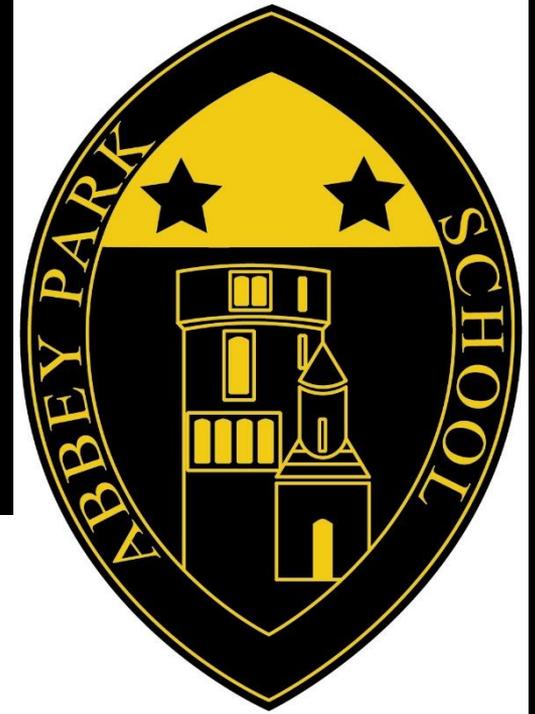


Abbey Park School



DE
of

THE DUKE OF
EDINBURGH'S AWARD

Information on award and this presentation can be found here.

- [Abbey Park School; Students; Duke of Edinburgh's Award](#)

The Expedition section

- The aim: to inspire young people to develop initiative and a spirit of adventure and discovery, by planning, training for and completing their expedition.
- The expedition needs to be **unaccompanied** and **self-reliant** with an **agreed aim**. All participants must do at least one practice expedition and a qualifying expedition (the one that is assessed) in order to complete the section.

Training Day Content

- Maps – Navigation – Route Planning
- Equipment and Rucksack Packing
- Hazards
- Menu Planning
- Stove safety and use
- First Aid - Emergency Procedures
- The country code and ensuring success on your expedition
- The aim of the expedition



EXPEDITION details.

- **Practice:** Start at Abbey Park school at 9am and head out to Castle Eaton/Thames Path. Finish close to school south of Cricklade. Mini bus to drop groups back at school and debrief. Pick up from Abbey Park at 4pm.
- **Assessment:** Meet at Abbey Park at 9am. Get on a bus to start on the Ridgeway (nr. Ashbury) and head to Lambourn. Finish back at Ridgeway. Bus back to Abbey Park to aim for 5 pm.

The Journey

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)



Need to travel 12 – 16 km (7.5 – 10 mi.) per day.

- **Team:** Participants form a team of between five and seven.
- **Aim and mode of travel:** The team will agree their expedition aim for hiking.
- **Presentation:** At some point after the expedition, all participants will deliver a presentation, in any size medium, of their expedition which covers their aims, experiences and outcomes.

Examples of aims

- Exploring team dynamics and skills with a different team leader each day as they explore the Ridgeway on foot.
- Consider the impact of vehicles on the environment along your route.
- Use your funniest expedition moments to create a play and perform it as your presentation.

[Click here for expedition aim examples](#)

DofE Food

Things to consider before buying what you like:

- ***Calories*** – 2000 to 3000 per day.
- ***Balance of food groups***- Protein, Fat, Carbohydrate.
- **Hydration** – need to carry 2 litres minimum.
- **Weight** – also carrying waste out (leave no trace)
- **Washing** – how are you going to clean utensils?

- **The day before!!** Need to eat a good evening meal and breakfast.

- [http://www.indieoutdoors.co.uk/dofe/food for dofe expeditions.html](http://www.indieoutdoors.co.uk/dofe/food_for_dofe_expeditions.html)

Tips from Trangia

- Choose provisions that do not need refrigeration and that will remain usable for the duration of your trip, e.g. smoked or dehydrated products.
- Avoid canned goods. They are unnecessarily heavy, and the empty cans must not be discarded in the countryside.
- Prepare before you leave by measuring out the ingredients for particular dishes, and premix where possible.
- Pack lighter by transferring food and ingredients from the shop's glass bottles and cans into bags and plastic bottles.

Overview of food

- Lunch for 2 x days
- Breakfast for 1 day
- Dinner for 1 day
- Snacks
- **NO FIZZY DRINKS**, bring 2x 1 litre bottle that can be refilled at provided water stations.

Breakfast

- Porridge oats + sugar + powdered milk
- Cereal + sugar + powdered milk
(place in sandwich bag)
- Beans - heavy, messy pan (breakfast in a can)
- Cereal bars
- Soup
- Hot chocolate

Lunch

Think of lunch in two parts: carbohydrate and fat/protein.

- Bready things: pitta bread, oat cakes, naan bread, fajitas, wraps.
- Rice, pasta, mash, noodles (hot option)
- Meat (dried) – chorizo, salami, jerky.
- Fish – tinned or sachets.

Dinner, supper or tea ...

Again choose a carbohydrate and a protein and go for the highest calories and the shortest cooking times.

