



Off Grid Adventures
and Edgbarrow School



Silver DofE Expedition Guide 2019



This guide has been put together to help you and your team prepare for your Duke of Edinburgh Award Expeditions.

Please read over all of the information.

Being prepared and having the right kit will allow you to get the most out of your DofE experience.

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Welcome to Your DofE

Welcome to your silver DofE paddling expedition with Edgbarrow School and Off Grid Adventures. Your expedition will allow you to see some amazing scenery while you develop your teamwork, navigation, paddling and interpersonal skills with your friends. The expeditions are designed to be a fun and enjoyable experience as well as rewarding and allowing you to learn new skills. You will all be given a safety and behaviour briefing at the beginning of the course and are expected to abide by our safety regulations and all school rules still apply. Mr Weir is your DofE manager and school contact for the expeditions, if you have any questions about DofE or the expeditions please go and see him during school time.

Medical and Consent Form: Before the start of the training weekend, we require you to fill in our 'Medical and Consent Form'.

Equipment: Off Grid Adventures will supply Team Kit (shared between members of each team) of Tents, boats (with paddles & buoyancy aids), Trangia Stoves with Fuel and Maps on location, automatically each weekend. Off Grid Adventures are able to supply a dry-bag, roll mat and sleeping bag if needed. These items are part of the 'Participant Kit' that is required by all (see Kit list further on). These can be requested anytime via Mr. Weir. **There will be a fixed charge of £10 for all three or £5 per individual item.** Personal Kit will be supplied at the training venue for the training and practice expeditions and during a kit issue session for assessment expeditions. You are welcome to bring your own equipment if you have any of these items. However please ask an instructor about the suitability of your kit to ensure it will be right for the expedition.

Photography: Off Grid Adventures staff may on occasions take photographs or video footage of the courses and instruction in which you may feature. By agreeing to participate in this expedition, you are agreeing to these photos being used by us, unless you inform us in writing to the contrary.

Mobile Phones: One of the requirements of the Duke of Edinburgh's award is that mobile phones are not permitted on expeditions, in the DofE 20 Conditions it states that *Your expedition must be unaccompanied and self-sufficient.* Therefore, we state that you **DO NOT bring mobile phones** or electronic devices to any of the expeditions. If they are brought along and seen to be in use this may lead to your instructor or assessor concluding that you have not met the 20 conditions and **could therefore lead to a deferral.**

Other than the emergency mobile phone provided by Off Grid Adventures, there should be no mobile phones carried by any member of the team. Each group will receive specific instruction on the use of the emergency phone, and it will not replace the need for instructors or assessors to meet with the groups. If parents need to get in contact with a participant for any reason this is to be done through the school or expedition staff.

Supervision: The Duke of Edinburgh's Award requires participants to be unaccompanied and self-reliant on expedition. As part of the training, all participants will learn how to manage themselves in the outdoors. Provided students have demonstrated the required level of competence, and have shown acceptable behaviour during the training expedition, they will be **remotely supervised.** Remote supervision means that the Supervisor remains out of sight and hearing of the team and allows them to get on with the expedition with minimal intervention. The Supervisor will have a good idea of where the team is and how they are progressing. This is the norm for the majority of practice expeditions and all qualifying expeditions. It allows the Supervisor to periodically observe the team without intervening and allow the team to make mistakes and to rectify them without outside intervention. On practice and assessed expeditions expedition staff will meet groups at check points along their planned route and groups will have been briefed on what to do in case of emergency.

All participants will be remotely supervised during their practice expedition once they have demonstrated their learning from the instructor, no participants will be allowed on their assessment if they haven't demonstrated the required level of competence, therefore all participants on their assessed expedition will be remotely supervised.



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Your DofE Training and Practice Expeditions

When & Where

Dates: 2nd to 5th May 2019

Drop off: 2nd May at 10am – Marlow Rugby Club car park, SL7 1QU

Pick up: 5th May at 4pm – Windsor leisure centre, Stovell Road Clewer, Windsor SL4 5JB

This is a residential weekend; the accommodation will be camping and tents will be provided. The weekend will be taking place at Westhorpe Watersports Centre, just a short walk from Marlow Rugby Club.

