



®



MENDIP

DUKE OF EDINBURGH'S AWARD
Expedition Planning Pack
Silver Award

Mendip, Lyncombe Drive, Churchill, North Somerset, BS25 5PQ
Call 01934 834 877, search www.mendip.me or email info@mendip.me



	Date	Location	
Introduction meeting			
Training Day 1			If you have any questions, today is a good day to ask!
Training Day 2			Don't forget clothes for outdoor walking, lunch & walking boots!
Practice Expedition			Have you: Written route cards? Found and packed Kit? Written a menu?
Qualifying Expedition			Have you: Written route cards? Found and packed Kit? Written a menu? Decided your team's expedition aim?



PLANNING YOUR ROUTE

3 DAYS, 2 NIGHTS

A key part of the expedition section is planning your route. In advance of each expedition, your group must plan a route and submit a detailed route card.

For each expedition you are provided with a number of compulsory grid references you must use. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

ROUTE CARDS

The route card below can be downloaded from <https://www.mendip.co.uk/dofe-downloads>. Plot your route onto one of these route cards. Route cards are vitally important for planning and proving your competency.

Date:		Day number: (1 st , 2 nd etc.)		Names of team members:					Name of DofE Group:			
									Name of School:			
									Level: Bronze / Silver / Gold			
L e g	Start Location:	Walking Speed (km/h):	General direction /bearing	Distance in km	Height climbed in m	Time Allowed For:			Total Time for leg	Estimated Time of Arrival	Setting out time:	
	Grid:					Walking	Height Climbed	Exploring Rests Meals			Brief description of route to be followed	
1	To:											
	Grid:											
2	To:											
	Grid:											
3	To:											
	Grid:											
4	To:											
	Grid:											
5	To:											
	Grid:											
6	To:											
	Grid:											
7	To:											
	Grid:											
8	To:											
	Grid:											
9	To:											
	Grid:											
Totals:										Expedition Aim:		
<p>You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.</p>												

The following pages offer advice on how to write an effective route card. The Silver Expedition locations are Exmoor for the Practice Expedition and Dartmoor for the Qualifying Expedition.



EXMOOR: SILVER PRACTICE EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**



Compulsory Grid References

Day 1	Notes	Day 2	Notes	Day 3	Notes
Start: SS 923 387 Wheddon Cross Car Park		SS 824 398 Westermill Farm		SS713 449 Shallowford Farm	
SS 895 406 Dunkery Bridge		SS 824 415 Larkbarrow Corner		SS 736 466 Cheriton Road Junction	
SS 834 422 Alderman's Barrow	Be careful when walking along the road to the campsite	SS812 415 Elsworthy trig point 444m		SS 739 477 Combe Park Wood car park	
SS 824 398 Campsite: Westermill Farm	Report to an instructor or teacher before setting up camp.	SS767 410 Carpark/Layby B3223		Finish: SS 724 494 Lynmouth Car Park	
		SS713 449 Shallowford Farm	Report to an instructor or teach- er before setting up camp.		

START LOCATION: Wheddon Cross Car Park, Minehead

Grid Reference: SS 923 387 **Nearest Post Code:** TA24 7DR

Please meet by 10.00am

FINISH LOCATION: Lynmouth Car Park, Watersmeet Road, Lynmouth

Grid Reference: SS 724 494 **Nearest Post Code:** EX35 6EP

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: North Devon District Hospital, Barnstable, EX31 4JB



BRECON BEACONS: SILVER QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

Compulsory Grid References					
Day 1	Notes	Day 2	Notes	Day 3	Notes
Start: SO 328 164 Car Park		SO 310 196 Blaengavenny Campsite		SO 239 178 Campsite/Field	
SO 331 182 Ysgryd Fawr		SO 301 206 384m High Point		SO 268 167	View point
SO 326 205 A465 road crossing	Don't cross road unless supervised by instructors	SO 292 200 Car Park		SO 291 160 Sunny Vale	
SO 311 214 Road Junction		SO 272 187 Sugar Loaf/ Y Fal	Do not cross the road unless supervised by instructors	SO 311 177 Road Crossing	
SO 310 196 Blaengavenny campsite	Report to an instructor or teacher before setting up camp.	SO 239 178 Campsite/Field	Opposite the Dragons Head Pub.	Finish: SO 328 164 Car Park	

START AND FINISH LOCATION: Car park — SO 328 164

Grid Reference SO 328 164 **Nearest Post Code:** NP7 8NH **What3Words:** tablet.begun.rotations

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Nevill Hall Hospital, Brecon Road, Abergavenny, NP7 7EG



