

***SILVER DUKE OF
EDINBURGH AWARD***
Expedition Information Pack

Name:

Tutor Group:



**FURZE PLATT
SENIOR SCHOOL**



Furze Platt Silver Expedition

The expedition is a fantastic opportunity, which will allow you to see the amazing scenes of the local countryside while you develop your teamwork and navigation with your friends. It is a fun and enjoyable experience while being rewarding and allowing you to learn new skills.

You are required to undertake a full day's training session as well as one practice and one assessed expedition - each of which is three days and two nights.

Our expedition provider is BXM (www.bxmexpeditions.co.uk)

This information pack has been put together to help you prepare for your expedition. Being prepared and having the correct kit will allow you to get the most out of your DofE experience.

This pack contains:

- Information about the training day
- Information about the practice and assessment expedition
- Kit list checklist
- Food Advice
- Summary of Information

When you have read this information, I would be grateful if you could complete and return the following items:

- BXM Expeditions Medical Consent Form
- An email to Desrene Carty so the Ramblers Application Form can be sent to you (If you are applying for funding towards the cost of equipment)

For further information, please contact:

Desrene Carty, DofE Manager, Furze Platt Senior School - desrene.carty@furzeplatt.net

Leigh Rose, Logistics Manager, BXM Expeditions - leigh@bxmexpeditions.co.uk

Silver Training Day
Saturday 17th March 2018
9am - 4.30pm

Students should arrive to school at around 8.50am for a 9am start and meet staff from BXM in the Maths Block.

The café will not be open, therefore students are required to bring a packed lunch and refreshments, as well as a pen and paper.

During the day, students will learn about:

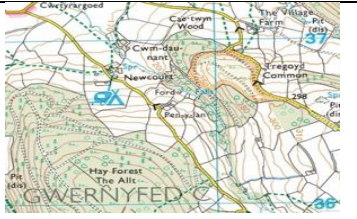


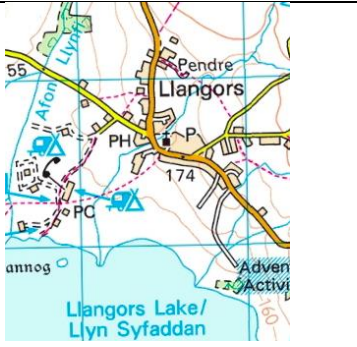
- Navigation
- Food
- Stove safety
- First aid
- Route planning

Please liaise with your child about their return journey home.

Silver Practice Expedition
Wednesday 11th April - Friday 13th April 2018

Please can I take this opportunity to remind you that there is no transport available from the school, therefore participants should be dropped and collected from the venues below.

BXM Leaders: Rob Byrom, Steve Bennet & Ian Howells

<p><u>Start Point:</u></p> <p>11th April, 10am arrival</p>	<p>Newcourt Farm, Newcourt Farm Camsite, Felindre, Three Cocks, Brecon LD3 0SS</p> <p>GR 195 368</p>	
<p><u>Camp One:</u></p>	<p>Newcourt Farm, Newcourt Farm Camsite, Felindre, Three Cocks, Brecon LD3 0SS</p> <p>GR 195 368</p>	
<p><u>Camp Two:</u></p>	<p>Blaenau Bach Farm, Penbont Road, Talgarth, Brecon LD3 0EG</p> <p>GR 161 322</p>	
<p><u>Finish Point:</u></p> <p>13th April, 3pm</p>	<p>Llangors Lake, LD3 7TR</p> <p>GR: 129 274</p>	
<p><u>Nearest Hospital:</u></p>	<p>Nevill Hall Hospital Brecon Road Abergavenny NP7 7EG 01873 732732</p>	

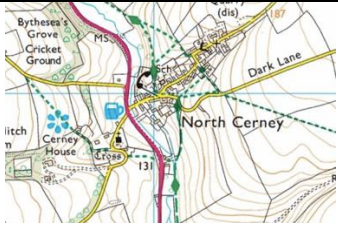
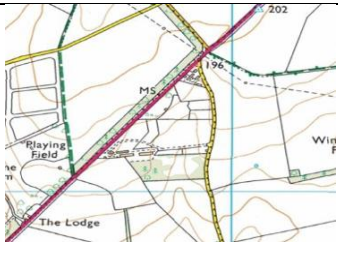
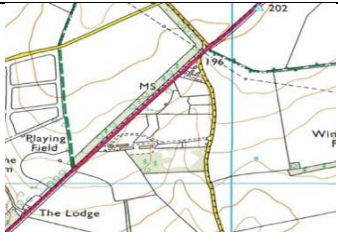
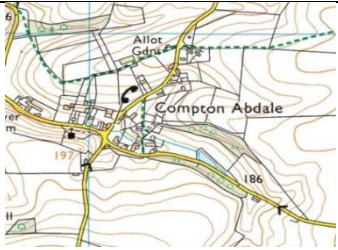
Silver Assessment Expedition

Wednesday 30th May - Friday 1st June 2018

Please can I take this opportunity to remind you that there is no transport available from the school, therefore participants should be dropped and collected from the venues below.

