### Duke of Edinburgh Bronze, Silver, Gold Awards 2022

Welcome to the Information evening for all Expeditions







### **Bronze**

Training day - Saturday 02 April 9am - 3pm



Based in and around school

Assessed expedition – Friday 6th and Saturday 7th May

Overnight camp at Blackhills, Campsite, Cottingley.

Return to school on Saturday roughly 3pm

PS please don't visit us on camp.....

### Silver

Training expedition - Friday 10<sup>th</sup> – Sunday 12<sup>th</sup> June Leaving school after pd 4 on Friday, returning to school for lunchtime on Sunday Friday – Low Wood Campsite, Riddlesden Saturday – Ghyll House Farm, Addingham Moorside



PS please don't visit

us on camp.....

Assessed Monday 18<sup>th</sup> to Wednesday 20<sup>th</sup> July Monday – Town Head Campsite, Malham

Tuesday – Kettlewell campsite –students will use public bus and train to return to school. In school on Thursday 21st

### Gold

Training expedition - Friday 10<sup>th</sup> – Sunday 12<sup>th</sup> June Leaving school after pd 4 on Friday, returning to school for lunchtime on Sunday Friday – Low Wood Campsite, Riddlesden Saturday – Ghyll House Farm, Addingham Moorside



Assessed expedition - Monday 18th to Thursday 21st July

Monday – Town Head Campsite, Malham

Tuesday – Kettlewell campsite

Wednesday – Howarth Farm Campsite, Appletreewick

PS please don't visit us on camp.....

### Supervision

Staff mobile phones

Students will be in sight on training expedition but not on actual expedition







OF EDINBURGH'S AWARD



#### Beckfoot DofE Expedition - Suggested Kit List

This list comprises group (G) and personal kit.

- Tent (G) supplied by school
- · First Aid kit (G) supplied by school
- Stove (G) supplied by school
- Fuel (G) supplied by school
- · Matches (G) supplied by school
- Washing up kit (G) supplied by school
- Map + map-case (G) supplied by school
- Compass (G) supplied by school
- Torch + new / spare batteries can be supplied by school
- Rucksack and waterproof liner can be supplied by school
- · Sleeping bag can be supplied by school
- · Survival bag / emergency shelter supplied by school for Silver/Gold
- Roll mat insulating can be supplied by school
- · Walking boots can be supplied by school
- Waterproof jacket / cagoule
- · Waterproof over-trousers check the weather forecast
- · Walking socks
- Clothes suitable for expedition i.e. not jeans THINK LAYERS
- · Spare set of clothes
- . Hat / gloves / scarf even in summer conditions in case of emergency
- · Personal wash kit and towel
- · Water bottle (1 litre capacity)
- · Food plus emergency rations
- Mug / plate / dish
- Knife / fork / spoon or spork
- Whistle
- Sun cream
- · Personal medication you must advise DofE if you have any medications

Think about what you really need. Is there anything that you can share with your team, eq. toothpaste. Have you planned your meal so that you are cooking together and sharing quantities of food? If your torch batteries are new, do you really need spares? If the forecast is light rain, do you need sun cream?

N.B. The maximum weight of your fully loaded rucksack should be no more than 25% of your body weight, ideally less. This will be checked before you set off by your DofE leaders and you will not be allowed to carry more than this weight. Group kit is shared out between you and your expedition team.

Speak with your DofE leader if you are considering taking anything extra to this list.







Maximum rucksack weight is 25% of your bodyweight – so if you weigh 50kgs, that's 12.5kgs gross weight! We check before you set off – check at home first.



### 2. Essentials – clothing, snacks









# 3. Really??????? Do you *really* want to carry that for 12 hours?





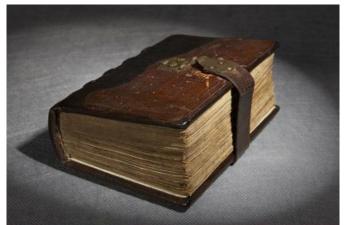














### Food

Bring:

Packed lunch for each day – think about it .....ch andwich for each day?

Evening meal – what's filling, tasty, nut

Breakfast – for low release of ene

Snacks – how much sugar 22

Drinks – healthy / comm

cans, no fizzy drinks!

















### Conduct

High standards of personal behaviour are expected at all times and in all spaces.





### Costs involved

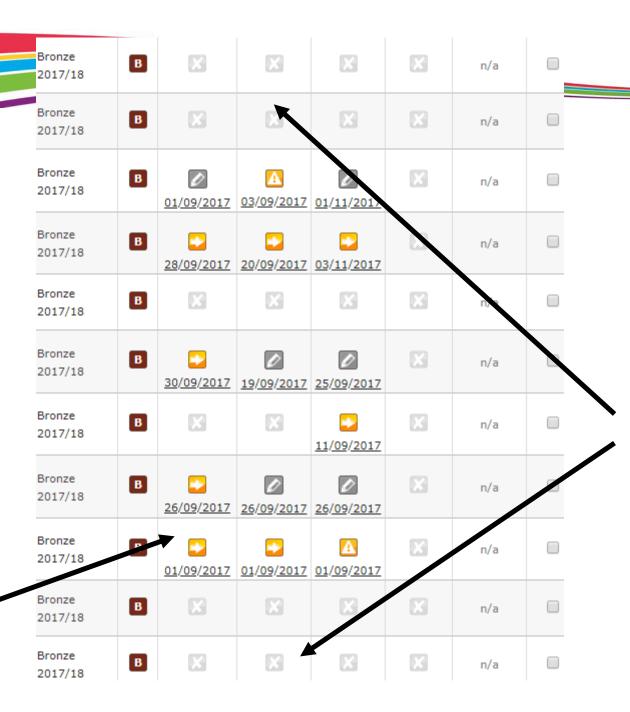
£15 per day fee for each of the overnight training and assessment expeditions

### This pays for:

- Camp site fees
- Cooking fuel
- Contribution towards camping equipment
- Transport (Silver & Gold only)

Are you up to date with your Volunteering / Physical / Skills sections?

Some of you still need to upload evidence....



.... and some of you need to enter what you are doing for each section onto your **eDofE** profile. We know who you are!!!

## Fundraising

Refreshment support for Beckfoot music events

Young Musician of the Year concert **Wednesday 23<sup>rd</sup> March** 5.00 – 8.30pm

These events help us raise funds for DofE expedition kit and a small donation to music dept. We need a yearly addition to kit as well as the need to replenish old kit and replace or repair damaged kit.

Can you help?



# Have fun, learn lots, get your award



AWARD



Keep safe