

Our Lady's Catholic High School

Silver DofE Expedition Programme

Training & Practice Expedition: Thurs 8th – Sat 10th May 2025, Yorkshire Dales

Qualifying Expedition: Sun 6th – Tues 8th July 2025, Lake District

Dear participant and parent/guardian,

We're looking forward to welcoming you to your DofE expedition section. There are two parts to your programme:

- a training day followed by a two-day practice expedition
- a three-day qualifying expedition

What to do before you join us:

Booking and consent form:	Done:
<p>Please complete your consent form (your parent/guardian must do this for you if you are under 18.)</p> <p>Your consent form link: https://adventure-expeditions.net/consent-form/iBBJNSAktYwXclCgq3mT</p> <p>It is important that we know of any medical issues or injuries in advance so our instructor team can properly support you whilst you are with us. If there are any changes to your information between your practice and qualifying expedition, please email us to let us know.</p>	
Kit list and food information:	Done:
<p>Please read the personal kit list (provided as a separate document) carefully and make sure you have everything on the list. Most outdoor shops offer discounts for DofE participants, or you can borrow items from family/friends. AE has a small stock of hireable kit; please contact us if you wish to look into renting personal kit.</p>	
<p>Your food information sheet (provided as a separate document) contains lots of useful information about what types of food to bring that is light to carry, will give you enough energy and will not 'go off' in your rucksack. Please look at this to help you plan your expedition meals.</p>	

Training & Practice Expedition: Thurs 8th – Sat 10th May 2025, Yorkshire Dales

Meeting point: Horton in Ribblesdale Village Hall car park, Chapel Lane, BD24 0HB, 10am.

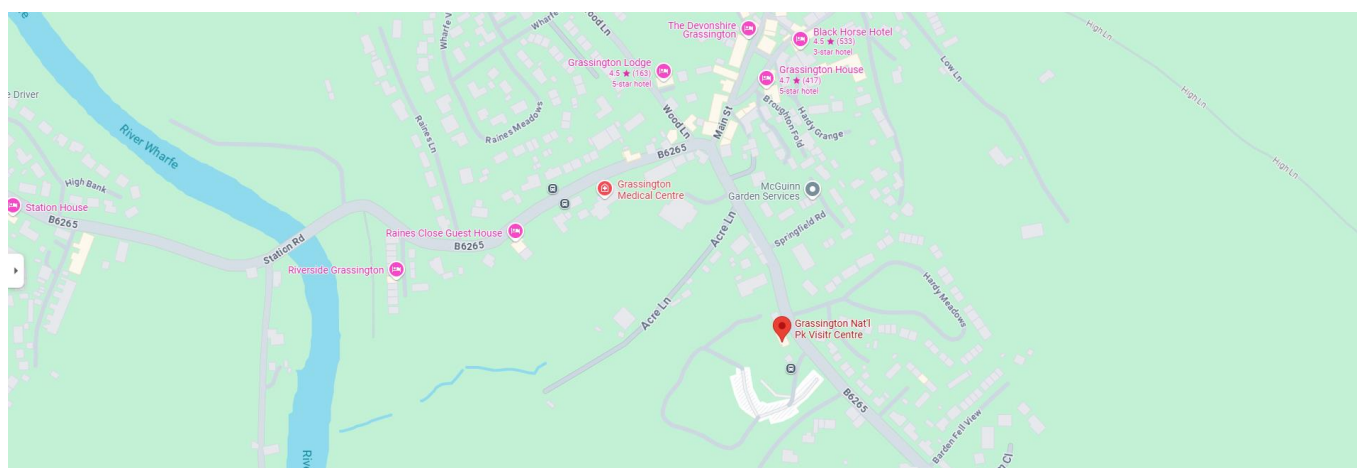


You'll travel to Horton in Ribblesdale in the Yorkshire Dales to meet your instructor team. You'll undertake training sessions with your instructors covering the Silver DofE expedition syllabus. You'll plan your route for the Practice expedition, and possibly for the Qualifying expedition at a later date, too. Camp overnight.

On day two, you'll undertake pre-expedition checks then set off along your planned route. Whilst on expedition, your instructor will meet you at agreed checkpoints along the way. They might walk with you for a while to continue your training. Camp overnight.

On the final expedition day, you'll finish in plenty of time to complete a kit clean down and receive some feedback from your instructor to help you prepare for your qualifying expedition at a later date.

Departure point: Grassington National Park Visitors' Centre, Hebden Rd, Grassington, Skipton, BD23 5LB, no later than 4pm.