BXM Leaders:

Steve Bennet, Ian Knott & Robert Morris

<p><u>Start Point:</u></p> <p>30th May, 10am arrival</p>	<p>The Bathurst Arms, North Cerney, Cirencester, GL7 7BZ</p> <p>GR 019079</p>	
<p><u>Camp One:</u></p>	<p>Far Peak Camping, Northleach, GL54 3JL</p> <p>GR 096133</p>	
<p><u>Camp Two:</u></p>	<p>Far Peak camping Northleach GL54 3JL</p> <p>GR 096133</p>	
<p><u>Finish Point:</u></p> <p>1st June, 3pm</p>	<p>Compton Abdale Church, GL54 4DS</p> <p>GR: 059165</p>	
<p><u>Nearest Hospital:</u></p>	<p>Cheltenham General Hospital, Sandford Road, Cheltenham, Gloucestershire, GL53 7AN 03004 222 222</p>	



BXM Expeditions Food Advice

Bringing the correct food on an expedition can make a real difference to your experience. It can go one of two ways; make it an enjoyable one, or the opposite where you feel hungry and tired from not bringing enough, or bringing the wrong food so your bag is heavy and you don't have enough energy.

With the help of our expert leaders, we have put together this sheet to provide you with the information you need to go the right way with your food.

Breakfast:

We all know that breakfast is the most important meal of the day and when you're taking part in an expedition where you are active for up to 8 hours in one day you need to make sure you have enough fuel from the start.

Porridge is great; you can pick up small pots or sachets of porridge from all supermarkets with all sorts of different flavours. Porridge will provide you with omega-3 and fatty acids as well as potassium. Giving you a great start to the day ahead.

If you don't like porridge, then some cereal bars are good. Avoid ones that are high in sugar as these will only give you a short burst of energy. If you decide to go for this option, ensure you have something warm in the mornings. This can be a cup of green tea or hot chocolate, which will help you from getting cold and will boost your morale considerably.

Avoid bacon and sausages. Although this may seem like a good idea, in reality it is not. It makes cleaning your stoves incredibly hard and takes up a large chunk of your time in the morning that could be spent getting some extra sleep. As well as this, breakfast shakes and meal replacement shakes are also not a good idea.

Lunch:

For lunch, you should bring things you may normally have for lunch at home but adapt them slightly to make it suitable for the expedition.

You should think about things that do not need to be refrigerated, such as tuna pouches (not tins) or other types of fish to put into wraps rather than bread, as wraps will not get squashed. You could also bring peanut butter in a plastic jar, not glass.

Alternatively, you can bring extra pasta or rice and cook this in the morning, and store it in a plastic box to eat cold during lunch time. You could also bring fresh vegetables, as these do not need to be kept cold, and have these in your wraps.

Please note that you cannot cook during lunch- time on your expedition.

Avoid things that need to be kept cold, and jars that are made of glass. These are too heavy and could break easily.

Dinner:

Dinner should be high in unsaturated fat and protein. This is to give you enough energy for the next day and repair micro tears in your muscles caused by walking longer than you normally would do each day. Imagine you have one hob to cook on at home with one pot to cook in when thinking about dinner.

Pasta or rice should be the base of your meals. Rice is better. Then add things to it to make a full meal. You may have rice and tuna with peppers or spinach and ricotta tortellini. As with lunch, don't bring fresh meats that need to be refrigerated, as this will cause you to get ill. You can bring cooked meats and heat them up on the first day, or tinned products that you have transferred to plastic containers.

When buying food, look for things in packets that you can just boil in water to warm up and eat out of the packet. Uncle Ben's rice is good, as well as 'look what I found' meal pouches. This will save you both time and washing up.

A great simple and easy meal is penne pasta with tomato puree and pepper. A super easy and simple meal that is lightweight and quick.

Couscous is also a great option as all you have to do is add hot water to it. It's lightweight and cheap too. You can also get different flavours and add your own things to it.

You can buy whole boil in the bag meals from places like go outdoors; you can get both wet food and freeze dried food, the freeze dried food is better as it is more lightweight. These types of food are great although they can be quite expensive.

Snacks:

Snacks are for when you take short breaks between breakfast lunch and dinner. You should not take copious amounts of these with you on expedition as your bag will become too heavy.

Cereal bars, as well as baked energy bars such as Clif Bars and Chimpanzee bars are great. Sesame snaps are also very good. Dried food nuts and seeds are also fantastic snacks while on the move.

Small amounts of chocolate are ok, and the occasional jelly baby, but again don't bring large amounts of these things as chocolate will melt and both are not very good for you, and hold no nutritional value.

Things to avoid:

- Jars and tins
- Fresh meats, as they cannot be chilled.
- Food high in sugar.
- Food that will get squashed and become inedible.
- Heavy food items.
- Food of low nutritional value.
- Food that other team members are allergic too.