What to Bring

Equipment

- Participants need to bring all **Participant Kit & Personal Kit** as listed in the kit list in this document.
- You will need to ensure that you have enough clothing to keep you warm and dry for all 4 days.
- Group kit (tents, Trangias, fuel, compasses and maps) will be provided on location by Off Grid Adventures.
- You will also complete a capsized drill as part of your training and therefore will need **a complete change** of clothes.

Please note all participants will be provided with all Team Kit automatically at the training venue. Personal Kit if being borrowed must be requested through the electronic medical and consent form prior to the expedition, if requested this kit will be supplied on location for this weekend.

Meals & Snacks

You will need to bring all of your food for this training and practice expedition.

Meals required are lunch and dinner on Thursday; breakfast, lunch and dinner on Friday and Saturday; breakfast and lunch on the Sunday.

We recommend that lunches are a typical packed lunch, with snacks to help with energy levels. There will **not** be an opportunity to cook any lunch items.

Breakfast and dinner will be cooked on a Trangia Stove (see equipment information pages).

Please see our food suggestions pages for ideas.

Overview

During the first two days we look at a variety of skills including; Paddling skills, Navigation, Route Planning, First Aid, Emergency Procedures, Camp Craft, Expedition Cooking and Nutrition, Health and Safety and Kit Requirements.

The Practice Expedition (days 3 and 4) is designed to allow each participant to develop their individual and team skills that they learnt during training and apply them to their expedition.

Supervision

Participants will be directly supervised by an instructor during the training sessions (Days 1 and 2).

During the practice expedition (Days 3 and 4) there will be a mixture of directly supervised and remotely supervised planned activity where they will develop the skills they learnt on the training sessions and apply them to expedition life. The Duke of Edinburgh's award requires participants to be unaccompanied and self-reliant on expedition. Hence, provided students have demonstrated the required level of competence and have shown acceptable behaviour during training, they will not always be directly supervised during the expedition. Qualified expedition staff will be at a ratio of at least one per two teams and each DofE team will be met at check points along their planned route and will have been briefed on what to do in case of emergency. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on expedition any communication between parents/guardians and students will need to go through expedition or school staff, as it is a requirement of the Duke of Edinburgh's award that direct communication is not permitted. Should you need to contact participants please call our duty number first – (This will be provided), then we will advise, or put you in contact with school staff.

By the end of these four days all students will be ready to embark on their qualifying Expedition.



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Your DofE Assessed Expedition

When & Where

Dates: 11th to 14th July 2019

Drop Off: 11 July at 2pm (approximate)

Pick Up: 14th July at 5pm

Thursday 11th July Drop off: The Pound Campsite Whitney on Wye, Hereford, HR3 6EH https://goo.gl/maps/4aKwA3aOYEO2 http://www.poundbandb.co.uk/campsite.html Grid ref: SO 268472	Friday 12th July Camping: Preston Campsite Newcourt Farm, Preston-on-Wye, Hereford HR2 9JU https://goo.gl/maps/9RFoDjwxaMF2 http://www.wyecampshire.com/ Grid ref: SO 383426
Saturday 13th July Camping: Fownhope Recreation Field Association Caplor Lane, Fownhope, Herefordshire HR1 4PE https://goo.gl/maps/WqjHMKhiZoR2 https://venues4hire.org/venue/details/18404/fownhope-pavilion-and-recreation-field	Sunday 14th July Pick up: Ross on Wye Long Acre, Wye Street, Ross on Wye, Herefordshire HR9 7BT https://goo.gl/maps/BrpaU7h4E7x

What to Bring

Equipment

- Participants need to bring all **Participant Kit & Personal Kit** as listed in the kit list in this document.
- You will need to ensure that you have enough clothing to keep you warm and dry for all 4 days.

Please note: all participants will be provided with all Team Kit automatically on location.

Personal Kit if requested online or with Mr Weir will be supplied as above, allowing you to pack before your expedition.

