

# **Bluecoat Wollaton Academy**

## ***The Duke of Edinburgh's Award 2020/ 21***

### **Bronze Award Expedition Information Guide**



**Bluecoat Wollaton**  
believe in yourself, in others, in God

---

# Expedition 2021

- Final assessed expedition: **Saturday and Sunday 10/11<sup>th</sup> July**
- **Year 11** in school training days: **Wed. 7<sup>th</sup> July 9-3 pm & Thurs. 8<sup>th</sup> July 9- 2 pm.** School uniform NOT required.

Maps with detailed directions for drop -off and pick-up are enclosed.

Please ensure that you and your child make as little noise as possible when dropping off in the morning so as not to disturb local residents. The same applies when collecting students in the afternoon.

Please show consideration and collect your child on time as it is unfair to keep staff waiting. Directions are only given as guide and you should always research your own travel arrangements and check travel times. You may find it useful to have a copy of the OL24 White Peak map handy if you do not know the area.

## Contact Details:

### **Before the expedition:**

Mr Andrew Garbutt- BWA DofE Manager: [agarbutt@bluecoat.uk.com](mailto:agarbutt@bluecoat.uk.com)

The Academy mobile number will be messaged to you before the weekend.

The camp site is Shallow Grange near Buxton: 01298 23578

### **Medical requirements:**

Medical consent forms have been completed in school. If any of the medical details have changed since the completion of these, it is the responsibility of the parent /guardian to update this information and submit it to the D. of E. leader in written form.

If a pupil is currently on any medication e.g. Asthma inhaler, then a spare must be given to the group leader before the expedition can start. This can be brought along on the Saturday morning.

# Kit Packing ( please also list attached with recommended kit)

## Clothes

Walking socks - pair for each day and a spare

Walking **boots**- shoes not acceptable.

Walking trousers (not jeans, could be leggings or similar)

Shorts (optional)

Underwear

Thermal top (long sleeved top)

T-shirts ( sports type)

Fleece (not cotton)

Waterproof jacket (limited number available from school)

Waterproof trousers (limited number available from school)

Warm/ sun hat

Gloves (2 pairs are advisable)

Flip flops for camp site (optional)

## Equipment

Rucksack (many available from school)

Sleeping bag- 3 season (some available)

Sleeping mat (some available from school)

Wash kit (toothbrush, soap, lip balm, moisturiser)

Mug, plate

Spoon/ spork

Food- detailed page

Survival bag (school)

Copy of contact numbers (school)

Map case (school)

Compass (school)

Watch

Emergency rations (bar of chocolate)

Torch (with spare batteries)

Personal first aid kit

Notebook and pencil

Money for the emergency

Strong plastic bag to line rucksack

Rubbish bags

Water bottle (to carry at least 2 litres)

### **Shared group items**

Tent (school)  
Stove (school)  
Fuel (school)  
Group first aid kit (school)  
Matches or lighter  
Small camera (optional)  
Route cards (school)  
Emergency information sheet (school)

Equipment that has 'school' in brackets next to it will be supplied from the school equipment store at no charge.