DARTMOOR: SILVER QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**



Compulsory Grid References

Day 1	Notes	Day 2	Notes	Day 3	Notes
Start: SX 697 602 South Brent Car Park		SX 672 732 Dartmeet	There are many options from here. Be unique!	SX 681 817 Bennett's Cross	The area near Bennett's Cross is a wild bird area. Please be quiet and considerate.
SX 680 629 Avon Reservoir Car Park	There are many options to the next check-point. Be Creative	SX 668 790 Campsite: Runnage Farm	Report to an instructor or teacher before setting up camp.	Finish: SX 765 772 Haytor Rocks Car Park	
SX 664 662 Huntingdon Cross					
SX 682 693 Sandy Way Cross-roads		BAD WEATHER ALTERNATIVE The River Strane can get high in bad weather. Plan accordingly. In good or bad weather, only cross the river at road or foot bridges.			
SX 694 703 Campsite: West Stoke Farm	Report to an instructor or teacher before setting up camp.				

START AND FINISH LOCATIONS

START LOCATION: South Brent Station Car Park

Grid Reference: SX 680 629 **Nearest Post Code:** TQ10 9AL

Please meet by 10.00am

FINISH LOCATION: Haytor Rock Car park

Grid Reference SX 765 772 **Nearest Post Code:** TQ13 9XT



READING A MAP

In order to plan a route and go on your expedition you will need to be able to understand how to read a map. The following information should be used in conjunction with your DofE training.



			HO	HP		
			HT	HU		
	HW	HX	HY	HZ		
NA	NB	NC	ND	NE		
NF	NG	NH	NJ	NK		
NL	NM	NN	NO	NP		
	NR	NS	NT	NU		
	NW	NX	NY	NZ	OV	
		SC	SD	SE	TA	
		SH	SJ	SK	TF	TG
	SM	SN	SO	SP	TL	TM
	SR	SS	ST	SU	TQ	TR
SV	SW	SX	SY	SZ	TV	

GRID REFERENCES

A grid reference is a way of marking each square on a map.

You will be using Ordnance Survey (OS) Maps with a scale of 1:25,000. This means that 1cm on the map is equal to 250m in real life. So, 4cm = 1km and 1mm = 25m.

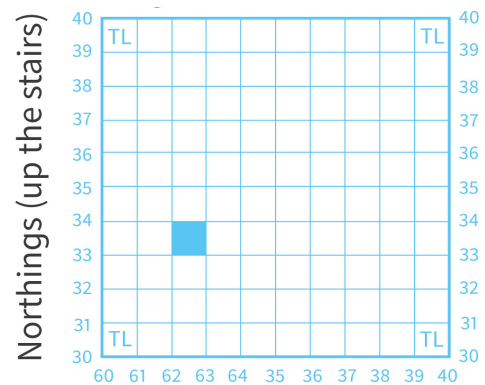
Ordnance Survey splits the country into 100 kilometre squares, each of which is given a two letter identifier.

Each of these squares is divided up into further grids of 1 kilometre squares. Within these squares the vertical lines are called the Eastings and the horizontal lines are the Northings.

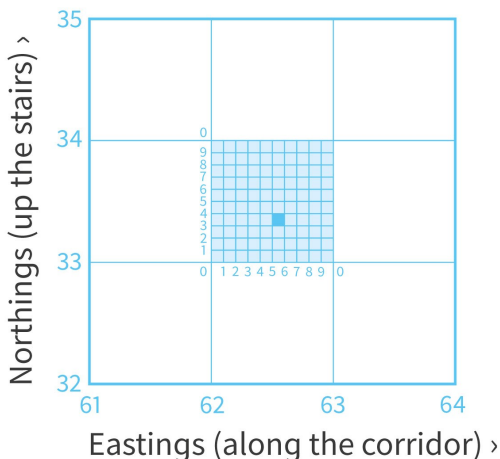
Your grid reference starts with the two letter identifier. Then you quote the Eastings and then the Northings. The number is quoted from the bottom left hand corner of the square.

Remember the line: you go “along the corridor and then up the stairs”.

This example demonstrates how to find a 4 digit grid reference for a 1 kilometre square: **TL 6233**



Eastings (along the corridor) ›



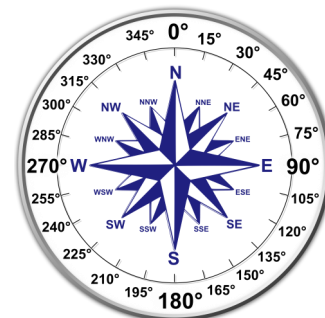
Now imagine this square is split into 100 tiny squares with 10 squares making up each side.

