THE ADEYFIELD ACADEMY

Bronze Duke of Edinburgh Award Information Evening

Wednesday 1st October 2025

Learning Without Limits

COURAGE DIGNITY AMBITION COMPASSION RESPECT

DofE DUKE OF EDINBURGH @Adeyfield

Ambition Education Trust

What is the Duke of Edinburgh Award?

- A charity
- Staffed by volunteers
- Giving young people, up to the age of 25, an opportunity to develop life skills and employability skills
- Designed to be challenging and to instill self-sufficiency
- Established in 1956
- Offered in a number of countries around the worlc

Bronze DofE

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Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
Bronze	6 months	n/a

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*			

Bronze DofE - Volunteering

- Helping the vulnerable or people in need
- Coaching, Teaching and Leadership
- Mentoring
- Working with the environment or animals
- Helping a charity or community organisation







Bronze DofE - Physical

- Individual Sports
- Water Sports
- Dance
- Racquet Sports
- Fitness
- Extreme Sports
- Martial Arts
- Team Sports





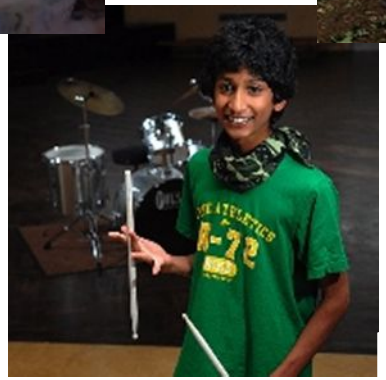


Bronze DofE - Skill

- Performing Arts
- Science and Technology
- Animal care
- Music
- Natural World
- Games
- Life Skills







Bronze DofE - Expedition

- A test of stamina, self-sufficiency and planning
- Designed to encourage a sense of discovery
- An adventure!

Two days walking with an overnight camp, carrying everything you need to survive.







Self-motivated, self-sufficient, self-reliant

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- Hugely important from the outset
- Students will need to organise themselves
- All expedition training must be attended
- All deadlines will need to be met
- If they do this, they will have a fantastic time and learn a huge amount about both themselves and the world they live in



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Bronze DofE at The Adeyfield Academy

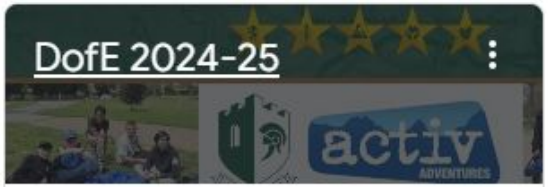
Learning Without Limits

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Bronze DofE

- Professional supervision and assessment by Activ Adventures
- Fee covers practice and assessed expedition but not travel
- Lunchtime surgeries for any D of E queries and support with logging information on eDofE
- Dedicated D of E Google Classroom to support students and share reminders about key sessions



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Cost of Bronze DofE

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Total cost is £210:

- Hertfordshire D of E Registration
- Insurance and contingency
- TEAM KIT - Tents, Trangia stoves, fuel, maps, compasses
- FULLY QUALIFIED STAFF - Walking leadership qualification, outdoor first aid, DBS, safeguarding
- CAMPSITE FEES & ACCREDITED ASSESSORS

Initial payment of **£60** will need to be paid by 31st October.

£80 to be paid by 30th November.

The remaining **£70** to be paid by 31st January 2026.

Bronze DofE - Training

- First aid and emergency procedures
- Health and safety
- Risk awareness
- Navigation and route planning
- Campcraft, equipment and cooking

Bronze DofE - Key Dates:

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The Dates for the expedition are as follows:

- Wednesday 3rd June 2025 – Training Day
- Thursday 4th - Friday 5th June – Qualifying Expedition

Requirements:

- Students must have attended eDofE surgery before the training day to complete login and section details
- Students must have completed 2 full sections or they will not be allowed on the expedition
- The final section must be completed by the end of the summer term (July 2026)

Kit List

Adeyfield and Activ will provide:



Tents
Rucksacks (we have some spare)
Trangias (cooking stoves)
Fuel
Map cases
Compasses
First Aid Kits

You need to provide:

Waterproof clothing
Fleece or warm top
Long sleeved top
Gloves and hat
Warm socks
Spare (dry) clothing
Warm jumper

Sleeping bag
Sleeping mat
Personal first aid
Food
Water bottle
Walking boots
Wash and sun kit

Adeyfield School
Bronze DofE Expeditions



THE DUKE OF EDINBURGH'S AWARD

activ ADVENTURES

WHO WE ARE?

We are an activity and adventure company.

We run DofE expeditions and adventure trips.

activ ADVENTURES

We are licensed by DofE to run Bronze, Silver and Gold expeditions.

We use professional, fully qualified outdoor staff on all expeditions.

