

# Duke of Edinburgh

**Practice Expedition  
09<sup>th</sup> - 10<sup>th</sup> May 2026**

**Drop off - 9am (Saturday 09<sup>th</sup>)**

**Collection - 4pm (Sunday 10<sup>th</sup>)**



**YOUTH  
WITHOUT  
LIMITS**



# When and Where

**09<sup>th</sup> & 11<sup>th</sup> May 2026**

**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](http://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. No vest tops – shoulders must also be covered.



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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!



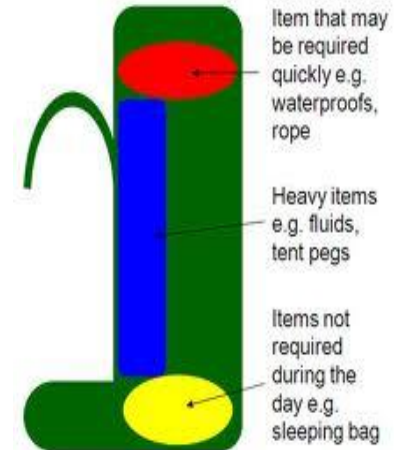
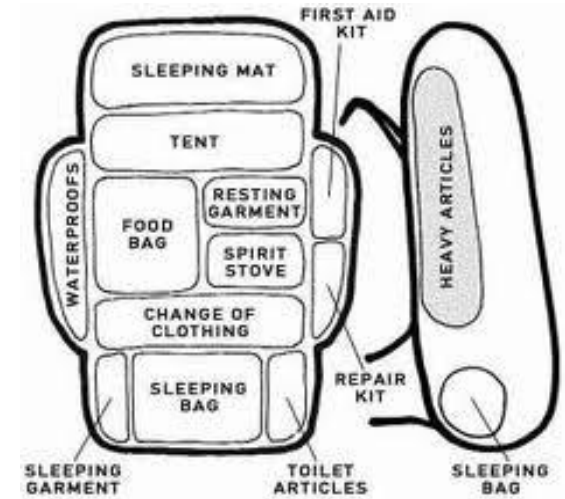
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# Rucksack

- 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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SIMPLE,  
LIGHTWEIGHT  
FOOD IDEAS FOR  
BACKPACKING



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# Breakfast ideas

The most important meal of the day

Oats are so simple – ready made pots, easy to do, just need hot water

Or, measure the correct amount of cereal 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

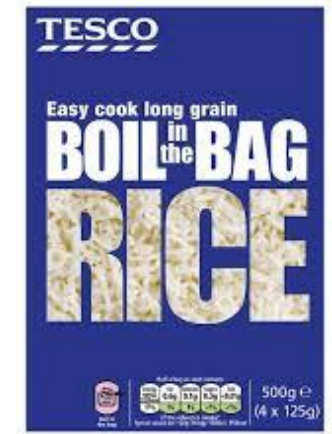
This should provide 50% of your day's calorie requirement.

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, bolognese, tomato, pesto, chorizo (cured meat that doesn't require a fridge!), peppers, onions, carrots.....



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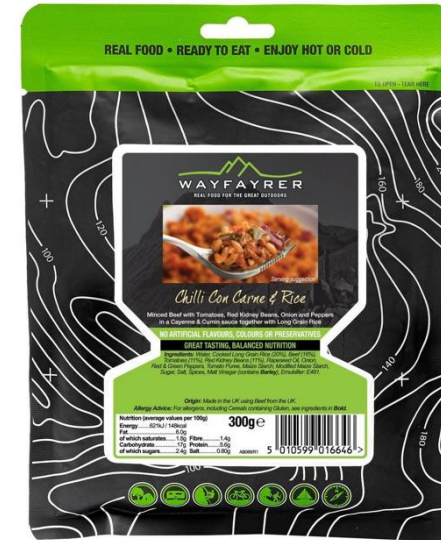
# Hydrated and Dehydrated meals

