



THE DUKE OF EDINBURGH'S AWARD

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PLYMSTOCK
SCHOOL

BRONZE - Key Dates

Friday 24th April 2020

Expedition Training Day – Plymstock School

Saturday 2nd & Sunday 3rd May 2020

Practice Expedition

Saturday 6th & Sunday 7th June 2020

Qualifying Expedition

SILVER - Key Dates

Friday 24th April 2020

Expedition Training Day – Plymstock School

Friday 22nd - Sunday 24th May 2020

Practice Expedition

Friday 19th - Sunday 21st June 2020

Qualifying Expedition

Friday 24th April 2020

Expedition Training Day – Plymstock School

5 x 1Hr Workshops

Meal preparation / Cooking on a Trangia

How to pack a rucksack

Tents

Navigation and emergency procedures

First aid

**Full Equipment check after school from
3:10-4:10pm
SH1**

Bronze TRAINING Expedition Information

PRACTICE:

- Meet at JennyCliff Car Park at 8.30am on Saturday 2nd May 2020. Stamford Ln, Plymouth PL9 9SW
- We are camping at Brixton camp site. Venn Farm, Brixton, Plymouth PL8 2AX
- Finish Point on Sunday 3rd May 2020 at 3.30pm Oreston Quay

Students are responsible for getting to and from the start and finish points.

Bronze Expedition Information

ASSESSMENT:

- Meet at Cremyll Ferry Car Park at 8.15am on Saturday 6th June 2020. Cremyll – Admirals Hard Plymouth, Torpoint PL10 1HX. **8.45am FERRY**
- We are camping at Whitsand Fort – Donkey Ln, Whitsand Bay, Millbrook PL10 1JZ
- Finish on Sunday 7th June 2020. students should be collected from the Cremyll Ferry at 4pm. **(3.30pm FERRY)**

Students are responsible for getting to and from the start and finish points.

Silver TRAINING Expedition Information

PRACTICE:

- Meet at School outside the Galley at 3.15pm on Friday 22nd May 2020.
- First night is a wild camp near Bellever Woods on Dartmoor
- Second Night is at Cockingford Campsite near Widecombe on the Moor
- Collection Point on Sunday 24th May 2020 is at 3.30-4.30pm at School

Silver Expedition Information

Assessment / Qualifier :

- Meet at School 8.30am on Friday 19th June 2020.
- First night - We are camping at Harford Bridge camp site just outside Tavistock
- Second night- We are camping at the Plume of Feathers in Princetown
- Collect Point on Sunday 21th June 2020 at 3.30-4.30pm at School

- During the first day of the practice expedition a member of staff will directly supervised each group.
- Providing students demonstrate the appropriate skill level on day one they will walk unaccompanied on day two.
- We will supervise via remote supervision – students will be met at predetermined check points along the route.
- Participants will walk a planned route – approx. 9 miles per day.
- Participants must carry all of their own and shared group equipment.
- Emergency contact information will be provided nearer the time.

- For the qualifying expedition students will plan their own route as a team. They will walk under remote supervision (check points) and be responsible for their own navigation.
- The distance and terrain will match that of the practice expedition. (approx. 9 miles per day.)
- As a group participants will agree an aim for their expedition – they will need to create a presentation after the expedition to complete this section.
- Students must be completely self sufficient – any input from ‘the outside world’ could result in failing the expedition
- Emergency contact will be provided closer to the time.

Kit List – Provided Group Kit

- Tent
- Trangia (Stove)
- Fuel Bottle
- Map and Compass
- First Aid Kit (Life Systems – TREK)

Clothing

- Walking Boots/socks
- Rucksack
- Waterproof Jacket
- Waterproof Trousers
- Walking Trousers/shorts
- T-shirt
- Fleece
- Hat/Gloves
- Flip flops/camp shoes
- Full set of spare clothes
- Duke of Edinburgh Jumper!

Personal Equipment

- Sleeping bag/roll mat
- Torch/spare batteries
- Water bottle
- Watch
- Blister Kit / personalised first aid items
- Sun block
- Note book/pencil
- Ball/pack of cards
- Wash Kit, antibacterial gel – small Towel
- Eating/Cooking utensils
- Food
- Black bags (dry bags)

Kit List

- This is a suggested list.
- What you take you carry.
- Be prepared, double check – triple check!
- Remember no electric!
- Valuables – your choice/your responsibility
- Full kit check Friday 11th May during the Exped Training day – students **MUST** have the items opposite or they will not be permitted to walk.

Essential items
Sleeping Bag
Roll mat
Spare clothing
Walking boots
Waterproof jacket
Waterproof trousers
Hat
Gloves
Rucksack
Cooking/Eating utensils
1L refillable drinks bottle
Sun Cream
Food
Desirable
Torch (spare batteries)
Blister pack
Black rubble bag (waterproof)

Food

Day 1 - Packed lunch

- Plenty of fluids – reusable bottle
- Evening meal cooked on the Trangia
- Hot drink

Day 2 - Breakfast which can be prepared on the Trangia

- Packed lunch

Silvers ONLY- Evening meal cooked on the Trangia

- Hot drink

Day 3 (Silvers Only)- Breakfast

- Packed lunch

Students will have to cook together but do not necessarily have to eat the same. Remember things will not cook as quickly as they do at home. Be as prepared as you can be!

Mobile Phones

- Mobile phones can be taken for emergency use only
- They **MUST** be switched off and sealed in a plastic bag
- One phone per group can be used to record/document the expedition for the group presentation.
- Phones used for this purpose **MUST** be switched to aeroplane mode or have the SIM card removed.

Final Note

- Please ensure that you inform us of any changes in medical needs so we can update the consent forms
- Any prescribed medication must be signed in to Mrs Tyrrell (in its original packaging) and signed out again
- Please complete and return the Loco parentis consent and emergency contact details

Thank you!