Supported by Pharos Response

DofE APPROVED ACTIVITY PROVIDER

ADVENTURE ACTIVITIES LICENSING AUTHORITY AALA

ACTIVITIES INDUSTRY MUTUAL

DofE EXPEDITIONS



THE DUKE OF EDINBURGH'S AWARD

AIM

To **inspire** young people to develop **initiative** and a sense of **adventure** and discovery, by planning, training for and completing an adventurous **journey** as part of a **team**.

BENEFITS

Sharing responsibility, teamwork, leadership, self-reliance, overcome challenges, decision-making, manage risk, taking responsibility, learn new skills. FUN!

WHAT HAPPENS ON EXPEDITION?

Expeditions will take place in the Chiltern Hills. On expedition teams will travel through the countryside, through fields and woodland, passing farms and villages on the way.

Before the Expeditions participants will have access to our ‘Activ Guide’ information (including packing list and food guide) and quizzes to help them prepare.

The face to face element of the programme begins with a day of training covering navigation, First Aid and Emergency Procedures, Tents and Stoves.

Next is the Qualifying Expedition which is completed self sufficiently without help from outside the team. The team will follow a route they have planned using pre-set checkpoints.

- 6/7 people in a team
- 6 hours walking each day
- Following a route the team has planned
- Carrying everything needed in a rucksack
- Camping overnight
- Cooking on camp stoves

Throughout the programme Activ staff provide supervision to ensure a safe and enjoyable experience. Activ staff remain on the campsites overnight.

BRONZE EXPEDITION PROGRAMME



- TRAINING DAY (Emergency Procedures, Map Skills, Cookers, Tents) - Wednesday 3rd June
- QUALIFYING EXPEDITION - Thursday 4th - Friday 5th June

DofE Expedition Requirements

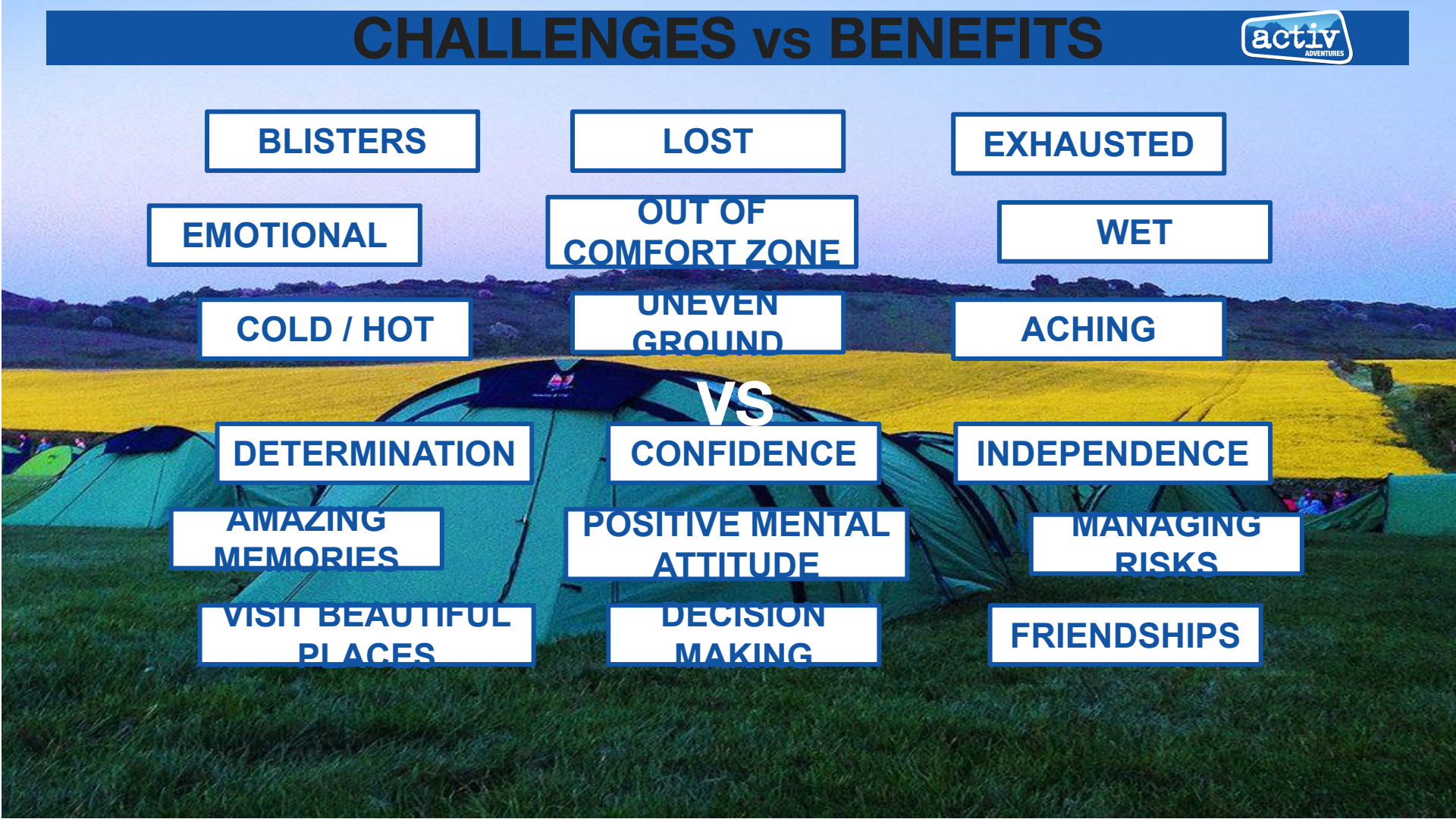
Activ expeditions are run in line with the guidelines set by DofE. This includes the Expedition Requirements and the DofE training frameworks.