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

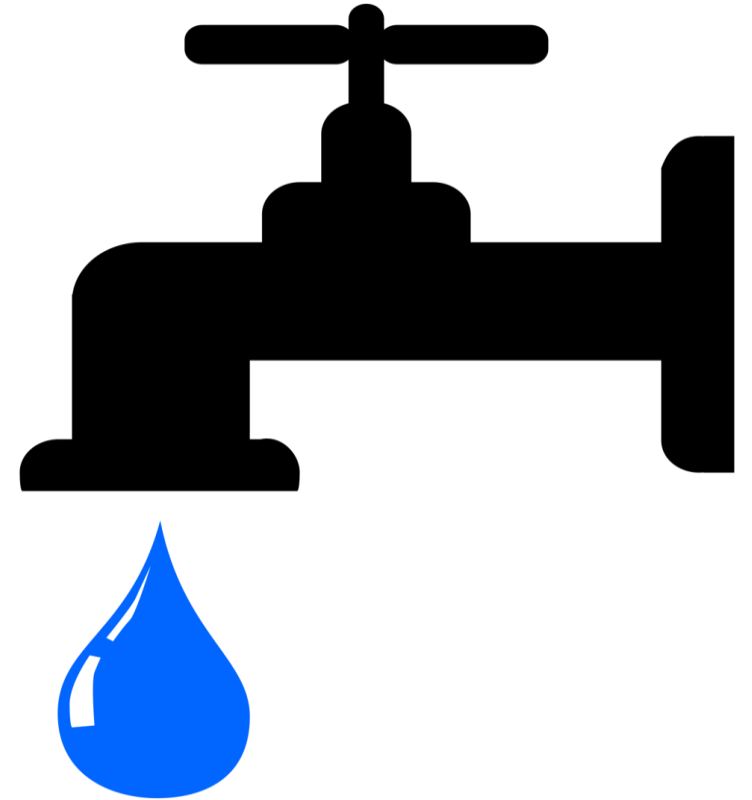
Drink water and Eat

You need a minimum of 2 litres per day

There will be places to top up your bottle so please make sure you drink regularly.



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# Dehydration

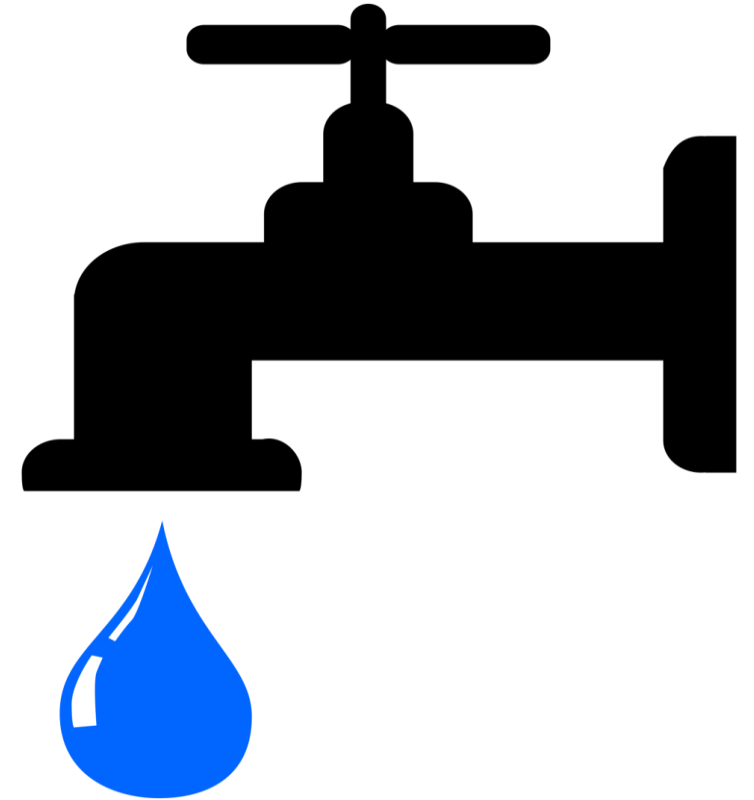
## Symptoms

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

Parents and carers have been shared a link to a Microsoft form for you to complete with your preferences and you will find the same link on your eDofE platform. This is to be completed by **Wednesday 22<sup>nd</sup> April**

**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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