

Duke of Edinburgh

**Practice Expedition
10th & 11th May
2025**

Drop off - 9am (Saturday 10th)

Collection - 4pm (Sunday 11th)



***YOUTH
WITHOUT
LIMITS***



When and Where

10th & 11th May 2025

**Blackland Farm Outdoor Centre,
Grinstead Lane,
East Grinstead,
RH19 4HP**

**Please DO NOT go to the Blacklands
Farm in Henfield!**



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The DofE is a charity.
Visit [DofE.org](https://www.dofe.org) for more information.

Clothing

Must be suitable and appropriate clothing. Lots of thin layers better than thick clothing.

It may be wet/cold/very muddy.

No athletic hot pants – shorts must cover your knees



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Footwear – Socks & Boots

Socks

- Avoid cotton socks as they hold moisture and can cause blisters.
- Ideally wool socks or merino wool socks. Your feet are the most important bit to take care of!



Boots

- Include ankle support.
- Take time to break them in.
- **MUST BE SUITABLE FOR EXPEDITION.**
- Shoes **MUST** be waterproof!

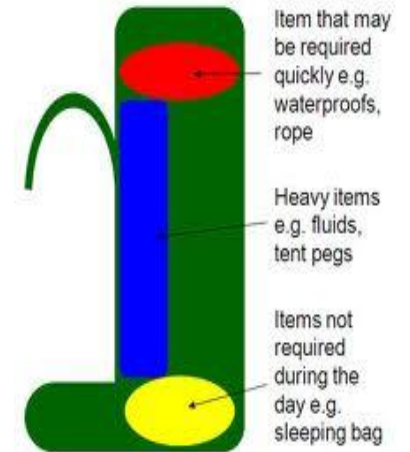
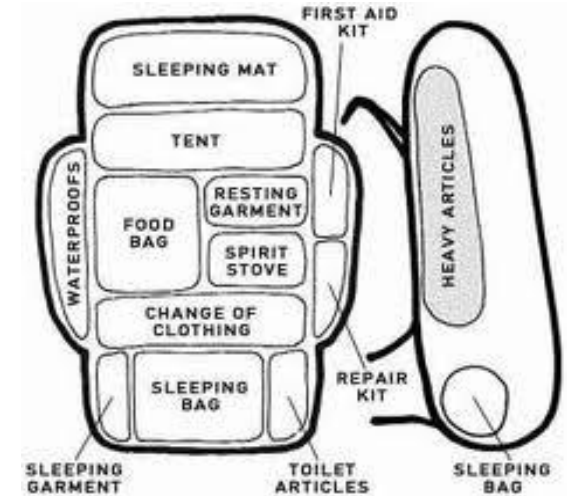


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Rucksack

- Minimum size 65 litre
- Use binbags to line or waterproof liner.
- Get your rucksack fitted.
- Develop a packing system that works for you.
- Try on after packing and alter straps.
- Balance the load, heavy items towards the middle and close to your back.
- We have a few we can lend out if need be – let us know ASAP



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Expedition Food

- **FOOD is very important on expeditions!**
- **About 3000 – 4000 Kcals are required per day; this is over 1000 Kcals more than a normal day.**



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Expedition Catering

- During the expedition teams **MUST** be **SELF-SUFFICIENT**.
- Teams will be trained in stove safety and understand the principles of suitable expedition food.
- Teams must work together to choose an appropriate menu.
- *“Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each.”*



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Why are these not appropriate?



Why are these appropriate?



Breakfast ideas

The most important meal of the day

Oats are so simple however underrated – ready made pots, easy to do

Measure the correct amount of cereal/muesli/porridge you want. Put in a sealed sandwich bag.

UHT milk / dried powder milk

Fruit added into your cereal will be an added bonus.

Cereal bars are good snacks but not big enough for breakfast.



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Lunch ideas

This should provide 30% of your daily calorie intake.

We strongly advise that you arrive on day one with a packed lunch.

Day 2 - non-perishable ideas such as:

Pitta bread/tortilla wraps/oat cakes with cheese (baby bell / dairylea), fruit, Soreen

Won't be able to use hot water for lunches



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Dinner ideas

This should provide 50% of your day's calorie requirement.

Good Carbohydrates: Pasta, Boil in the bag Rice, Risotto, Cous Cous, Noodles or Smash.