The Training is designed to prepare them to be self-sufficient and remotely supervised during their Qualifying Expedition.

Teams must meet the below conditions during their Qualifying Expeditions.

- A minimum of 2 days, 1 night; 6 hours of planned activity each day.
- Participants must be adequately trained to safely complete an expedition in the environment in which they will be operating.
- Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).
- Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals, and must understand and adhere to the Countryside Code.
- Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.

CHALLENGES vs BENEFITS



KIT & EQUIPMENT

On expeditions participants will feel the benefit of having the right kit to keep them warm/cool, dry, comfortable and safe whatever the expedition throws at them.



WATERPROOFS
- Jacket and Trousers
- Taped Seams
- Hood on Jacket

WALKING FOOTWEAR
- We strongly advise ankle support
- Supportive and good fit
- Good grip on sole

RUCKSACK
- Must have a supportive hip belt
- 65 litres approx

SLEEPING BAG
- 2-3 Season
- Temperature to 0°
- Synthetic material

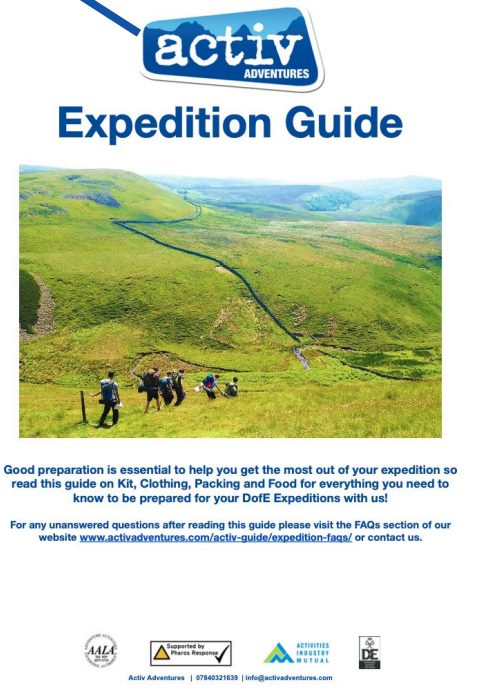
EXPEDITION COSTS

Cost	Includes
Bronze £165	**TRAINING DAY** **2 DAY EXPEDITION** **TEAM KIT - Tents, Trangia stoves, fuel, maps, compasses** **FULLY QUALIFIED STAFF - Walking leadership qualification, outdoor first aid, DBS, safeguarding** **CAMPSITE FEES & ACCREDITED ASSESSORS**
Personal Kit and Equipment	**Clothing, boots, food and personal camping kit.** With planning and understanding you can work out exactly what you need. Can you borrow kit? What do you already have which is suitable?
Travel arrangements for expeditions	Activ Adventures will advise of the expedition meet points **3 weeks in advance**, giving you plenty of time to arrange your travel.









The Activ Guide is a resource for all Participants and those who are helping them to prepare for their expedition.

You can find it through the front page of our website www.activadventures.com

The guide includes information on food and menu planning, Kit and equipment as well as some other tips on preparing for a DofE expedition.

Introduction

To get the most of your Duke of Edinburgh Award Expeditions you need to be prepared. The main things you need to prepare are your clothing, equipment and expedition food. You also need to pack these items in the best way to make them easy to carry. There are also other items to think about before you head off, including (among other items) the weather and sanitation.

Preparation is best done as a team, and once you know who is in your team we recommend talking to them and planning together, to ensure you pack efficiently. This is particularly true of organising food, and dividing the group kit to decide who carries what. Parents / Guardians may want to help organise packing but the participant should lead it. They have received the DofE training and they will be the ones having to carry it all!

The clothing & equipment list may seem daunting at first, especially from a cost perspective. We wouldn't advise you to go into an outdoor store with a packing list and ask them for everything on it! Several retailers do discounts for DofE. Many items such as cutlery, sleeping bag, roll mat etc are not individual and you could think about asking around any friends or relatives who may have already done DofE or other outdoor activities. If you know anyone in the year above who did DofE it might be worth asking them. Charity shops will sometimes have the items you need. While some items of clothing are hiking specific (Waterproofs and Footwear) other items you may already have in your wardrobe: A sports shirt for football / netball etc is just as good as a hiking top.