What you need to bring

AE will bring tents, stoves, pans, gas, maps and emergency shelters for you to use, so you don't need to bring or purchase these items.

Personal Kit

Please make sure you have a good look through the **Personal Kit List** (provided as a separate attachment) and bring everything on here.

IMPORTANT: Please ensure that you wear in your walking boots in advance of the expedition. New walking boots can often lead to blisters which will greatly reduce your enjoyment of your expedition.

Food

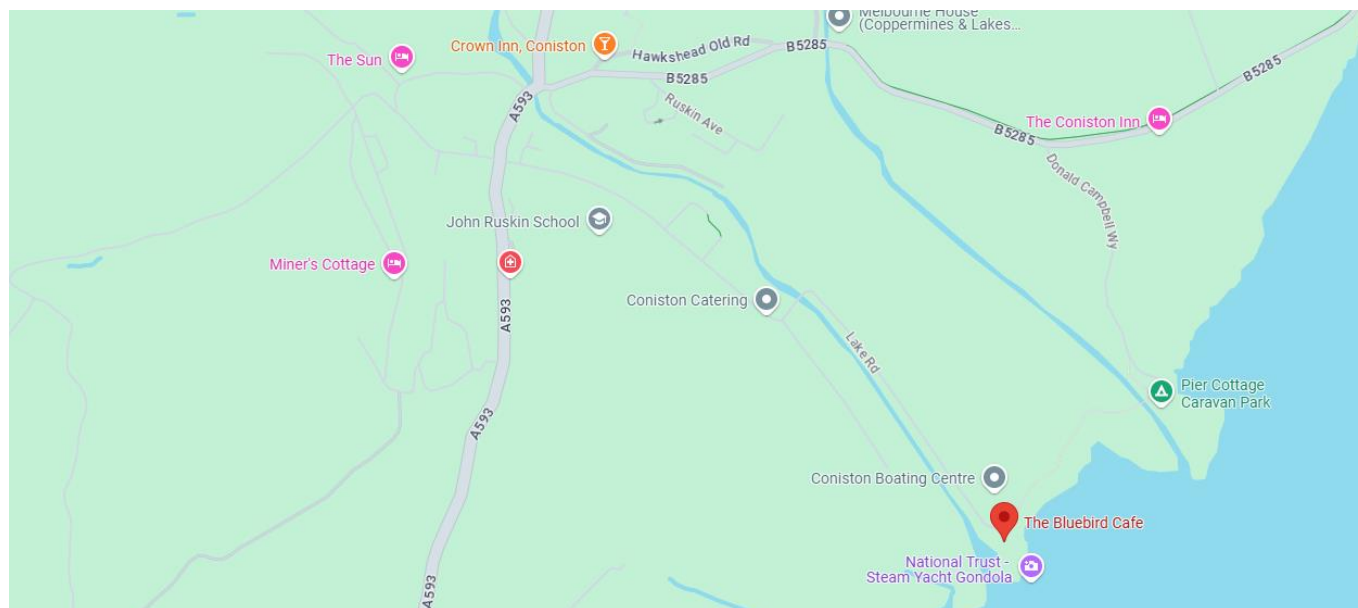
Important: Please ensure you eat a good breakfast at home before setting off.

Day 1
Packed lunch, snacks (stoves are not permitted along the route, only at campsites), water bottles (to refill at campsite), evening meal to cook on a camping stove.
Day 2
Hot or cold breakfast, ingredients for a packed lunch (stoves are not permitted along the route, only at campsites), snacks, water bottles (to refill at campsite), evening meal to cook on a camping stove.
Day 3
Hot or cold breakfast, ingredients for a packed lunch (stoves are not permitted along the route, only at campsites), snacks, water bottles (to refill at campsite).

You will be outside and active all day, therefore you need to ensure you have plenty of energy each day. We recommend that you bring lots of snacks (e.g. cereal bars, trail mix, chocolate bars or sweets) that you can eat whilst walking. Please complete ALL of your shopping in advance as you will not be able to visit a shop whilst out walking.