Meals & Snacks

- You will need to bring all of your food for this qualifying expedition.
- Meals required are lunch and dinner on Thursday; breakfast, lunch and dinner on Friday and Saturday; breakfast and lunch on the Sunday.
- We recommend that lunches are a typical packed lunch, with snacks to help with energy levels. There will not be an opportunity to cook any lunch items.
- Breakfast and dinner will be cooked on a Trangia Stove (see equipment information pages).
- Please see our food suggestions pages for ideas.

Overview

The Assessed Expedition will be course directed by a qualified DofE Assessor.

Supervision

During the assessed expedition all groups will be remotely supervised during their planned activity. The Duke of Edinburgh's award requires participants to be unaccompanied and self-reliant on expedition. Hence, provided students have demonstrated the required level of competence and have shown suitable behaviour during their practice, they will not be directly supervised during the expedition. Appropriately qualified expedition staff will be at a ratio of at least one per two teams and each DofE team will be met at check points along their planned route and will have been briefed on what do in case of emergency. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on expedition any communication between parents/guardians and students will need to go through Off Grid Adventures or school staff, as it is a requirement of the Duke of Edinburgh's Award that direct communication is not permitted. Should you need to contact participants during their expedition then please call our Course Director's mobile number (which you will be given in advance) who will have direct contact with the group's instructor, who will have contact with students.



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All the kit recommended on this list is recommended by DofE. Please take time to read through the following pages which talk about the kit list in more detail. Please note that the items on this list gives a complete breakdown of all the possible items of generic kit that could be required on DofE at Silver levels and is open to personal interpretation and individual requirements

Drybags: Using several small dry bags (as pictured), can be a really good way of organising your kit. Using a selection of different coloured dry bags will help keep all of your kit organised while paddling.



Sleeping Mat: We can lend you a foam roll mat, these are lightweight and comfy but they are also quite bulky. Alternatively, you can get yourself an air mat, these are comfy and warm and they pack small.



Sleeping Bag: A good night's sleep always helps on expedition so it's important to have a sleeping bag designed to give you comfort at the lowest minimum temperature. There's plenty of choice, so it pays to look around and work out what's right for your adventure. If you have your own sleeping bag you need to ensure that it is both warm enough for a chilly night and can pack down small enough to fit in a drybag. For added warmth you could always pack a sleeping bag liner.

DofE recommend the *Vango Nitestar*. This is a 3-season, mummy shaped sleeping bag built to keep you comfortable as well as being easy to pack and carry; making it an ideal choice for DofE participants.

Water and Hydration: It is essential that you start your expedition with **2 litres of water**, the easy way is to carry two 1 litre bottles and keep one close-by, choose one that has a watertight design and made from impact resistant material that will stay strong in the toughest conditions. Choosing a clear plastic one means you can see how much fluid is left.



Eating Utensils: Simplicity is key when it comes to choosing eating utensils. Options include a stainless steel cutlery set or a Spork. You will also need a bowl or plate to eat with - a simple plastic bowl can be used for all meals and is light to carry and easy to clean. A mug is also a must for that hot chocolate and again a simple plastic mug will work fine.

Torch: Any torch is fine but a head torch is advisable as it allows you to be 'hands-free'. **Don't forget spare batteries!**

Whistle: Your whistle needs to be loud enough to attract attention!

Watch: You need a watch to tell the time and to use as a navigation aid when you need to work out your route timings and when you need to be at a checkpoint, make sure it's waterproof!

Washing up and rubbish:

- Bring bin liners for your rubbish.
- Brillo pads are ideal for washing up because they already have washing up liquid inside them.
- A tea towel is handy for drying up.

Sun Cream: You will need sun cream because you will be out in the sun all day, essential even if you don't normally burn. If the weather forecast says it will be cloudy, still bring sun cream as the weather conditions can change. Mosquito repellent is also a good addition.

Wash Bag: This should contain all of your personal toiletries such as: toothbrush, toothpaste, deodorant, personal hygiene items, biodegradable wet wipes or soap. There's no need to pack shower gel, shampoo or hair straighteners, as there are no showers on camp. All medication can be placed in your wash bag.

Money: For the expedition you will not be in a position to purchase any food or drinks along the route. However, we suggest you bring a small amount of money (£5) for emergency use only.

Team Kit

Tent: We supply your team with tents like this one.