Use the contents to navigate the information you need to prepare for your expedition. If you still have questions after reading this guide please visit the FAQs section of our website **www.activadventures.com/activ-guide/expedition-faqs/** or contact us at info@activadventures.com.

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Expedition Clothing

Your time on expedition will be spent outside so having the correct clothing is vital to keep you warm, dry and comfortable, meaning you can concentrate on your expedition skills. Some items are essential so for safety reasons we cannot let you attend your expedition without them.

Waterproof Jacket and Trousers - ESSENTIAL

A hooded jacket which must be completely waterproof. To be fully waterproof the jacket must have taped seams, this looks like a clear tape stuck over the inside of any sections which are stitched. Pac a mac style jackets are not suitable. Avoid waterproof jackets with insulation as these can cause overheating on a warm but rainy day.

Walking Specific Footwear - ESSENTIAL

We highly advise that you choose 'over the ankle' walking boots which support your ankles when carrying a heavy rucksack. For Gold expeditions, and Silvers in more advanced terrain like the Peak District you must have walking boots with 'over the ankle' support and walking shoes will not be permitted. Footwear should have good tread on the sole to cope with rough terrain and be waterproof, as wet feet are prone to blistering. Make sure you 'break in' your footwear before your expedition by wearing them out and about so they are more comfortable and always lace boots up to the top for maximum ankle support.

For lower level terrain, including the Surrey Hills, South Downs and New Forest you may feel like a set of walking shoes that you have already done lots of walking in are appropriate. If you choose walking shoes they should still be sturdy and supportive with appropriate tread. **We would still strongly advise that you choose boots with ankle support** in any terrain, as they provide more protection against injury, especially when you consider you will be walking for several days carrying a heavy load.

Trainers or fashion style boots like Timberlands are not suitable at any level.



Walking Boot with ankle support-Fabric	Walking Boot with ankle support-Leather	Walking shoe *Caution - see the advice in text above	'Fashion boots' are not appropriate	Running shoes and trainers are not appropriate

Clothing

When choosing expedition clothing you should look for comfortable, lightweight and quick-drying materials and always try to avoid cotton as it can get wet and heavy and will not dry quickly. Having multiple layers is a better option than one thick, warm layer as it allows you to regulate body temperature throughout the day.

- **Underwear**
- **Thermal baselayer** - worn under a t-shirt in cold conditions. Check weather as this may not be necessary.
- **T-shirt** - avoid cotton and ensure it covers shoulders to prevent rucksack rubbing and sunburn. Sports shirts are good alternatives to hiking t shirts
- **Midlayer** - a light but warm layer which can be worn whilst walking on colder days. Thin fleece or a long sleeve t-shirt are ideal.
- **Warm layer** - a thick fleece is ideal as it is light, warm and dries quickly. Also makes a great pillow!
- **Trousers** - outdoor walking trousers, leggings or synthetic tracksuit bottoms are ideal. Avoid shorts which expose legs to scratches and bites. **NO jeans or heavy cotton tracksuits.**
- **Socks** - walking socks provide padding to help prevent blisters. We recommend a clean pair for each day.
- **Sun hat, woolly hat and gloves** - it can get cold even on summer expeditions. Remember you are outside at all times. Hands cannot be in pockets whilst using a compass or putting up a tent and nobody wants a night's sleep ruined by a cold head!
- **Nightwear** - warm and comfortable. You could use your spare clothing as nightwear to save weight.

Spare clothing - a full set of dry clothing is required on any expedition. This could be doubled up as nightwear or your clean clothes for a final day to save weight.

Expedition Kit

Activ Adventures provides teams with their group kit which includes tents (see how to pitch a tunnel tent here), trangia stoves (see our Trangia safety video here), stove fuel, maps and compasses. Participants must provide their own personal kit for the expeditions.

Sleeping Bag
It can get cold at night all year round so we recommend a 3 season (comfort rating of at least 0°C) sleeping bag. What a sleeping bag is made of will dictate its weight, size and cost. We recommend a synthetic sleeping bag as it is cost effective and stays warm even if it gets wet. A down sleeping bag will be lighter and pack down smaller but is more expensive and if it gets wet it is no use. It is useful if your sleeping bag comes with a compression bag to reduce its size before packing in your rucksack.

Sleeping Mat
Sleeping mats provide comfort and insulation from cold ground. Foam mats are cheap and light. Self-inflating mats provide more comfort and warmth but are more expensive and slightly heavier.

Torch
A head torch is best for moving around on camp at night as it keeps you hands free to carry/do things. Make sure it has new batteries and carry spares for longer Gold expeditions.

Bowl, Mug and Cutlery
A bowl and cutlery for meals. Most expedition foods can be eaten with a spoon. Do you need a knife & fork? A mug for hot drinks. Make sure all are heat proof!

