



13th July 2022

Dear Parent/Carer

RE: DofE Gold Qualifying Walk 22nd to 25th July 2022

Please find below an overview of the key timings and locations for the Gold qualifying weekend. Kit lists, menu planners and other guidance information have been passed to you previously but are attached again here if needed. If there are any questions or if you need help with pieces of kit or directions please contact me. Transport to and from the drop off and collection points needs to be arranged by you; can we encourage you to car share if at all possible.

The emergency phone number for the event is 07715961442 and can be used to contact a member of staff if the need arises.

It is essential that we have accurate and up to date contact and medical information for all of our participants. Please complete the consent and information form by **9am on Monday 18th July 2022** using this link:

<https://forms.gle/4QzjBvLHLCMMx6pD8>

Any participant without a completed consent form will be unable to participate.

Yours faithfully

Andrew Craze
DofE Manager
Arnold Hill Spencer Academy
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GOLD OVERVIEW

Friday 22nd July - Parents drop off participants in the Caldwell End car park, Youlgreve at **10:00am** (on the west side of Youlgreve on road to Middleton on RHS - follow blue P signs through village to parking). **Grid reference:** SK20506405 **Nearest postcode:** DE45 1UY. Participants will walk from here to Mandale House Campsite, Haddon Grove to camp overnight.

Saturday 23rd July - Participants walk from Mandale House Campsite to Pomeroy Campsite.

Sunday 24th July - Participants will walk from Pomeroy Campsite to Hulme End Campsite

Monday 25th July - Participants will walk to collection point - Tissington Trail Car Park, Darfield Lane, Tissington, Derbyshire Dales. **Grid reference:** SK17785208 **Nearest postcode:** DE6 1RA (estimated to between 15:00 and 16:00)



Personal Clothing & Walking Boots

Walking Boots

- Must fit comfortably, without pinching or rubbing.
- **MUST** have padded ankle support to reduce likelihood of twisted / sprained ankles.
- **Good strong sole with plenty of grip.**
- Can be either leather or fabric.
- Advisable to keep boots clean and regularly apply wax (leather) or "NikWax" spray (fabric) to waterproof.

Please do not wear trainers or trail shoes.



Leather Boots



Fabric Boots

Price Range
From £40



NOT Trail Shoes or Trainers

Walking Socks & Gaiters

- Comfortable fit.
- Merino wool mix allows moisture to evaporate which reduces likelihood of blisters.
- Gaiters help reduce water getting in over boots.
- Bridgedale is a good brand for DofE expeditions.



Price Range
From £10

Base Layer & Underwear

- Comfortable fit. **Avoid cotton material.**
- Synthetic material, like sports tops, football shirts etc.
- Merino wool mix next to skin allows sweat to evaporate.



Price
From £5

Mid Layer & Trousers

- Lightweight fleece tops, but not thick cotton hoodies.
- Thin layers make it easier to regulate temperature.
- Activity trousers, track suit, leggings all OK.
- **Avoid materials with high cotton content.**



Price
From £10

Waterproof Jacket & Overtrousers

- Both Jacket & Overtrousers required on all events.
- **MUST BE WATERPROOF & HAVE TAPED SEAMS.**
- Breathable fabrics, such as Goretex or Pertex, more expensive but better suited for Wild Country walking.



Price
Jacket:
from £30
Trousers:
from £10

Warm Hat & Waterproof Gloves

- Warm Hat & Gloves must be brought on all Training & Expeditions regardless of the weather forecast.
- Gloves should be waterproof as well as warm.



Price
From £5

Sun Hat or Baseball Cap

- Advisable to have a sun hat or baseball cap to protect your head and neck from sunburn.



Price
From £5

Group Equipment

Karos Adventure will provide tents, stoves (gas burner and pans), fuel (gas), maps, map cases and a group first aid kit which will be issued at the start of each expedition and collected at the end of the expedition. Please note that all members of the team are accountable for these items and will be charged if they are damaged or not returned.