Trangia Stove and Fuel: We will supply these for all teams. The fuel type for these stoves will be methylated spirit or gas. The Trangia stove is a cooking system recommended by DofE and has all the pots and pans as part of it to enable you to cook efficiently as a group.



Navigation equipment: Compasses and Maps will be provided; you are welcome to bring your own compass but please show your instructor before using it. We supply you with waterproof maps; a good map case could be a bonus.



Survival Bag: This is used to keep a casualty warm if they are cold or injured. We don't expect everyone to carry one of these but would certainly want one within your team. Lifesystems make a good, lightweight and reliable bag

What should I wear?

Clothing

Expedition clothing should be warm, quick-drying and light. Lots of layers are much better than one thick layer. Thermal base layers and fleeces work really well as they are not made of cotton. **Do not wear jeans or thick cotton hoodies** and avoid all other cotton items if possible. When it gets wet cotton becomes very heavy, does not dry quickly and will not keep you warm.

Clothing to wear while journeying

- Footwear of choice
- Warm/waterproof Socks
- Underwear
- Base layer – sports thermal or merino wool base layers are ideal
- T-shirts/Shirt – not cotton!
- Microfleece – thin lightweight fleece, not cotton!
- Warm layer – thicker fleece or insulated jacket
- Trousers/shorts/leggings – Not Jeans!
- Warm Hat, Gloves and Sun Hat – in any forecast these are required, it can get very cold at night in remote areas.
- Paddling gloves to keep your hands warm and dry. Make sure they are waterproof!
- Spare clothing must be carried in your dry bags and it is really important to keep it dry. The minimum amount of spare clothes you will need are:
 - ✓ Spare socks
 - ✓ Spare walking trousers
 - ✓ Change of underwear
 - ✓ Spare fleece
 - ✓ Spare base layer
- You are welcome to bring more spare clothes however this will increase the weight of your kit so make sure you get the balance right.

Clothing and Footwear

Suitable Footwear: Good footwear will make any expedition much more enjoyable. There are several options when paddling:

- ✓ Old Trainers with a pair of waterproof socks (i.e. Sealskinz socks) work well;
- ✓ Wellington boots are a suitable option for canoeing;
- ✓ Watershoes are fine but they need to have a substantial sole to protect your feet from sharp objects;
- ✓ It is important that the footwear must be able to stay on your feet if you were to capsize or get in the water;
- ✓ Bring a pair of trainers, flip flops or crocs for around camp.

Socks: A couple of pairs of warm socks will keep your feet warm around camp and in bed, as mentioned already Sealskinz waterproof socks are great for keeping your feet warm and dry when paddling.

Waterproof Jackets: A very important piece of kit for any expedition:

- ✓ Please ensure the jacket is actually waterproof, 'Pac in a sac' waterproofs or 'water resistant' will not keep you dry;
- ✓ Ensure they are waterproofed with a PU coating or with a Gore-Tex membrane;
- ✓ They must have a hood;
- ✓ Good brands include, The North Face, Berghaus and Montane.

Waterproof Trousers: A *must have* even if the weather forecast is good. Same suggestions apply as the waterproof jacket. Must be waterproof! Berghaus Deluge over trousers are a good option.

Footwear and waterproof clothing



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Silver Paddling Expedition Kit List

Item	I've got it...	It's packed...
CLOTHING		
Waterproof and windproof jacket		
Waterproof over-trousers		
Warm socks		
T-shirts		
Fleece tops or similar (no hoodies)		
Walking trousers (NOT jeans)		
Shorts		
Underwear		
Nightwear (teddy optional)		
Flip-flops/trainers/sliders etc. (optional for campsite use after cooking)		
Warm hat or sunhat (as appropriate)		
Gloves		
River shoes		
Swimming costume		
GENERAL KIT		
Dry bags (or plastic sacks)		
Sleeping bag (plus an optional sleeping liner for added warmth)		
Sleeping mat		
Whistle		
Torch (hand held or head torch) and spare batteries		
Personal First Aid kit		
Expedition food (including emergency rations)		
Water bottles (enough for 2 litres)		
Knife, fork, spoon or Spork		
Plate or bowl and a Mug		
Box of matches (in waterproof container)		
Wash kit/personal hygiene items/toilet paper/optional wet wipes		
Towel		
Small quantity of money (@£5)		
Notebook and pen/pencil		
Watch		
Sunglasses		
Sun Cream		
Insect repellent		
Personal medication		
GROUP KIT (Supplied on location by Off Grid Adventures)		
Tent		
Trangia and fuel		
Maps and compasses		
All canoes and equipment		

You can also download DofE's full expedition kit list: www.dofe.org/dofe-expedition-kit-list



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What food should I bring?