This is the way to find a 6 digit grid reference: **TL 625 333**
This 6 digit grid reference represents a 100 metre square.



DIRECTION

To record the direction you will be walking you can use a bearing or the general compass direction. E.g. 90° or East (E)



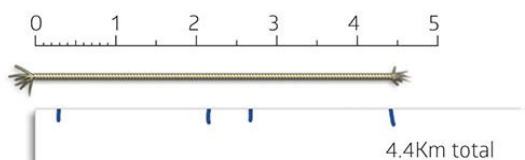
The string method



DISTANCE

- Measure your distance carefully on a map. If the leg is not in a straight line you will need to use string and then a ruler to measure the distance.
- Measure distance to the nearest 0.1km and height gain to the nearest 10m.

Measure against the map's scale



TIMINGS

- Your DofE route should last a minimum of 7 hours each day, but it doesn't all have to be walking.
- Your group should start walking at a realistic time each morning– e.g. 9.00am– and arrive at your campsite at a reasonable time.
- Make sure that you plan breaks in sensible places and at sensible times.
- William Naismith created "Naismith's Rule" in 1892. It says that the average person walks at 5km per hour. The average DofE walking speed when wearing a heavy pack on uneven ground is 3 or 4 km per hour.
- According to Naismith's Rule, for every 10m of height climbed, 1 minute should be added to your timings.

Distance	We recommend 3km per hour for Silver. (using timing information such as in the table below)
Height Gain	Add 1 minute for each 10 metres climbed (count the number of 10 metre contours climbed and add 1 min. for each)
Example	At 3 Km. per hour : a distance of 1500 metres with 200 metres of height climbed = 30 mins (distance) + 20 mins (height gain) = 50 minutes total.

Walking at 3km/hour produces the following timings:

Time (mins)	2	5	10	20	40	60
Distance (km)	0.1	0.25	0.5	1	2	3



ROUTE DESCRIPTION

- Being able to effectively describe each leg of the route will help you on your expedition
- There are several ways to write an effective route description. Imagine you are telling a story or describing how to walk to the shops. Be as efficient as possible and follow some of the below guidelines:

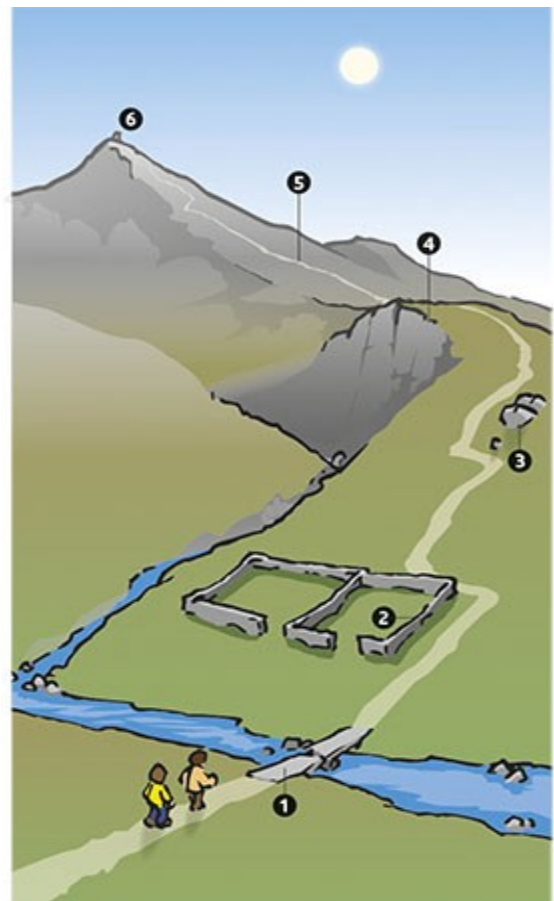
The “Ds” of Navigation: Direction, Distance, Duration, Description, Dangers

Tick List: Write a list of features that you will see along your leg or that you will follow as “handrails”.

Overshoot Features An overshoot feature is a feature that you will definitely see if you have walked too far. For example you may decide that if you reach a road, a river or start walking up a hill you have gone too far.