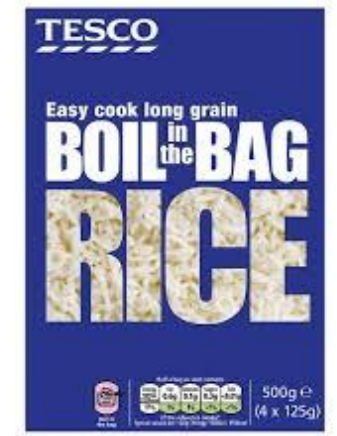
Check cooking times, look for 'quick cook' options for rice and pasta.

Pot noodles – do not fill you up. Need a substantial meal

You will have to prepare a HOT meal – this is part of the assessment.



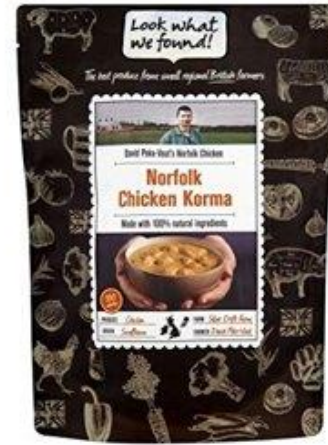
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Dinner ideas

Add protein, vegetables or a sauce. Curry, chilli, bolognaise, tomato, pesto, chorizo (cured meat that doesn't require a fridge!), peppers, onions, carrots.....



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Hydrated and Dehydrated meals

Hydrated meals have the liquid already added.

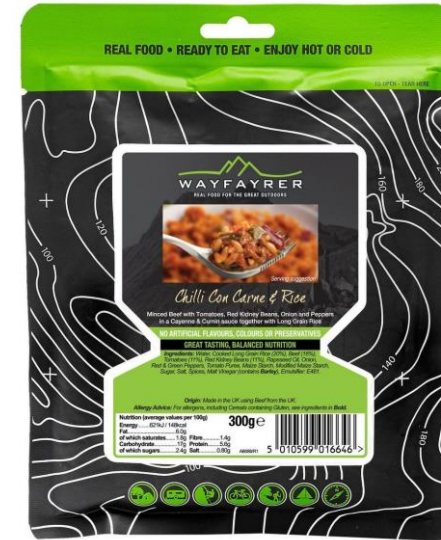
Advantages – complete meal, tasty, no washing up, everyone can choose a different one

Disadvantages - expensive and heavy to carry, might not be enough to fill you up.

Dehydrated meals need the water adding to them.

Advantages – very lightweight, cheaper and you can add ingredients to them, one packet feeds 2.

Disadvantages – need to measure water (easily done in a cup)



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Snacks

Team snacks are a great way to keep to give energy boosts and keep up team morale. They can be shared in teams, eaten at checkpoints or whilst walking along.

They can also squeeze into all the little gaps in the rucksack! Choose light, high calorie snacks which you will enjoy... or make your own!!



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Heat

Sunburn

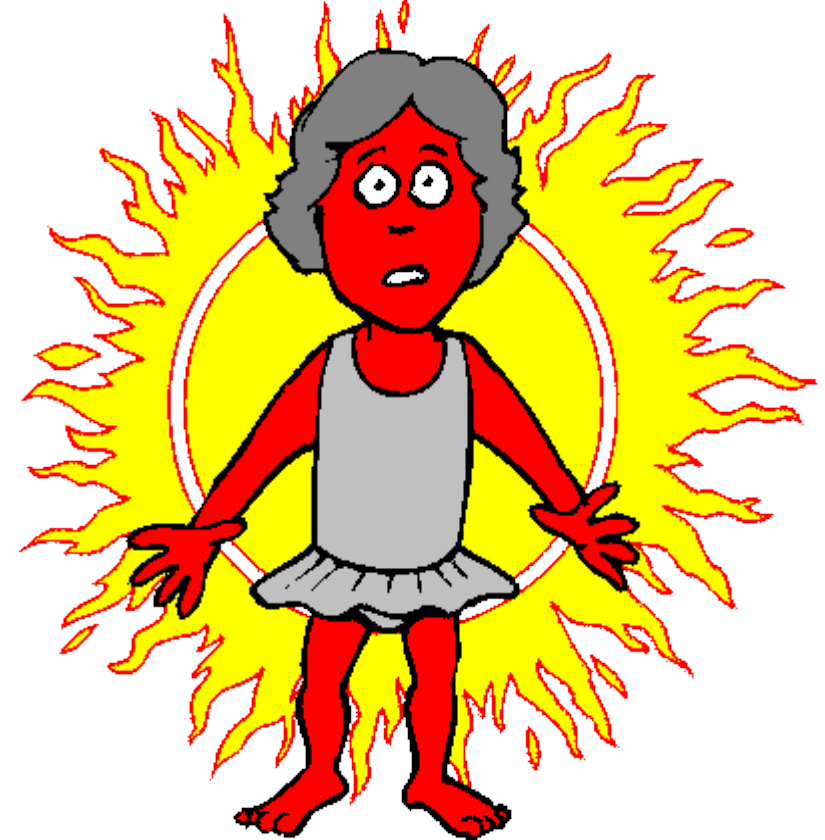
Prevention is better than cure – cover up and use sun cream!