What makes a great expedition meal?

Getting the right food will help you enjoy your adventure. It's a chance to be creative and to understand more about rationing and outdoor survival. Your DofE expedition food should be compact and easy to carry. It needs to be high in slow-release energy, which will help you throughout your expedition.

Here are some ideas for your expedition food:

Breakfast is the most important meal of the day. You should be consuming most of your bulk calories at this time in preparation for the day ahead. Breakfasts should have a good mix of short, medium and long lasting energy products.

Breakfast Bars/Biscuits - Breakfast bars and biscuits are great to get you going in the morning. They take no cooking but only provide you with a short energy boost.

Porridge - The oats in porridge help your brain and body function at its best. It's great for warming you up on those cold mornings. You can even mix in your own dry fruits.



Baked beans – To save weight you should buy the 'snap-pots' rather than the heavier tins. You can also get different varieties such as with sausages, which have a higher calorie content.

Chocolate filled crepes – Lovely when warmed up, and great for a calorie boost.

Hot chocolate – Great for extra calories and to get some warmth in your body helping you to function better.

Lunch: Preparation is everything for a great lunch so make sure you plan it picnic style. A packed lunch is appropriate on the first day.

Pitta bread or tortilla wraps with squeeze cheese, tuna, peanut butter or other fish/meat spreads are ideal.



Cup A Soup – Great for keeping you warm when you stop. Just make sure you pre-heat a flask of hot water and then all you need is your mug and the soup. Add crushed super noodles to the soup for some extra texture.



Dinner: You must cook and eat one substantial meal per day. This is something to look forward to at the end of a hard day. Here are some options:

Rice – Ordinary rice takes twice as long to cook on a camping stove as on a stove at home. Choose the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express. 10min boil in the bag rice is fine too.

Pasta - Use quick cook types or instant meal types (like Pasta'n'Sauce). Noodles tend to be faster than pasta and some pre-cooked types are virtually instant- you just stir them around in a little boiling water to heat them.

Couscous - Easy peasy to make, measure how much couscous you are going to use (50g per person) and add the same volume of boiling water, roughly half a mug of each per person, then just wait a few minutes.



Pepperami – Or any dried sausage like salami or chorizo can be sliced and thrown into pasta, rice, couscous or eaten on its own. It has a very high protein and calorie content.

Tuna – You can get tins or sachets. Great when added to pasta, rice or couscous.

Packet sauce - Buy sauces in sachets and try to get ones in single serving sizes so you don't have to reseal the packet. Add these to your pasta, rice or couscous.

Snacks: One of your daily targets when on expedition is to keep your energy levels up. Grazing on your favourite tasty treats is a great way of doing it.

Dry Fruits – All dried fruits will give you energy. You can squeeze them without turning them into mush and they will also take up less room in your rucksack.

Cereal bars, chocolate bars – ‘Fun six’ bars of your favourite chocolate bar can be a real treat, however be careful when it’s a hot day, your chocolate will turn to mush!

Malt loaf – Who doesn’t love the taste of a good malt loaf? And it’s packed to the rafters with energy.

Sweets - Pack a few extra sweets too and share with your group. If you are feeling tired and need a ‘pick-me-up’ you can be sure other members of your group are feeling the same. However, do not rely on sweets for your whole expedition!



NUTS: We are unable to guarantee a nut-free expedition as so many products contain nuts in a variety of forms. However, we do ask you not to bring nuts with you as this may have serious implications for those around you. If you have any food allergy, please make this is evident on the medical consent form and let us know about your medication. Please contact us if you have any queries about this.

To meet your expedition aim you need to plan, prepare and cook a meal as a group and you will cover this on the training and practice expedition.