- 1) Walk past the sheepfold
- 2) Use the river as a handrail on your right
- 3) Walk past a group of trees on your right
- 4) There is a steep rocky crag on your left
- 5) Keep walking into the valley



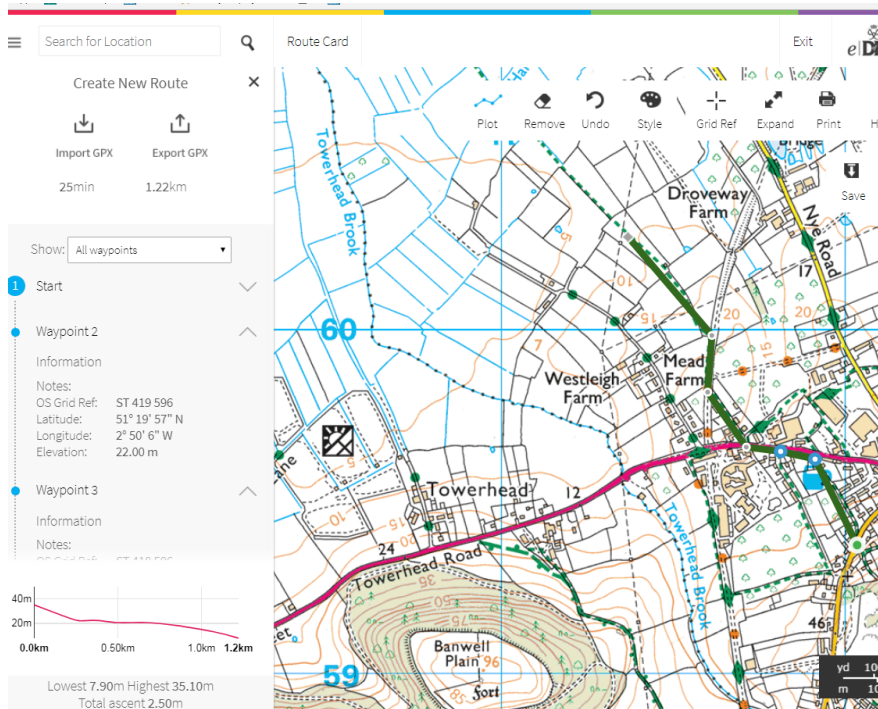
- 1) Cross the bridge
- 2) Follow the edge of the sheepfold on your left
- 3) Pass some boulders on your right.
- 4) Watch out for the edge of the cliff.
- 5) Climb the ridge



EDOFE.ORG

- You **must** plot your route out on the EDofE website. You can save it as a pdf of the route AND save it as a “.gpx” file and send this to us- **this is compulsory**.

https://www.dofe.org/wp-content/uploads/2017/09/OS_eDofE_Mapping_User-Guide.pdf



ESCAPE ROUTES

- An escape route is vital. It should be an instruction you can use quickly in an emergency.
- It could be to a previous checkpoint or to the next checkpoint if these are places of safety.
- Other places of safety might include places where you can get help and find a telephone to call for help- such as a house, a road, a public

house.

BAD WEATHER PLANNING

- This is vital at Silver level. Consider areas where bad weather could affect your route- such as at high points or near water sources. Where this is the case, you need to plan an alternative safer route for use in bad weather.

TIPS AND TRICKS FOR PLANNING A GOOD ROUTE

- Stay off roads as much as possible. At Silver level, you may find yourself walking on country lanes by yourself so follow the countryside code.
- Pick a sensible route: try and avoid too much climbing. Try to stick to paths.
- Be as clear as possible: “KEEP IT SIMPLE”
- Head for landmarks or obvious natural features e.g. ruins, fence lines, rivers etc.
- When marking a route on a map try not to draw your intended route with a thick pen as you will not be able to see the map detail. Instead, you could draw your route on a separate map, use a pencil or to 'trace' the route on overhead projector sheets.



EXAMPLE ROUTE CARD

The following is an example route card for a short route in the Mendip Hills. The team were given compulsory grid references and they have added their own.

Compulsory Grid References	
Grid Reference	Description
ST 476 588	Start Burrington Combe North Car Park
ST 489 581	Burrington Combe South Car Park
ST 496 582	Luffers Lane Footpath Junction
ST 498 586	Finish Blagdon Picnic Spot