Rubbish and Washing up
You need to bring cleaning materials. A metal scourer is needed for cleaning trangias. Don't forget bin bags for lunchtime rubbish as there will not be bins along your route.

Matches
We recommend long matches for safety when lighting your trangia stove. Make sure they are kept dry in a plastic bag.

Water Bottles
You need to carry a minimum of 2 litres of water so 2 x 1 litre water bottles. Water refills are available on campsites and from instructors on very hot days. Make sure water bottles are tough and won't break if knocked around (disposable bottles will not last). Gold expeditions may need water purification, check with Activ.

Mobile Phone
Mobile phones are for use in an emergency or when requested by an Activ instructor only. They should be off or on flight mode and stored in a waterproof bag in rucksacks. In keeping with the idea of remoteness on expeditions participants should not be making or receiving calls from friends or family, using social media or using a phone for navigation.

Watch
A watch is needed for keeping timings which should be recorded on your route card. It also helps work out walking speed and distances which can help in backtracking in case you get lost! An alarm to wake up in the morning is needed as phones should be off to preserve battery.

Toiletries
Keep these to a minimum as they take up space and are usually liquids which add a lot of weight. A toothbrush and toothpaste and some toilet paper, nappy bags and antibacterial gel for toilet stops along the way should be all you need. Nappy bags are ideal for sanitary items and used toilet paper which should never be left along your route unless buried at least 6 inches deep. Participants rarely use showers (if available).

Sunscreen and insect repellent
You are outside all day during expeditions so need to be protected from the sun. Insect repellent should keep away bugs when walking through the countryside. For safety insect repellent should never be sprayed inside a tent as it is an inclosed space and could also damage the tent.

Emergency Whistle & Survival bag
A whistle to attract attention and a survival bag to protect an injured person. Check your rucksack chest strap to see if a whistle is already integrated. You must have 1 of each per team.

Money
Coins for emergency calls from a payphone. Money for snacks during travel or at the end of the expedition. Nothing should be purchased during the expedition.

First Aid Kit (Team & Personal)
Every team should carry a team first aid kit to deal with emergencies. You should also carry a personal first aid kit for anything you may need often with plasters, blister tape, personal medication etc. Check our kit list for contents.

DofE Aim resources
During your qualifying expedition you may need resources to record your DofE aim presentation. Pen, paper, camera are all useful or anything specific like a quadrangle, sketchbook, wildlife identification book etc.

Optional extras
Walking poles for balance and to reduce strain on knees.
Campsite footwear if you don't want to wear boots all evening. For safety reasons you must always have footwear on whilst moving around the campsite.
Camera for recording your expedition. Don't forget you shouldn't be using your phone.
Campsite games to use any energy you have left! Frisbee, playing cards, tennis ball.

Packing

Rucksack for Walking Expeditions
You will need a 65 litre rucksack to carry everything needed to be self sufficient for your expeditions. Any smaller and everything may not fit, any larger and you risk overpacking.

A good rucksack should have a supportive and adjustable back system, fit you well and be comfortable.
- Avoid rucksacks which do not have a rigid back as these will not support weight well on your back.
- Adjustable shoulder straps mean you can change the back length of the rucksack to fit you.
- An adjustable, padded hip belt is needed to ensure weight can be distributed through your hips. Ensure the hip belt tightens sufficiently.
- A womens specific rucksack will adjust to a smaller back length and hip belt size so are worth looking at if other rucksacks are too large.
- Always try a rucksack on with weight in it to make sure it is comfortable.

Waterproofing
A rucksack is not waterproof, even when using a rucksack cover, so everything must be waterproofed before packing.
- Use tough plastic bags or dry bags to waterproof.
- Dry bags are made from waterproof material and seal closed to ensure they are fully waterproof but add extra cost so consider if they are necessary.
- Group your items before waterproofing so they can be packed in separate areas of your rucksack but easy to find. For example your spare clothes may be waterproofed in a yellow bag near the bottom of your rucksack whilst hat and gloves are in a green bag at the top for quick access.
- Don't forget to waterproof your sleeping bag and sleeping mat in a dry bag or tough bin liner. This includes foam roll mats which are carried on the outside of your rucksack.



Packing your rucksack
Rules to packing well:
Everything inside (except foam roll mat and water bottle). This keeps your rucksack balanced and prevents items 'swinging' off it and straining your back.
Weight Heaviest items such as food should be packed in the middle and closest to your back to help with balance when walking.
Order Think about you will need to get items out of your rucksack. You don't want them stuck at the bottom!

Your rucksack should be packed from the bottom in the reverse order you will need items.
- Sleeping bag is the last thing you need in the day and the first you pack up in the morning. Place this at the bottom of your rucksack along with your sleeping mat (if not on the outside). These items are bulky but not too heavy.
- Next up will be your group kit (tent or stove) as you wont need this until the end of the day.
- Spare clothes and food that you won't eat whilst walking can go next. Put the food close to your back for balance.
- Towards the top should be food for the day, hat and gloves and waterproofs so they are quick to reach.
- First aid kit and personal medication(eg. Epipen or inhaler) should be right at the top in the outside pocket.