Qualifying Expedition: Sun 6th – Tues 8th July 2025, Lake District

Meeting point: The Bluebird Café, 12 Lake Rd, Coniston LA21 8AN. 10.00am

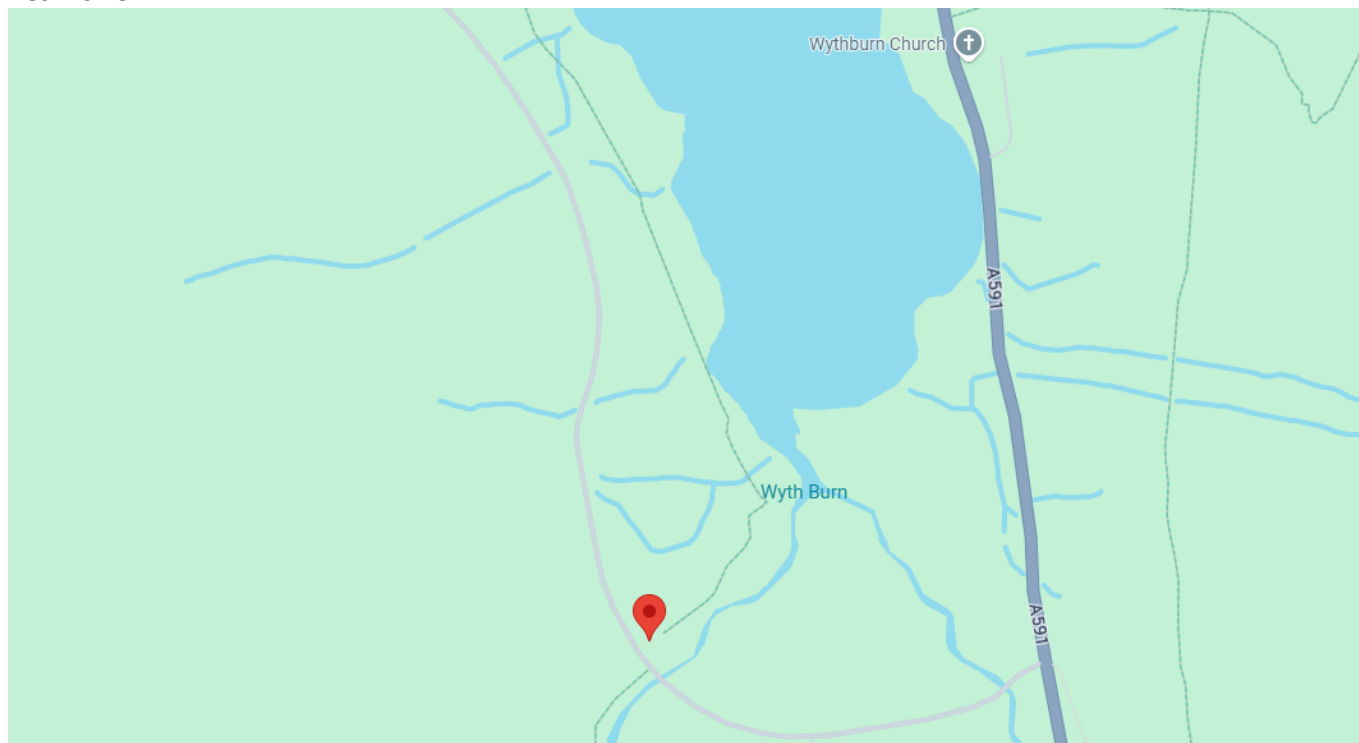


On arrival: You'll undertake pre-expedition checks with your instructors/assessors before setting off along your planned routes. Please arrive ready to set off on expedition as soon as you've completed your pre-expedition checks. It would be good to think in advance about what your expedition aim will be, how you'll gather the information, and how you'll present it, too.

On expedition: Whilst on expedition, you'll be expected to journey independently and your instructor will meet you at agreed checkpoints along the way. You'll walk along your expedition routes to your campsites and set up camp each evening.

Completion: On the final expedition day, you'll finish in plenty of time for a kit clean down, give your aim presentation, and receive your expedition report upon successful completion. Return home in the afternoon for a well-earned rest.

Departure point: Teams will finish no later than 16.00 on Tuesday 8th July at **Steel End Car Park Keswick CA12 4TW**



Consent Form – important!

Please fill in your online consent form and let us know about any medical issues, allergies, additional needs, etc, so that our instructor team can properly support you on expedition.

If you are under 18, your parent/guardian will need to fill this in on your behalf.

Your consent form link: <https://adventure-expeditions.net/consent-form/iBBJNSAktYwXclCgq3mT>

Without a completed consent form, you won't be able to take part, so please make sure you or your parent/guardian do this well in advance.

If you need to make any changes to your details, you can contact the office who will update this for you. Thank you for your help with this.

We hope you have a fantastic time with us and look forward to meeting you! Please contact our team or your DofE leader at school if you have any questions.

AE Office Team

01433 651 449 (office hours, Mon – Fri, 9am – 5pm)

info@adventure-expeditions.net

07400 457294 (out of hours emergencies ONLY)