Date of expedition: 14 March 2022		Day number: 1		Names of team members:			Team Member 1		Team Member 2		Team Name: Example Route Card	
				Team Member 3			Team Member 4		Team Member 5		Name of School: Example School	
							Team Member 6				Level: Bronze	
Leg	Start Location: Burrington Combe North Car Park Grid: ST 476 588	Walking Speed (km/h): 3km/h	General direction / bearing	Distance in km	Height climbed in m	Time Allowed For:			Total Time for leg	Estimated Time of Arrival	Setting out time: 10.00AM	
						Walking	Height Climbed	Aim Rests Meals			Brief description of route to be followed	Escape Route
1	To: High point Grid: ST 480 586		South East 120	0.3km	100m	6 mins	10 mins	2 mins	18 mins	10.18	Walk along road south. Go up steep hill east. Keep going 300 metres until you reach highest point.	Start of route.
2	To: Burrington Combe South Car Park Grid: ST 489 581		South East 120	1.1km	0m	22 mins	0 mins	5 mins	27 mins	10.45	Follow compass bearing of 120 down a gentle slope past. Will pass a nature reserve. Eventually will reach car park by road.	South Car Park
3	To: Luffers Lane footpath junction Grid: ST 496 582		East 90	0.75	5m	15 mins	1 min	0 min	16 mins	11.01	Head north through trees for 100m then turn east onto Luffers Lane. Follow Luffers Lane until third footpath junction on left.	Lower Ellick Farm
4	To: Path meets lane Grid: ST 498 585		North East 25	0.3	0m	6 mins	0 mins	15 mins	21 mins	11.22	Follow path along fence line past small buildings until you reach small lane.	End of route
5	To: Blagdon Picnic Spot Grid: ST 498 586		North 00	0.1	0m	2 mins	0 mins	0 mins	2 mins	11.24	Walk safely on right hand side of the lane for 100m until reaching the picnic spot.	End of route
Totals:				2.45km	105m	51 mins	11 mins	22 mins	84 mins (1 hour 24 mins)	Expedition Aim: To plan an example expedition for students learning about DofE		
<p>You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.</p>												

TEST YOUR KNOWLEDGE:

- How many kilometres (km) does this route cover?
- What additional checkpoints have the team added?
- How long have the group allowed for rests?
- How many metres (m) will they climb?
- How long will the team be walking for?



This is a simple guide to kit packing. You can download a comprehensive “Dofe Expedition Kit Guide” here: <https://www.dofeshopping.org/dofe-expedition-kit-guide/>



GUIDE TO KIT PACKING

- Pack kit yourself
- Check the weight: it should be no more than 1/4 of your body weight
- Spread things out amongst the group: do you really need your own cooking gear or toothpaste?
- Pack your bag so it is evenly balanced
- Make sure the straps are correctly adjusted
- Avoid cotton and jeans
- Avoid **anything** hanging off your rucksack
- Please **do not** bring pen knives

Top of bag

Map and map case (GROUP KIT)
Compass (GROUP KIT)
Emergency Whistle (GROUP KIT)
Snacks & Lunch
Head torch
Gloves
Hat
Sun Cream
Toilet Roll
Water bottle

Middle of bag

Waterproof top and bottom
First Aid Kits (GROUP KIT)
Spare Clothes

Bottom of bag:

inside bin bag or dry bag
Tent (GROUP KIT)
Stove and fuel (GROUP KIT)
Sleeping Bag
Sleeping Mat
Breakfast & Dinner
Cutlery, Bowl, Mug
Toothbrush/toothpaste

First Aid Kit

Plasters
Scissors
Tape
Safety pins
Emergency money

Kit you will be wearing

Walking Boots with ankle support
Thick walking socks
Warm trousers (**not** Jeans)
Long sleeve t-shirt or thermal
Warm sweat shirt or fleece



Optional

Gaiters
Entertainment— a book or small game
Walking poles

KIT HIRE

Kit can be hired from Mendip.
Please talk to your teacher if you need this.

Normally, kit will be given out at the start of your expedition and will be expected to be returned and checked before you go home.



GUIDE TO USING THE TOILET OUTDOORS

It is inevitable that the more expeditions you go on, the chances are you will need to go to the toilet outdoors. If you are wild camping this is even more likely.

It is really important that you go to the toilet in the wild correctly for environmental and health reasons.

WHERE TO GO

- Away from a water source (at least 30 metres), downstream if possible.
- Away from a public footpath.
- Away from your campsite.

HOW TO GO

- The best advice is to dig a hole at least 15cm deep.
- If it is not possible to dig a hole, go in the open in a remote place so it decomposes quicker– it will decompose too slowly if it is left under a rock.
- Burn your toilet paper or pack your toilet paper in ziplock bags. **Do not leave it in the wild.**
- Carry out everything that won't rot or burn: this includes wipes, tampons, pads.
- Use hand sanitizer.

TOILET KIT TO CARRY:

- **Trowel**
- **Ziplock Bags**
- **Toilet paper**
- **Lighter**
- **Hand sanitizer**
- **Sanitary products**





You must eat at least one hot meal a day. Eating the right food means you can efficiently fuel your body to complete the expedition. In turn, you will enjoy your expedition.