Once packed, your rucksack should weigh around 12-14 kg.
This includes approximately 1.5kg of group kit and 2kg of water.

Food & Cooking

Eating enough during DofE expeditions is vital for keeping up energy levels and morale. You will be journeying for 6-8 hours each day so as a guideline we recommend eating **2500-3000 calories per day**. Careful planning of your food will help you carry enough without too much weight. Consider any allergies in your group or allergen policies your school may have (e.g. does your school allow nuts? If not you should ask at school if you are allowed them before buying).

How much food will you need?

Bronze Expedition (2 day expedition)
Day 1 - Lunch, Hot Dinner, Snacks
Day 2 - Breakfast, Lunch, Snacks

Silver Expedition (3 day expedition)
Day 1 - Lunch, Hot Dinner, Snacks
Day 2 - Breakfast, Lunch, Hot Dinner, Snacks
Day 3 - Breakfast, Lunch, Snacks

Add an extra full day to either of the above if completing an 'Open Expedition'.

Gold Expedition (5 days away for a 3 day (practice) or 4 day (qualifying) day expedition)
Day 1 - Lunch, Hot Dinner, Snacks
Day 2 - Breakfast, Lunch, Hot Dinner, Snacks
Day 3 - Breakfast, Lunch, Hot Dinner, Snacks
Day 4 - Breakfast, Lunch, Hot Dinner, Snacks
Day 5 - Breakfast, Lunch, Snacks

Cooking on Expedition - Trangia Stoves

Activ will provide each team with two trangia stoves to cook their meals. Each stove has two pans which can be used one at a time. These are great for boiling water and heating sauces but you will not be able to fry food or heat dry food as it will stick and burn. Don't forget, you need to clean the trangias before returning them so bring a scourer.

The key things to think about when planning your expedition food are:

Calories Are there enough calories to keep your energy levels up?	**Packaging** Remove unnecessary packaging. No heavy or breakable glass or tins.
Weight Is the food lightweight and/or dehydrated? Can the team share food/weight?	**Simplicity** Can you make/cook the food quickly and easily with limited utensils?
Balance You need carbohydrates, proteins and fats and a range of sweet and salty foods.	**Do you like it?** It may not be your usual food but don't bring it if you won't want to eat it.
Will it go off? Make sure food won't need refrigeration or make you unwell if not cooked fully.	**Always consider allergies and dietary requirements if sharing meals in the team.**

Expedition Foods

Expedition suitable foods are available in supermarkets. Look for small or individual packets or share meals with team mates to spread the weight. For dinners or breakfasts you may wish to buy dehydrated or boil in the bag camping meals.

Breakfast

Breakfast should be quick and easy to prepare and full of slow releasing energy to keep you going until lunchtime.

- Porridge is a great camp breakfast and easy to make a big pot for the entire group. Get quick cook sachets which only require water. Alternatively premix quick cook oats with milk powder at home. Add dried fruit or chocolate for extra flavour and calories. Avoid plastic porridge pots which take up more space than the food and split easily when packed.
- Calorie rich breads like brioche, pan au chocolate or wraps pre-filled with your favourite spread or jam or flapjacks.
- Dehydrated or boil in the bag camping meals are available as breakfasts (see dinner for more information on these).
- Noodles or pasta can be eaten for breakfast if you prefer a savoury breakfast.
- Cereal bars are not substantial enough on their own but add calories when eaten with any of the above foods.
- A hot drink is great to warm you up and give hydration in the morning. Tea, coffee, hot squash, hot chocolate or soup all come in useful one cup sachets.

Lunch

Lunch will be eaten along your route so you won't be able to cook with your trangia stoves. Plan easy to make, low packaging foods as you will need to carry all rubbish until you find a bin.

- Flat bread, pita and wraps are space efficient and keep well in rucksacks.
- Crackers and oatcakes add good carbohydrates and replace salts lost through sweating.
- Fillings can be added in the morning or when you reach your lunch stop.
- Pick fillings which don't need to be refrigerated. Spreads like marmite, pate, sandwich spread or jam. Squeezy or triangle cheese. Peperami, chorizo, tuna sachets or smoked sausage.
- Cake bars, cereal bars, biscuits, dried fruit or sweets are great lunchtime desserts.

Dinner

This should be your biggest meal of the day and is well deserved after a big day of journeying. Plan for at least 2 courses, ideally 3 as a big dinner also helps keep you warm in the night whilst your body is busy digesting. With two trangia's to cook on it is easiest to plan a meal with all, or at least half, of your team. This should mean you can eat together at the same time and also spreads the weight of meals between more people. A carbohydrate base with sauce is the most eaten dinner on expeditions as it is quick and filling.