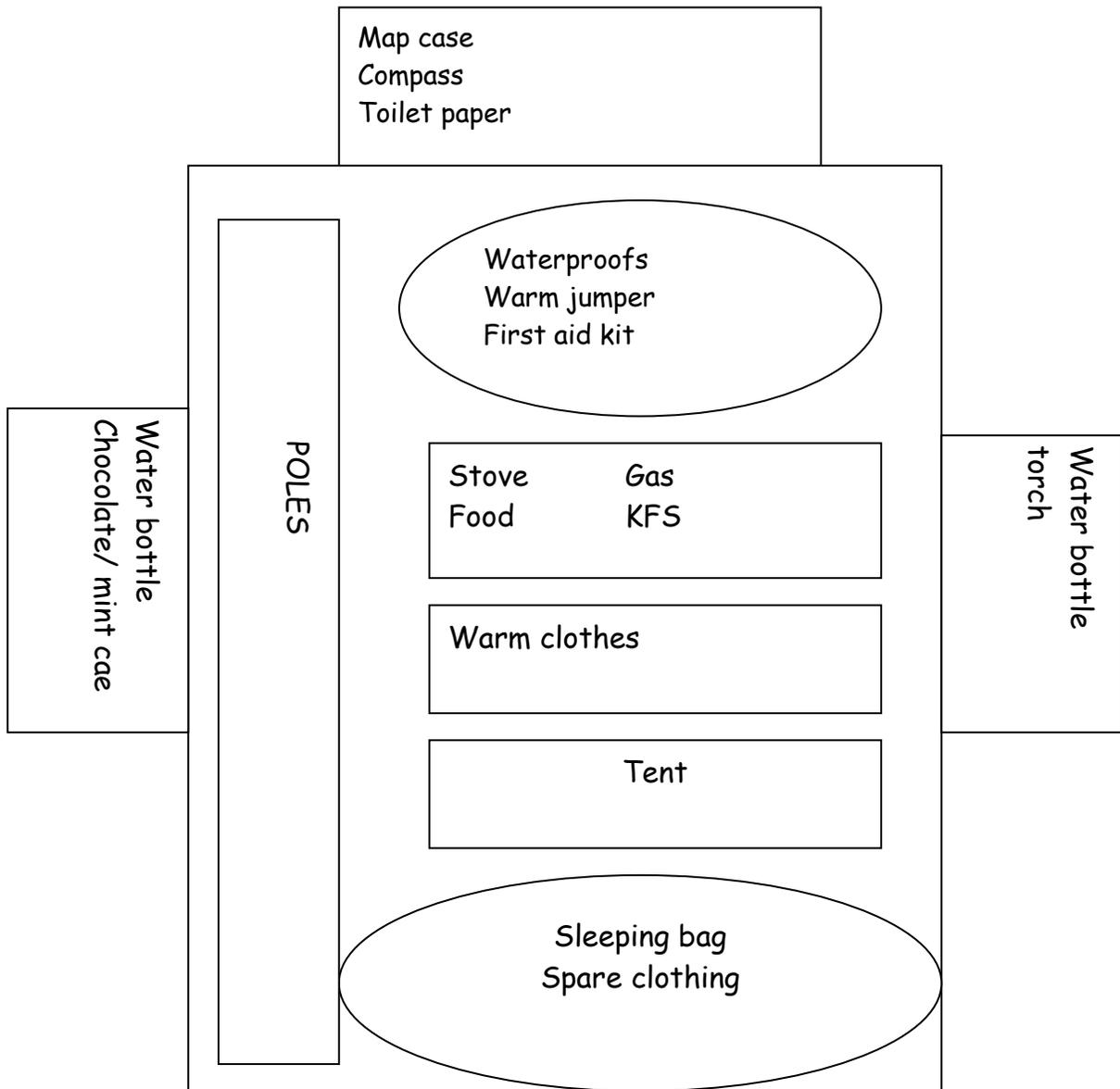
Please note that there may be a charge for an item if it is not returned in a satisfactory condition. Please dry tents etc

All equipment needs to fit in a 65 – 75 L rucksack. All rucksacks must be lined with a tough plastic bag (rubble sack or survival bag). All items must also be waterproofed in additional plastic bags.

Each pupil must take **2L** of water to prevent dehydration.

Mobile phones may be taken but must only be used in an emergency. They must be waterproofed and sealed.

# Rucksack packing



# Food and Cooking



Food is one of the most important factors to a successful expedition.

You will need food with high calorie content but with the least mass. You will be using far more energy than you do on a normal day and your diet needs to reflect this.

## Food needed:

**Saturday**- breakfast at home or on journey / packed lunch/ a substantial cooked evening meal.

**Sunday** – breakfast and lunch.

## Tips on food

- Take food that is simple to prepare: stews, curries, pasta
- Cook quickly to save on fuel
- Make sure the food will keep, there are no fridges (beware chocolate melts)
- Take the packaging off as this saves space
- Fresh food may not last
- Tins and liquids are very heavy to carry
- Plastic containers with screw tops can substitute for glass
- Make sure you and your cooking partners like and enjoy your food

## Suggestions for menus

Breakfast: Muesli, instant porridge, dried milk, individual jams, cereals

Hot drinks: Tea, coffee, hot chocolate, instant soups. Even if you do not normally have hot drinks it is useful to have them for very cold weather conditions

Lunch: Ryvita, cheese spread, peanut butter, muesli bars, Kendal mint cake, chocolate, nuts, raisins, bran biscuits

Evening meal: Soups, pasta with sauces, rice dishes, mashed potato (smash), treacle pudding, various drinks. **Not** pot noodles.

Emergency rations: high energy foods.