Recommended Stockists (this list is not exhaustive, please check your local area for independent shops)

- GO Outdoors – www.gooutdoors.co.uk (10% off the GO Outdoors Discount Card with DofE Reward Card)
- Cotswold Outdoors – www.cotswoldoutdoor.com (10% DofE participant discount)
- Ultimate Outdoors – www.ultimateoutdoors.com (10% DofE participant discount)
- Blacks – www.blacks.co.uk (10% DofE participant discount)
- Decathlon – www.decathlon.co.uk









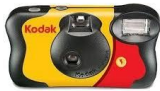
Shop around, do some research on the internet, and ask for discounts. Always take your DofE Reward Card as proof. You should also check with school, family or friends as you may be able to borrow or hire some items.



Personal Equipment (items that each person in the team should have)

 <p>Rucksack (55-65 litre capacity, with padded shoulder straps & hip belt)</p>	 <p>Rucksack Liner (Thick Plastic Bag or Rubble Sacks for sleeping bag & spare clothes)</p>	 <p>Sleeping Bag (3 season for warmth) – in compression sack & waterproof bag. Use Inner Sheet Bag as extra layer.</p>	 <p>Roll Mat (Foam roll mat or self-inflating)</p>	 <p>Spare Clothes (1 complete set, including socks & underwear, in waterproof bag)</p>	 <p>Lightweight footwear to wear around camp after cooking.</p>
 <p>Torch (head torch is best if possible) plus spare batteries</p>	 <p>Watch (cheap & waterproof - with alarm)</p>	 <p>Small Wash Kit - travel-sized toothbrush & toothpaste plus flannel</p>	 <p>Spork & Insulated Mug</p>	 <p>Water Bottle or Hydration Pouch (min 2 litres) & Water Filtration or Chlorine Water Purifying Tablets</p>	 <p>Expedition Food (as per your menu plans)</p>

Personal Safety Equipment (essential items for navigation and emergency use)

 <p>Survival Bag (Multi-purpose thick orange plastic bag)</p>	 <p>Personal First Aid (Plasters, Blister Pads, Antiseptic Wipes, Personal Medication, Knee Support etc.)</p>	 <p>Emergency Ration (Kendal Mint Cake or Energy Tablets)</p>	 <p>Mobile Phone. For Emergency use only. Fully charged battery, switched off, sealed in a bag.</p>	 <p>Whistle (often attached to a rucksack strap)</p>	 <p>Equipment Repair Kit (Spare Boot Laces, small bit of "Gaffer Tape", safety pins etc.)</p>
 <p>Pencil & Notebook</p>	 <p>Compass (Silva Expedition 4)</p>	 <p>Disposable Camera (NOT the camera app on your phone – you cannot use your mobile on the expedition)</p>			

Group Camping Equipment

(Plan your kit so that each participant brings a couple of these items and shares with the rest of their team)

 <p>Sun Cream and Insect Repellent</p>	 <p>Small Trowel (for wild camping)</p>	 <p>Brillo Pads (with soap) and T-Towel – for washing-up!</p>	 <p>A couple of rubbish bags</p>	 <p>Toilet Paper (a few sheets) & any sanitary products (in waterproof bag)</p>	 <p>Travel bottle of Anti-bacterial Hand Gel</p>
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Carrying your rucksack

Weigh your rucksack before the expedition. It should weigh no more than 10kg – 12kg (22 – 28 lb or 1.5 – 2.0 stone) and certainly no more than 25% of your own body weight.

Factsheet: Packing a Rucksack

Expedition Conditions

13. All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.

IMPORTANT: Rucksack Size and Weight

- You will need a 55-65 litre expedition rucksack e.g. Endurance Quest etc. Must have padded shoulder straps & hip belt.
- When fully packed, the weight should ideally be between 10 – 12kg (that's 22 – 28 lb or 1.5 – 2.0 stone)!
- **Must not** exceed ¼ of your body weight.
- Ensure straps are adjusted to suit your body, with the waist belt as tight as possible so that the weight is carried on your hips.