- Soup and bread is a good starter and is quick to make if you are hungry when reaching camp.
- Have a carbohydrate base to your main meal to restore energy. Pasta, couscous, rice or instant mash or noodles are all easy to make as they only require boiling water.
- Pasta sauces can easily be found in plastic pouches which are ideal for expeditions. Most can be boiled in the bag so you don't even make your pan dirty!
- There are also lots of meals now available in quick cook pouches which can all be boiled in the bag. Look out for curries, stews, hotpots and vegetarian options like chickpeas, lentils and beans.
- Add tuna, chorizo or frankfurters to bulk out sauces.
- Whilst not very calorific, fresh vegetables are a great addition to camp cooking. Carrots and green beans travel well and are quick to boil in the last few minutes in the same pot as your pasta/noodles.
- Dehydrated or boil in the bag camping meals are quick and easy but check the calorie count as they often need bulking out with pasta or bread. It can be slow to cook multiple boil in the bag meals if the whole group opts to use them so some people may be left waiting a while to eat. Dehydrated meals are lighter and only need hot water added so are faster to prepare for a group wanting to eat together. Look for these in camping shops.
- No pot noodles! These have very little nutrition, take far more space than the food inside and the pots and lids can easily split. Opt for blocks of instant noodles instead. Also avoid any tins as these are heavy and do not pack well.
- Don't forget pudding! Instant custard and cake or flapjack. Biscuits with jam or chocolate. Hot chocolate with marshmallows.

Snacks

Snacking is really important throughout the day to keep energy and morale up. Make sure you have a mix of sweet and salty to replace sugars and salts in your body. Keep snacks accessible so you can eat as you walk.

- Trail mix is a mix of small treats to snack on throughout the day. You can make your own with things like dried fruits, salted crackers, maltesers, jelly sweets, popcorn, seeds and granola.
- Cake and cereal bars, flapjacks or malt loaf.
- Salted crackers or oatcakes.
- Sweets and chocolate.
- Don't forget fruit and vegetables! They are not very calorie rich but do make great snacks. Carrots and apples keep well in rucksacks or bagged dried fruit packs well.

Drinks

You should be drinking at least 2 litres of water each day to stay hydrated as even slight dehydration can significantly affect your energy levels. Dehydration often really starts to show in the evening on the campsite so have a big drink on arrival to prevent it. If you don't like water then take a bottle of concentrated squirty squash to add flavour. Water, soups, hot drinks and squash all count towards your hydration.

Emergency Rations

Always carry a little more food than you need just in case you get lost or delayed. As a guide you should have around 1500 calories which you don't plan to eat before you finish your expedition.

Organising and packing your food

Packing your food into individual meals or days will help organise your food, make it easier to pack and ensure you don't eat all your food on day 1!



Packing List

Clothing	Packed?
Waterproof jacket	
Waterproof trousers	
Walking boots	
Underwear	
Thermal baselayer	
T-shirt	
Midlayer	
Warm layer	
Trousers	
Socks	
Sun hat	
Woolly hat	
Gloves	
Nightwear	
Set of spare clothing	

Food	Day

Optional extras	
Walking poles	
Campsite footwear	
Camera	
Campsite games	
Group First Aid Kit (see below)	

Expedition Kit	Packed?
Rucksack	
Waterproofing (dry/plastic bags)	
Sleeping bag	
Sleeping mat	
Torch and spare batteries	
Bowl	
Mug	
Cutlery	
Rubbish bags (2 per team)	
Washing up liquid, scourer x2 & teatowel (1 set per team)	
Matches (for stoves, 2 packs per team)	
Water bottles (2l capacity)	
Mobile phone	
Watch	
Toiletries	
Suncream	
Insect repellent	
Emergency whistle (1 per team)	
Survival bag or foil blanket (1 per team)	
Money	
DofE aim resources	
Personal First Aid Kit (see below)	

Each team must carry a **Group First Aid Kit** to deal with an emergency situation should it happen. The team must know who is carrying this kit so it can be accessed by all team members in an emergency. The first aid kit should be included, along with tents and trangias, as team kit when dividing weight for each team member to carry.

The following items are recommended by the DofE Award:

- 2 pairs of disposable vinyl gloves (latex-free)
- Large individually-wrapped sterile unmedicated wound dressing
- Individually wrapped sterile unmedicated wound dressing
- Assortment of individually adhesive dressings (Melolin squares)
- Individually wrapped triangular bandage
- Assorted adhesive plasters (zinc oxide, fabric strip, waterproof)
- 2-3 individually wrapped antiseptic wipes
- Microporous adhesive tape
- Small pair of safety scissors
- Eye wash
- Crepe bandages
- Burns wound dressing
- Tweezers
- Blister plasters
- Large safety pins

Each participant should also carry a small **Personal First Aid Kit**. This should contain the most frequently used items such as plasters and blister tape to avoid the group kit being depleted.

This kit should also contain any personal medication like asthma inhalers or EpiPens (x2). See our Prescribed Medication Information for details.