- Your food should be high in slow release energy.
- Take as many calories as possible– roughly 3,000-5,000 calories per day (this is more than a 'normal day' due to hard walking, heavy rucksacks, uneven territory and sleeping in a tent).
- Aim to have food you can snack on as you go. Keep it compact and easy to carry.
- There are excellent ration pack meals available from supermarkets and outdoor shops. Be warned! Make sure you check the calories as some of them are very low.

FOOD SUGGESTIONS

Breakfast ideas

Porridge
Muesli
Breakfast ration pack meals

Lunch ideas

Pies / sausage rolls
Pitta bread/wraps
Sandwiches
Cheese & crackers

Snacks

Chocolate bars / sweets
Cereal bars
Malt loaf
Dried fruit / nuts / hard boiled eggs
Kendal mint cake
Hummus
Fresh fruit, vegetable
Crisps

Dinner ideas

Ration pack meals or home-made chilli, sweet and sour, curry, meatballs
Pasta & sauce
Rice
Sausage / chorizo
Custard, chocolate pudding, rice pudding
Cup-a-soup (as a starter)



Some teams prefer to cook as a team. You may find it useful to complete a menu planner. You can download one here:

<https://www.dofe.org/shopping/expedition-kit/expedition-food/>

If at any point on the expedition you or a friend struggle with knowing what to eat or how to fuel your bodies efficiently and effectively, please let an instructor know.

HYDRATION: Bring **at least** two 500ml bottles of water. Ideally up to 2 litres. In cold weather a hot drink in a flask is also a great idea– why not try caffeine-free fruit teas, or hot ribena?

COLLECTING WATER:


When camping away from public campsites it can be much harder to collect safe drinking water. This will be covered in depth on your training but it is worth remembering the following:

- Just because a stream or river looks clean it doesn't mean it is. **We do not recommend taking water straight from streams.** Boil water and then let it cool before drinking it
- Or use water purification tablets– chlorine dioxide. Follow the instructions carefully.





You will be given a copy of the following emergency procedures at the start of each expedition. Please familiarise yourself with them in advance.




DofE EMERGENCY

WHAT TO DO IF YOU GET LOST?

- 1: **PAUSE** - Do not continue blindly walking.
- 2: **DON'T PANIC** - sit down and calmly think; use this point as a break, maybe have a little food or water.
- 3: **Work together as a team and try and relocate yourselves.** Consider: Are you in a valley? Are you on a hill? Are you in a forest? What kind of path are you on? Are there any buildings or natural features around you?
- 4: **Retrace your steps:** If still unsure then retrace your steps to your last known location or checkpoint.
- 5: If you are still lost at this point use your 'OS locate' app to gain your grid reference and locate your position.
- 6: If you are still lost and the situation becomes dangerous - e.g. darkness or bad weather- please follow the **CALLING MENDIP PROCEDURE** detailed on the reverse of this card.

IN A MEDICAL EMERGENCY FOLLOW THESE STEPS:

- 1) Ensure your group are in a safe location.
- 2) If necessary perform first aid on any casualties.
- 3) If it is a serious or life threatening emergency call 999 or 112 and ask for Police, then Mountain Rescue **BEFORE** following the **Calling Mendip Procedure**.
- 4) Collect information which you need to relay to help. Work out if possible:
 - a) Location – either a 6 figure grid reference, use 'OS Locate' if needs be, or a description of the area around you e.g are you in a valley or on a hill, are you in a forest, what kind of path are you on, what can you see around you.
 - b) Description of accident and time it occurred.
 - c) How many are in your group and if you have split up where you all are.
- 5) Contact Mendip: follow the **CALLING MENDIP PROCEDURE** on the reverse of this card.



DofE EMERGENCY

CALLING MENDIP PROCEDURE

FIND A PHONE SIGNAL: Ideally stay in your current location. If you need to move to get a signal your team should head up hill until you find an area of signal and then stay there. If this is not possible use your 'OS locate' app to find your grid reference and locate your position on the map. The team should remain in this location and send at least two people together to find a phone signal. You must always know where you are before separating from your team and never leave anyone alone.

When you have a signal call the Mendip DofE mobile numbers, in the order below – if there is no answer always leave a message and then try the next phone number in the list:

MENDIP DofE MOBILES

- 1: 07511 509 664
- 2: 07854 073 825
- 3: 07511 509 954
- 4: 07854 073 711

If you get no answer from any of the mobiles then call the Mendip Activity Centre on **01934 834 877** if you get no answer after being on hold then press **9**, listen to the prompts and leave the following information:

- 1: Name
- 2: Contact number
- 3: Group number/letter/name
- 4: Location (grid reference)
- 5: Incident or problem

This message will get through to all our senior team and we will contact you as soon as possible. Meanwhile wait calmly with your group for a call back or assistance.