Top of rucksack

Roll Mat

Side Pocket

Water bottle
Snacks
Packed Lunch

Inside Rucksack

Tent poles & pegs (vertical)

Lower Compartment / Bottom of rucksack

Sleeping Bag & Inner Sheet Sleeping Bag
(wrapped in thick polythene waterproof bag)

Outside (in hand)

Map (inside Map Case)
Compass
Routecard
Watch



Top Pocket

Hat & Gloves
Snacks
Personal First Aid Kit
Emergency Rations
Whistle
Camera
Notebook & Pencil
Waterproof Jacket
Waterproof Over-trousers

Side Pocket

Fuel

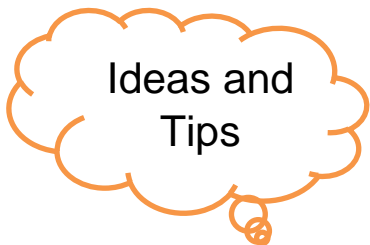
Main Compartment (top to bottom)

- Group Kit: Stove (front of rucksack, away from your back) or Tent (in tent bag provided)
- Food (Evening Meals, Breakfasts, and other lunches)
- Emergency Survival Bag (orange plastic bag)
- Mug, Bowl, Spoon/Spork, Matches, Rubbish Bags,
- T-Towel, Brillo Pads
- Torch & spare batteries
- Small amount of toilet paper & sanitary products
- Small Towel & Wash Kit
- Change of footwear (lightweight, for use at camp)
- 1 set of spare clothes (wrapped in thick polythene)



Expedition Conditions

18. You must plan an appropriate expedition menu, cook & eat a substantial hot meal each day.



Ideas and Tips

TIP

You will need around 3000-4000 calories per day on expeditions.

TIP

Portion your meals into bags and label them.

TIP

Try the food before you go so you know how to cook it and that you like it!

Breakfast	Lunch	Evening Meal (3 courses)	Snacks and Drinks	Emergency Rations
<ul style="list-style-type: none"> Porridge oat sachets Freeze-Dried Expedition Breakfasts Dried fruit 	<ul style="list-style-type: none"> Sandwiches (Day 1) Tortilla wraps Pancakes Pitta bread Jam / Marmalade Nutella Marmite Sandwich Paste Malt Loaf Eccles Cakes 	<p>Starter</p> <ul style="list-style-type: none"> Cup-a-soup sachet <p>Main Course</p> <ul style="list-style-type: none"> Freeze-Dried Expedition Meals <p>Pudding</p> <ul style="list-style-type: none"> Ginger Cake & Custard sachet Freeze-Dried Expedition Desserts 	<ul style="list-style-type: none"> Malt Loaf bars Dried fruit Haribos Jelly Cereal bars Water Hot Chocolate 	<ul style="list-style-type: none"> Kendal Mint Cake Energy tablets

Calories – Nutritional Info on packets or refer to: www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx / Adventure Foods: www.adventurefood.com/en/



Adventure Food Muesli
134g Sachet = 600 calories



Adventure Food Pasta Bolognese
152g Packet = 600 calories



Adventure Food Expedition Breakfast
132g Packet = 600 calories



Adventure Food Chicken Curry
145g = 600 calories



Adventure Food Scrambled Eggs
100g Packet = 450 calories



Adventure Food Vegetable Hotpot
136g = 600 calories



Quaker Oats So Simple Porridge
100g Sachet = 376 calories



Adventure Foods Chocolate Mousse
69g = 300 calories

TIP

Share food to conserve time & gas.

TIP

Add salt, pepper & herbs for extra flavouring.

TIP

To add water - use your mug as a measuring jug.

TIP

Drink at least 2 litres of water each day.

WEIGHT OF YOUR FOOD

- **PACK LIGHTLY!!!** You have to carry it!
- Only bring the food you are going to use e.g. 1 portion of cereal into a sealable bag.
- Pack a small bag of snacks for each day.
- **DO NOT** bring glass jars or bottles.



AVOIDING FOOD POISONING

Wash your hands thoroughly before preparing food. Wash your pans after cooking.
DO NOT bring food that needs to be in a fridge or freezer as it will go rotten.
DO NOT bring fresh meat (bacon, sausages etc.) or dairy produce (cheese, milk etc.).