



Duke of Edinburgh's Award Bronze Practice Expedition Weekend 2011

Your son or daughter's expedition will take place from **Sunday 20th March** to **Monday 21st March**. These dates are referred to as "Day 1" and "Day 2" in the following itinerary.

- ✓ **Day 1 0830:** You must meet your supervisor on the Flat. You will then not be allowed to use a mobile phone until you complete your expedition, so leave it at home! (This excludes one emergency phone per group, which is explained later.)
- ✓ You should be dressed appropriately and equipped for action. Remember that the items on the kit list are requirements and are not negotiable so check through the list carefully. (See attachment.)
- ✓ You must be carrying the food that you have planned (and discussed with your supervisor); no last minute amendments to the menus are permitted at this stage. You must also have a packed lunch for day 1.
- ✓ Your supervisor will be checking that you have packed certain items, so be prepared to get things out of your kit bag for inspection and repack them afterwards. This will include your personal equipment, group equipment and food. They will also wrap up and seal one fully charged mobile phone per group, which can then only be opened in an emergency.
- ✓ Your bag will be weighed and must be less than 15kg. Keep your bag as light as possible by avoiding unnecessary food or canned drinks. Only bring essential toiletries; individual "airline" toothpaste, soap etc. is ideal. A small camera per group is useful for photos as you cannot use mobile phones.
- ✓ Each group should be carrying a compass. You can borrow one from us if necessary.
- ✓ **Day 1 1000:** A member of staff or two 6th formers will accompany you for the first few hours of your walk. They will help you get to grips with the map and test you on some navigation skills.
- ✓ You will be leaving checkpoint cards at two or three points; these must be inside a plastic bag and tied to the appropriate landmark with string. You will see occasional members of staff and observing your progress. If you meet other groups, you must not join up and walk together. If you get lost, you should retrace your steps to the last spot when you knew where you were.
- ✓ **Day 1 1600:** You should be back at camp after about six hours. You will then be directed to a specific campsite. Locations and facilities are as follows:

CAMPSITE	WATER TAP	TOILETS
Dukes Meadow	Near athletics track	Sennocke Centre - outside
Sennocke Garden	Outside Young Sox	Young Sox

- ✓ **Day 1 1700:** Between 1700 and 1800 you should cook your meal, taking great care with fuel and fire. You must remain at least 2 metres from the tent. Supervising staff will be on the site when you do this. Each site has a fire extinguisher and first aid kit just in case.

- ✓ **Day 1 1930:** Everyone meets in the MSCR to discuss the day and for a film. Everyone should bring indoor shoes (or be happy in socks), waterproofs, warm clothes and a mug for the available cocoa.
- ✓ **Day 1 2130:** Return to tents to prepare for bed. Remember that while you may feel isolated and insulated in your tent, conversations in tents carry a long way. You would be shocked at the conversations that have been overheard in the past!
- ✓ **Day 1 2200:** There must be no noise until 0700. If you need to visit the toilet in the night, do so as quietly as possible and take your torch with you. Anyone causing a disturbance overnight will not successfully complete the practice expedition and will not take part in the South Downs expedition in June. Staff will be available on each site in case there is an emergency during the night.
- ✓ **Day 2 0700:** Get up, organise cooking breakfast, washing up, making packed lunches, taking down the tents, clearing the site of rubbish. Once a supervisor has given you permission, you can start your second walk.
- ✓ **Day 2 1500:** At the end of your walk, return to the flat. When you get back, you must meet the staff member on duty for debriefing, returning compasses and maps and having your emergency mobile unwrapped. Only then, can you ring home and arrange to be picked up.

Your supervisors will be assessing your skills while you are navigating, putting up your tents, cooking, washing up and working as a team. If you make mistakes, you must learn from them or you may not pass your assessed expedition in June.

Participants: There will be a normal training meeting during the week after the expedition.

Parents: Please be aware that we cannot always contact or locate your son or daughter quickly during the expedition. However, should you need to make contact with us, supervising staff will be available to assist you on **07789 407934** or **07789 542704**.

Qualifying Expedition: Upon their successful completion of the practice expedition, your son or daughter will take part in their qualifying expedition on the South Downs in June. Exact dates for each group will be confirmed early in the Summer term and will either be 19/20 June or 20/21 June.