EMERGENCY: In case of serious or life threatening emergency call 999 or 112 and ask for Police, then Mountain Rescue **BEFORE** following this **Calling Mendip Procedure**

Download OS LOCATE

Your team will be allowed **two mobile phones** which will be sealed and are only to be used in an emergency. If possible, this phone should be a Smartphone and should have **OS LOCATE downloaded**.

On your phone's APP STORE search for "OS LOCATE" and download. It is free and takes up little space. If used, the app gives you a grid reference which you could use in an emergency to let Mendip know where you are.



It is a requirement of the Conditions of the Dofe Expedition that you and your team complete a project called the 'Expedition Aim'.

Your aim should be something personal and interesting to your team.

Think about whether it is suitable for your expedition area and silver level.

<p>What is your aim?</p>	
<p>What medium will you use to complete this aim? e.g. photography, writing a diary, recording results</p>	
<p>What do you expect your results to be?</p>	
<p>How will you present the results of your aim? e.g. create a video, give a presentation, make a booklet</p>	



As part of your Training you will learn some basic First Aid. We recommend you also take a separate first aid course if you have the opportunity.

Keep an eye on each other. Your team will know you best, so any changes in personality or attitude could be an early warning for something serious.

When it's hot:

- Keep drinking water. There will be opportunities to fill up water bottles throughout the day.
- Wear sun cream, sunglasses and consider a sun hat. Even if it's not sunny, the UV level could be high and so there might be a risk of sunburn.
- Take breaks in shaded places.
- Wear clothing to shade the sun: sun hats, light long sleeve tops, light trousers .

When it's cold:

- Wear plenty of layers.
- Wear a hat. In the winter, a hat will keep you warm but hats are a great idea all year round.
- Put on a jacket when you stop for a break as your body will quickly cool down.
- If there are strong winds consider avoiding the highest points of your route.
- Make a hot drink when you stop for lunch.

When it's wet:

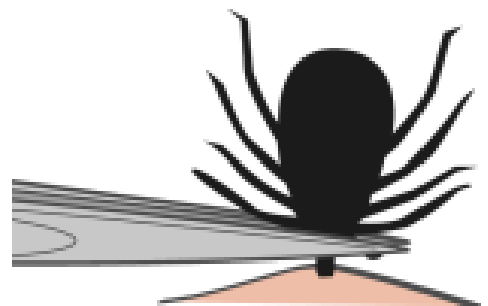
- Wear your waterproof top **and** bottom when it is raining. If you get wet whilst you are moving you won't feel the cold but as soon as you stop you will feel freezing.

Ticks

Ticks are small animals which can attach themselves to you in some countryside areas. Ticks can transmit Lyme diseases, but providing the tick is removed correctly it is very rare.

To remove a tick, use a tick remover and follow the instructions. Once the tick has been removed, check that the head has been fully removed to stop infection of the open bite and use an antiseptic. Keep an eye on the area, and if any unusual changes are observed (in particular a red ring looking mark) or lethargy and aches set in, see your GP.

Reduce your risk of getting a tick by wearing long sleeves, trousers and avoiding long ferns and grass.



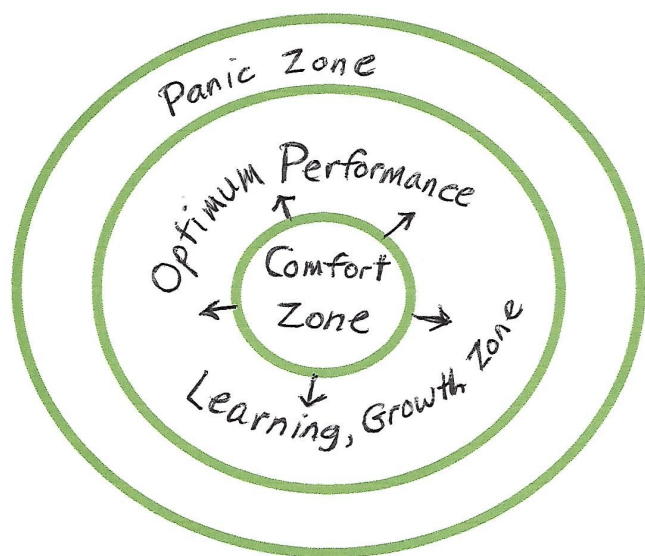


There are plenty of benefits to completing your DofE Expedition: one of these is your mental wellbeing. It is important to make sure that throughout the trip you are managing your wellbeing. Every single one of us has mental health and we need to find a way on our expedition to support not just our own, but others around us.

“Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year. “ mind.org.uk

Tips to help manage your wellbeing

- ⇒ **Talk & Connect to those around you-** keep an eye out for your team and talk about how you feel. Your instructors will also always be happy to chat about any anxieties or challenges you may be going through
- ⇒ **Get a good night's sleep-** sleep allows our bodies to repair and our brains to consolidate memories, process information
- ⇒ **Be active-** spending time in the outdoors doing exercise can really help. That's easy on your expedition!
- ⇒ **Eat healthily & hydrate regularly** - affects the way we feel
- ⇒ **Take notice-** be more aware of the present moment, your feelings, thoughts, your body and the world around you. Enjoy the simple things in life!
- ⇒ **If you are worried about a friend, please do alert this to a member of staff on the expedition.** If someone's mood, personality or attitude changes this may be for a reason.



Challenge by Choice

DofE can be challenging and sometimes you can find yourself in stressful situations. **Remember, if you are struggling in any way throughout the expedition this is okay!**

We all have a 'Comfort Zone', a place we feel safe, secure and confident. When we undertake challenges, we step outside of our comfort zone into the 'Learning & Growth Zone'. This is the place where we have the maximum opportunity to grow and develop but it can also be scary. It's important to look after yourself in this zone so we don't enter the 'Panic Zone'.

This is why we want you to challenge yourself and choose your level of challenge. We call this 'challenge by choice'. This is so you can find the optimum space to learn and develop.

Further Links:

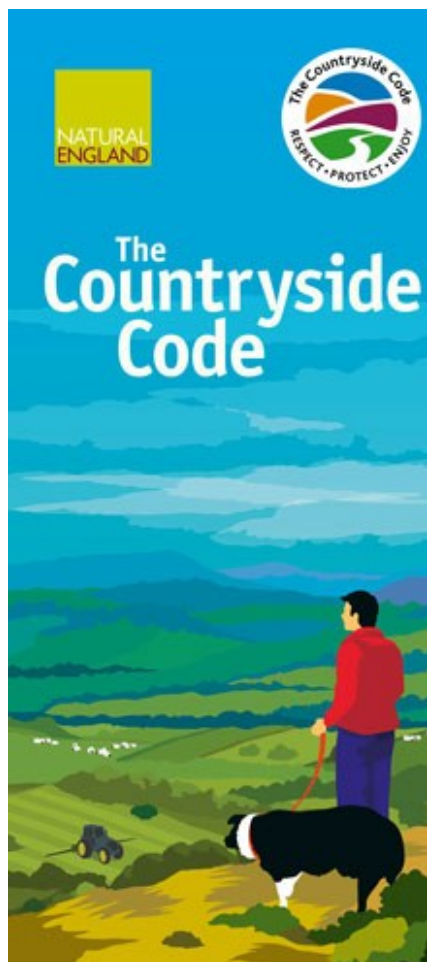
- Mind.org.uk
- 15minutewellbeing.home.blog
- www.samaritans.org 116 123
- www.nhs.uk/conditions/stress-anxiety-depression



The Countryside Code is a series of simple rules to follow in order to look after the environment around us.

RESPECT. PROTECT. ENJOY

- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Leave all gates as you find them.
- Keep your dogs under close control at all times.
- Keep to public paths across farmland.
- Use only gateways or stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take all litter home with you.
- Help to keep all waterways clean.
- Protect wildlife, plants and trees.
- Take special care on country roads.
- Avoid damaging fences, hedges and walls.
- Safeguard water supplies.
- Respect the life of the countryside.
- Avoid making unnecessary noise
- Take only photographs, leave only footprints




The Countryside Code

Respect. Protect. Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

The 20 Conditions of the Expedition section

DofE qualifying expedition conditions	
Planning the expedition	1 The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
	2 The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
	3 All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).
	4 There must be between four and seven participants in a team (eight for modes of travel which have tandem)
	5 The expedition should take place in the recommended environment. Bronze: Expeditions should be in normal rural countryside – familiar and local to groups. Silver: Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups. Gold: Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
	6 Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
	7 The expedition must be of the correct duration and meet the minimum hours of planned activity. Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day. Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day. Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day.
	8 All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.
	9 Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.
	10 Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.
Training and practice	11 Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating. Bronze: Teams must complete the required training. Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights. Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights
During the expedition	12 All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
	13 All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	14 Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	15 Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	16 Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	17 Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
	18 Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
Post expedition	19 Participants must actively participate in a debrief with their Assessor at the end of the expedition.
	20 At Silver and Gold level, a presentation must be prepared and delivered after the expedition.