If you have any questions or need some more advice you can reach one of our food experts on his email direct: leigh@bxmexpeditions.co.uk



Kit List

This information is from BXM Expedition's website. It is in checklist format to help you prepare for the expedition.

Got it	Packed It	Item needed	Some advice
		1 pair of walking boots- broken in	Over the ankle, good grip and laces
		2 pairs of walking socks	Wool is a good material, do not spend too much, if you are worried about blisters then look for '1000 miler socks' work.
		2 base layers (sleeves dependent on weather)	From t-shirts to sports tops. Thin, no collar is advised. For long sleeve, look for thermal attributes.
		Thermal base layer (long sleeve)	Depending on weather
		2 micro fleece tops or softshell jackets	Thin fleeces are better than thick ones for regulating heat. Softshell jackets block the wind well.
		2 walking trousers (warm, not jeans)	Sports trousers, zip off trousers, shorts in good weather
		Underwear	
		Nightwear	Keep it thin and ensure it is kept dry,
		Flip flops/ sandals etc (optional for evenings)	Make sure they are light.
		Warm hat and/ or sun hat (as appropriate)	Hats are important, please ensure you have one
		1 pair of gloves (if appropriate)	If you suffer from cold fingers, Mittens are better.
		1 pair of shorts (if appropriate)	Weather dependant.
		Sun cream or sun block (if appropriate)	Please make sure you have this if the weather looks sunny.
		1 pair gaiters (optional)	
		Waterproof trousers	A cheap pairs are adequate. They are very useful, even in good weather, to block wind when wearing shorts.
		Jacket- waterproof and windproof	A good hood (with wire is advisable) and TAPED SEAMS.
		Buff or neckscarf	

Got it	Packed it	Item Needed	Some Advice
		Rucksack	
		Rucksack liner	
		Sleeping mat	
		Sleeping bag	
		6 bin liners or dry bags	
		Mobile phone	You will be taught about this on your training
		Watch	Digital is better
		Whistle	
		Head Torch	Head Torch or chest torch only please.
		Spare batteries for our head torch	
		Personal first aid kit	Available via the BXM Expeditions website.
		Emergency food rations	You will be taught about this on your training
		Water bottle (2 litres)	You need to bring two 1 litre bottles filled with water on arrival day. In extreme hot weather, you should bring three.
		Knife, fork and spoon	Or a Spork
		COMPASS	The longer the edge on the side, the better. No keyring or cracker compasses please.
		Mess tin	You will need to cook in this and eat out of it so metal with a handle. Available via the BXM Expeditions website.
		Mug	
		Box of matches (in a waterproof container) or a lighter	
		Wash kit/ personal hygiene items	
		Towel	SMALL travel towel

Kit - further information

BXM Expeditions provide you with:

- A tent – You are welcome to bring your own.
- A cooking stove to put your mess tin on
- Maps

BXM Expeditions are always happy to help with advice on kit and tips on how to save money.

Mess tins, buffs and first aid kits can be purchased via the BXM website:

www.bxmexpeditions.co.uk

If you have any questions regarding the expedition or kit, please email BXM directly:

info@bxmexpeditions.co.uk

Always remember you can use your DofE discount card which was in the welcome pack.

The Ramblers Holidays Charitable Trust

The Ramblers Holidays Charitable Trust provides bursaries to enable young people to take part in DofE when they would otherwise not have been able to for financial reasons. The Bursary Fund provides grants of £100 to individuals across the South East Region. The Bursary will be paid by cheque via Furze Platt Senior School, or in the form of Cotswold vouchers, and can be used towards the cost of kit for the Expedition section.

If you would like to apply for this funding, please send an email to Miss Carty at desrene.carty@furzeplatt.net so an application form can be sent to you.

Bursaries are subject to availability and limited to a small number per Centre to allow for funds to be spread over the Region.

Within six months of any funding being granted, applicants must submit a report with supporting digital photographs. *This is a mandatory requirement of the funding process.*

Furze Platt Silver Expedition Summary of Information

Training Day	Saturday 17 th March	9am - 4.30pm Furze Platt Senior School Meet in the Maths block Please bring a packed lunch
Practice Expedition	Wednesday 11 th - Friday 13 th April	<u>Start Point:</u> 10am drop off to Newcourt Farm, Newcourt Farm Camsite, Felindre, Three Cocks, Brecon LD3 0SS <u>Finish Point:</u> 3pm collection from Llangors Lake, LD3 7TR
Assessment Expedition	Wednesday 30 th May- Friday 1 st June	<u>Start Point:</u> 10 am drop off to The Bathurst Arms, North Cerney, Cirencester, GL7 7BZ <u>Finish Point:</u> 3pm collection from Compton Abdale Church, GL54 4DS

Items to return to Miss Carty:

- BXM Expeditions Medical Consent Form
- An email to Desrene Carty so the Ramblers Application Form can be sent to you (If you are applying for funding towards the cost of equipment)

For further information, please contact:

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