

25<sup>th</sup> April 2025

Dear Parent/Carer

### **Practice Silver Duke of Edinburgh Award Expedition – Thursday 5<sup>th</sup> June to Saturday 7<sup>th</sup> June 2025**

We are very pleased to confirm the details of the Practice Silver DofE Expedition which will take place on the above dates. Students can arrive at Everett's Farm (IP24 5AR) from 17:30 on Thursday where they will pitch their tents and have their evening meal before walking on Friday to Larchwood (Beachamwell), camping there and walking to our end point at school on Saturday. Students should be completing or almost completed their physical, skill and volunteering sections with the final section being the qualifying expedition on 19<sup>th</sup> to 21<sup>st</sup> June.

#### **Kit List**

Students will have been given a kit list for the expedition. Students are encouraged to share the group equipment between them. Tents and stoves (not gas) are available to be borrowed and will need to be sourced (from myself) before the weekend. Items of particular importance are:

- Waterproof Walking boots
- Waterproofs (jacket and trousers)
- Spare warm jumper/fleece
- Spare socks
- Personal first aid kit
- Torch and whistle
- Packed lunch and snacks for the walk
- Water bottle(s) to carry at least 2 litres
- Sunscreen

#### **Food**

Participants will need to bring their own food for their:

- Thursday evening meal,
- Friday breakfast, lunch and an evening meal;
- & Saturday breakfast and lunch.
- Students will also need to bring snacks for both Friday and Saturday. Students are required to cook at least 1 hot meal each day.

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### **Pre-training**

Students are to have completed the BXM online learning by Friday 25<sup>th</sup> April and will have had some expedition reminders prior to the practice expedition. This practice will be their main training and refresher. Aspects covered include:

- Navigation and route-planning (online and practically)
- Menu ideas
- Country code and hazards
- Packing a rucksack and kit care and
- First Aid

As we have a small group, the training will be fluid and maybe altered.

### **Practice expedition**

On the evening of Thursday 5<sup>th</sup> June, parents/carers will need to make their own arrangements to get the students to their designated starting point (Everett's Farm) between 17:30 and 18:00, where they will meet with their Expedition supervisor and complete a kit check. Students are reminded that the expedition will involve a minimum of 7 hours journeying time (approx. 19km) on both Friday and Saturday and will be used as a tool for them to check, refresh and practice for the qualifying expedition.

### **20 conditions / Expedition Requirements**

The 20 conditions have now been updated and are known as Requirements. Students should be familiar with them as they detail information and used as guidelines for the expedition. The practice expedition will be used to ensure that students are capable of walking safely, independently in the countryside where supervision will be unaccompanied and self-sufficient. In practice this means that groups will walk several miles through the countryside, across roads and through towns without a member of staff. We track the groups from a distance on foot and will arrange to meet them at 'checkpoints' along their route at specified times.

### **Medication, Medical Conditions and Injuries**

Participants will need to be in good health and able to undertake two days of physical activity including walking a long distance carrying a heavy rucksack. Please inform us either on the consent form (or nearer to the expedition by email) of any medication currently being taken, medical conditions of which we should be aware of or relevant injuries. Participants are responsible for bringing their own medication unless this has specific storage requirements. In the unlikely event of an incident on the Expedition, parents will be contacted immediately. If you do urgently need to contact them, please contact myself first on the school trip mobile number which is 07510 382779.

Please complete the expedition consent and information forms by Friday 16<sup>th</sup> May.

Should you have any questions about the DofE generally or specific to the expedition please do get in touch via email at [Rachel.Wells@attrust.org.uk](mailto:Rachel.Wells@attrust.org.uk)

Kind regards

*R. Wells*

**Rachel Wells**

**Duke of Edinburgh Award Manager**