- Risotto, rice, pasta and noodles, instant mashed potato, couscous.
- Tuna sachets, bean feast, salami, smoked sausage, cheese
- Sauces

Snacks

- Nuts and trail mix.
- Chocolate (does melt).
- Sweets (boiled are good).
- Peanuts
- Pepperami



Wayfayrer: boil in the bag, no bowl, no dishes to wash. (GoOutdoors, Cotswold Camping).



Can combine with:

- pita bread, wrap
- Dried meat such as chorizo, jerky,

The Bad List

- Bacon – non-stick pan nightmare.
- Sausages – go off.
- Cold Meats – go off.
- Eggs – break, how to cook?
- Mushrooms, tomatoes (fresh good for 1st day but beware of squashing).
- Crisps – bulky
- Pot Noodle – bulky, not many calories or anything else.

Cooking just
with oil can
make the pan
very hot.

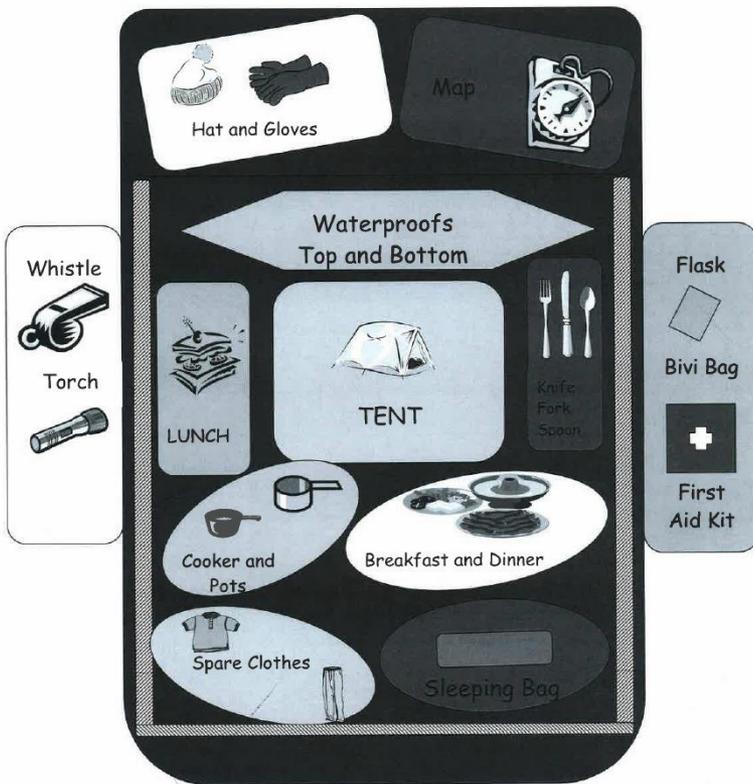


Equipment



Equipment and how to pack.

- What do I need?
- How to pack a rucksack.

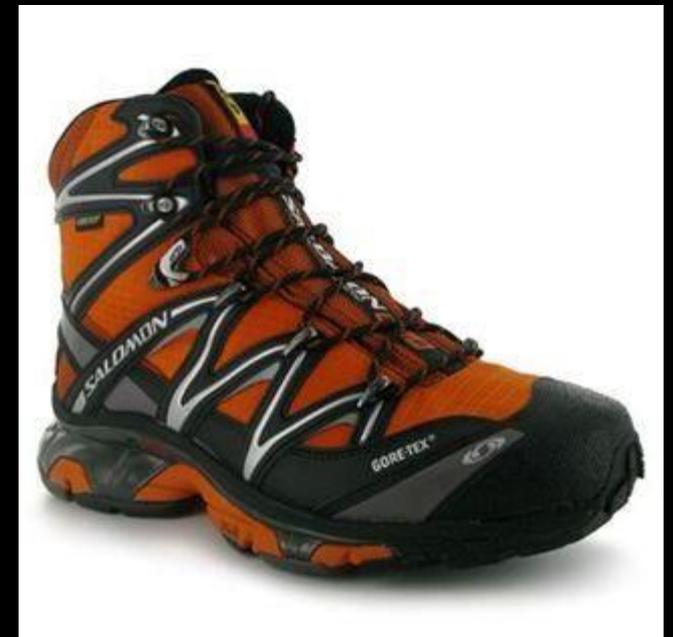


Prevent this!!



Important!!! Footwear and good socks

- For bronze, sturdy trainers or walking boots are appropriate.
- Walking boots are better if it rains.
- Make sure they are worn in before the expedition.





Please check all equipment at the shop to make sure it is suitable for you.

This was bought as a compact lightweight sleeping bag. Only on the expedition was it discovered that it was for an infant.

Student Homework before training day!!

- Organise self to be in a group of 5 – 7 and collectively think of an appropriate team name.
- Think of a group aim and how will you collect evidence and present this?
- Research ideas for your menu. Calorific intake, what food do you like, pros and cons, allergies in group?
- Complete route cards for practice expedition.
- Complete first 4 pages of workbook.

SILVER

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Thank you