Factor 50 and a hat!!

Heat Exhaustion

Hot flushed skin, heavy sweating, dizziness, fatigue, nausea, rapid heartbeat, confusion

Move somewhere cool and provide fluids



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Dehydration

Causes

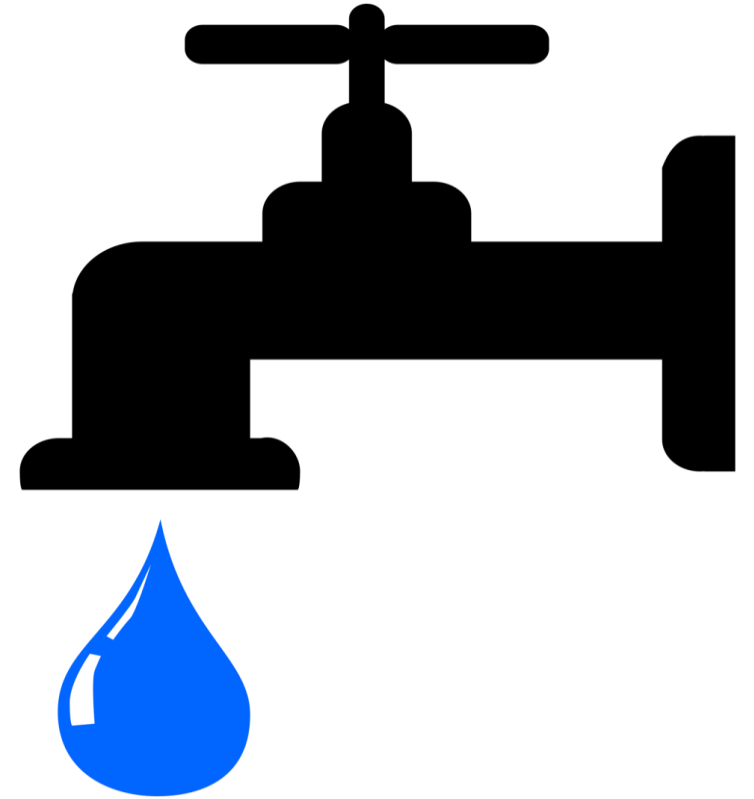
Body loses more fluid than it takes in and affects balance of minerals and salts

Water makes up 2/3rds of our body.

