How to remove a tick

1. The most reliable method of removing a tick without leaving any remnants in your skin is to use a tick hook. These are in the First Aid kits we provide.
2. Don't squeeze the tick as this will inject the fluid in the tick back into your body.

## Lyme Disease

Some ticks carry Lyme Disease, and can transmit this to humans when they feed on us. It is notoriously difficult to diagnose as it can demonstrate different symptoms in different people and some of the symptoms are similar to other infections and illnesses.

It takes up to 24 hours before the bacteria are transmitted from the tick to its host and symptoms of infection may appear at any time within two weeks after the bite.

A common sign is a distinctive bulls-eye rash that may appear (though not always) around the area of the bite. As infection spreads several rashes can appear at different sites on the body.



Other symptoms include fatigue, fever, headaches, stiff neck and body aches - similar to the flu. These symptoms may be persistent or may occur intermittently.

If you have any of the above symptoms, or for more information seek [medical advice](#).



**#YourAdventureInSafeHands**

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