Preparation

Fitness

Fitness will directly affect the enjoyment of your expedition. The fitter you are, the easier you are likely to find it and therefore the more enjoyable it is likely to be. If you are worried about your fitness then we suggest trying to increase the distance you are comfortable walking. Visit your local park and walk on different terrains. Try walking with a rucksack so that your body gets used to this weight. If you already have your walking boots then wear them so you start to break them in and make them more comfortable. If concerned about fitness, DofE recommends using the NHS fitness plan.

Weather

It is always important to check the weather before your expeditions as it may mean you may need to adjust your packing. Expeditions will go ahead unless the weather is deemed unsafe so a rainy weekend won't mean cancelling. If adjusting your packing make sure you do not leave out essential items like waterproofs. These need to be packed even on sunny forecast weekends as weather can change at short notice!

Locations - Research your DofE Aim

The areas we run expeditions in are typically National Parks, AONBs (Areas of Outstanding Natural Beauty) or SSSIs (Sites of Special Scientific Interest) so have lots of interesting facts and features about them which you can learn.

On your qualifying expedition you need to produce an expedition aim presentation to show something you have learned or enjoyed during your expedition. For ideas on aims check the DofE website.

Whether for your aim or general interest check out these websites for further information on where you might be going:

Surrey Hills - http://www.surreyhills.org/
New Forest - http://www.newforestnpa.gov.uk/
South Downs - https://www.southdowns.gov.uk/
Chilterns - http://www.chilternsaonb.org/
Peak District - http://www.peakdistrict.gov.uk/
Brecon Beacons - http://www.breconbeacons.org/
Snowdonia - http://www.eryri.llyw.cymru/
Lake District - http://www.lakedistrict.gov.uk/

Ticks

Ticks are now common in urban gardens and parks as well as countryside areas. We recommend covering legs on expeditions to reduce the risk of a tick bite. It is a good idea to check the areas you will be visiting for up to date advice on ticks as the prevalence of ticks fluctuates each year. Please see - Government Tick Advice.

The Countryside Code & Leave No Trace

The countryside code is a mixture of guidance and rules we follow when to help protect the countryside. By following the code we ensure the countryside is looked after for everyone to enjoy. The Code can be summarised by 3 main principles - Respect Everyone, Protect the Environment & Enjoy the Outdoors (The Countryside Code).

On expedition we should try to minimise our impact on the environment by trying to 'leave no trace'. Litter is a major part of this and we should be prepared to take home anything we bring, including food packaging. Always dispose of litter in a bin, even if it is biodegradable. Some campsites do not have the facilities to dispose of rubbish. This is more often the case on remote Gold expeditions but also occasionally at Bronze and Silver too. At these locations your group will need to carry out waste created including excess food and packaging. You can reduce excess food by planning your meals and packaging can be rinsed if dirty to make it less unpleasant to carry (this also has the eco benefit of preparing it for recycling!) Dispose of any waste in an appropriate bin (or even better at a recycling point if possible).

Sanitation Advice

It's likely that you won't pass any toilet facilities during your expedition until you get to camp. If you need to go to the toilet you will need to find a discreet place in the woods or behind bushes away from the footpath. If you need to poo then you will need to dig a hole the depth of your hand and bury it. Part of DofE is about respecting the Countryside Code (see above), including no litter and not damaging flora and fauna. Toilet tissues, wet wipes and sanitary protection are full of chemicals so they can't be buried as they will pollute the environment and poison animals who will smell them and dig them up. The best thing to do is to bag up waste in nappy/dog poo bags and carry it to camp where it can be disposed of. For girls who may be on their periods we advise using sanitary pads, period pants or applicator tampons for hygiene reasons and disposing of these in the same way as explained above for toilet tissue or wet wipes. Antibacterial gel should be used to clean hands after a toilet visit.

We hope you now feel prepared and ready for your DofE expeditions. For any unanswered questions after reading this guide please visit the FAQs section of our website www.activadventures.com/activ-guide/expedition-faqs/ or contact us.

EXPEDITION SIGN UP

- Check availability and add dates to the diary
- Follow the link on the enrolment letter to our online expedition sign-up form. Register the participant by providing medical details, contact information and parental consent
- Form must be completed by a **parent/guardian**
- Activ Adventures sign up is in addition to the DofE sign up at school.
- Payment for the expeditions will be taken by the Adeyfield Academy and passed on to Activ Adventures

ANY QUESTIONS?



info@activadventures.com

Bronze DofE Sign Up and Payment

THE ADEYFIELD ACADEMY

Please email questions to: admin@adeyfield.aetrust.uk

Signing up:

Initial payment of **£60** will need to be paid by 31st October

£80 to be paid by 30th November.

The remaining **£70** to be paid by 31st January 2026.

You will also need to complete the form sent out by Activ (this is separate from the TAA payment)

Further instructions will then be given outlining the next steps

DofE DUKE OF EDINBURGH @Adeyfield