Prevention

Drink water and Eat

You need a minimum of 2 litres per day



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Dehydration

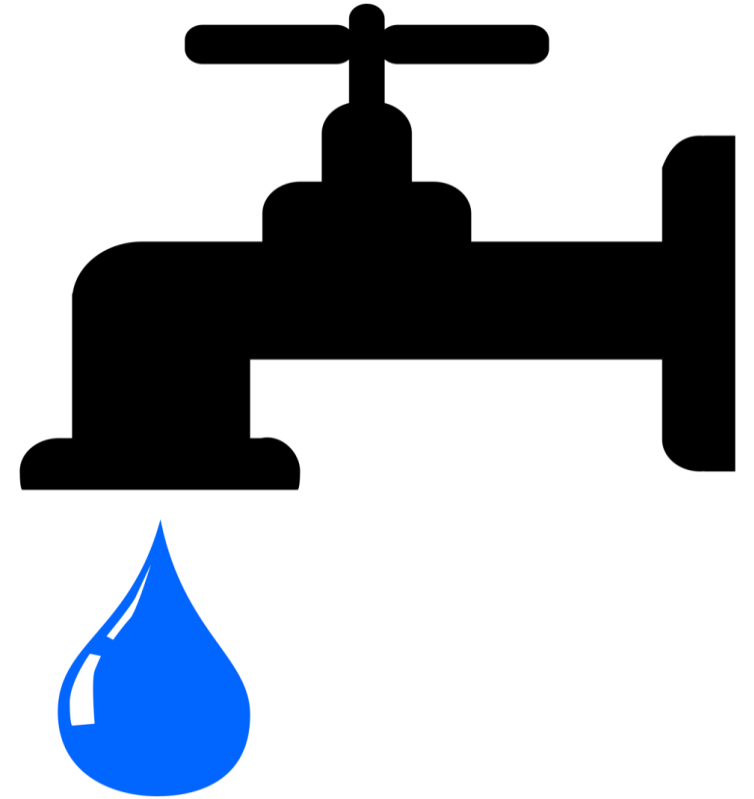
Symptoms

Thirsty and lightheaded

Treatment

Drink plenty of fluids but avoid caffeine and fizzy drinks

If feeling sick drink small amounts and often



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Behaviour & Expectations

- Representing the school – manners / good behaviour at all times
- Follow instructions from staff/instructors
- Follow countryside code – stick to pathways, respect livestock, close gates
- Respect other students
- Failure to do so will mean you are sent home and cannot take part in the assessed expedition in June



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Groupings / Teams

We will be sorting soon and will advise you of this after Easter – this will be displayed in the PE foyer.

You must meet with your group before the expedition to determine your team goal/aim

Once teams have been finalised, students will need to meet with fellow team members in order to come up with a **Team Aim/Goal** for their expedition. Examples of this could include:

- researching an area of interest (e.g. conservation, star gazing, literature/poetry about nature/environment, weather systems etc)
- contributing to a community action project
- discussing morale and how it changes during the expedition
- identifying leadership within the group
- confidence growth
- resilience/well-being



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Further info

There is loads of information on the DofE website about expeditions.

<https://www.dofe.org/shop/how-to-prepare-for-your-expedition/>

<https://www.dofe.org/shop/dofe-expedition-kit-guide/>

<https://www.dofe.org/shop/expedition-kit-main/>



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Assessor Reports - Reminder

Once you complete a section you must get an assessors report completed.

These can be done 2 ways:

- The assessor can complete them online and it comes directly to us through the system

<https://www.dofe.org/assessor>

OR

- Complete a hard copy from the Welcome pack and submit a photo for approval:

https://dorothy-stringer.co.uk/wp-content/uploads/2025/03/Assessor-Cards-20pp_BE2024.pdf



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A tilted image of a form titled 'ASSESSOR'S REPORT: VOLUNTEERING'. The form includes fields for 'Participant: eDofE ID No:' and 'Level: Bronze'. It has sections for 'Description of activity:', 'Date started: ___/___/___', 'Completed: ___/___/___ (___ months)', and 'Goals set by participant: ___'. A section titled 'Assessor's comments:' contains a paragraph of instructions: 'Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.' Below this are questions: 'What progress did they make towards their goals?', 'What did they achieve? What skills did they learn?', and 'How frequently did they take part in this activity?'. There is also a section for 'Any other comments?'. At the bottom, there are fields for 'Signature:', 'Assessor's first name:', 'Assessor's position/qualification:', 'Assessor's phone number:', and 'Assessor's email:'. A date field 'Date: ___/___/___' is also present. A red line of text at the bottom states: 'Participants should scan or photograph this page and upload to eDofE as evidence.'

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Assessor Reports - Reminder

You must have completed and uploaded an Assessors Report for one 3-month section by the end of the Easter Holidays (20th April)

If you are halfway through a 6-month section, we will also take this into account (no report needed yet)

Any issues, please see Mr Freeman or Mrs Welsh before then.



The image shows a tilted 'Assessor's Report: Volunteering' form. At the top left is the DofE logo. The title 'ASSESSOR'S REPORT: VOLUNTEERING' is in the top right. A red-bordered box contains 'Participant: eDofE ID No: Level: **Bronze**'. Below this are fields for 'Description of activity:', 'Date started: ___/___/___', 'Completed: ___/___/___ (___ months)', and 'Goals set by participant: ___'. The 'Assessor's comments:' section includes a note: 'Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.' This is followed by questions: 'What progress did they make towards their goals?', 'What did they achieve? What skills did they learn?', 'How frequently did they take part in this activity?', and 'Any other comments?'. At the bottom are fields for 'Signature:', 'Assessor's first name: Last name: Date: ___/___/___', 'Assessor's position/qualification:', 'Assessor's phone number:', and 'Assessor's email:'. A red footer note states: 'Participants should scan or photograph this page and upload to eDofE as evidence.'



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DROP IN

Wednesdays in D4

@ BREAK TIME

Computers available,
eDofE help, login issues, help with sections, assessor reports,
questions

With Mr Freeman / Mrs Welsh

DofE Co-ordinators

dofe@dorothy-stringer.co.uk

