



Expedition Joining Instructions

School/Group:	Teddington School
Course Title:	Bronze DofE Expedition Programme
Venues:	<p>1) Training & Practice Expedition <i>Pick-up, Drop-Off & Campsite:</i> <i>Broadstone Warren Scout Camp, Lewes Road, Forest Row, Sussex RH18 5JS. (Postcode will take you to Cherry Orchard private road next to campsite. Continue south along Lewes Road for a further 150 metres to camp entrance, signposted)</i></p> <p>2) Assessment Expedition <i>Pick-up & Drop-off: Denbies Hillside Car Park, Ranmore common Road), Dorking, RH5 6SR (200 metre long, gravel car park immediately next to road)</i> <i>Campsite: Etherley Farm, Leith Hill Lane, Ockley, Surrey, RH5 5PA</i></p>
Dates & Timings:	<p>1) Training & Practice Expedition: <i>Exped 1: 28th – 29th & Exped 2: 30th – 1st Sept-Oct 2018 Arrive @ 1000 Depart @ 1500 Approx</i></p> <p>2) Assessment Expedition: <i>Exped 1: 14th – 15th & Exped 2: 12th – 13th Oct 2018 Arrive @ 1000 & Depart @1500</i></p>

Instructional Staff:

All training and assessment will be carried out by Aim High Expeditions instructors in relation with the Duke of Edinburgh's award training framework. All the Aim High instructors are highly experienced and qualified for the area of operations. All Aim High staff have been through a Criminal Records Bureau enhanced disclosure and have been cleared for work with young people. Similarly they are all very highly qualified for the area of operations and all have experience and/or qualifications specific and relevant to the Duke of Edinburgh's award.

Objectives & Activities:

The overall objective of the expedition is to safely and sufficiently prepare and practice the participant groups in the necessary skills to enable them to complete an unaccompanied multi-day journey in accordance with the Duke of Edinburgh's conditions of the award.

This will be achieved in several ways; The first of which is to carry out sufficient training and instructional periods in accordance with the DofE's training framework, namely camp craft, food & cooking, navigation, risk awareness, countryside codes, emergency procedures and first aid; The second being the completion of a shorter expedition which allows the skills to be re-visited and practiced as they progress.

As is the nature of Duke of Edinburgh's award expeditions, all are unaccompanied, however during the training Phase this is a developmental process whereby as the competence and confidence of the participants improves, the supervision moves from being direct to remote over a gradual period of time.

The group's well-being is regularly checked throughout the expeditions using various remote supervision techniques.

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Aim High Expeditions and its representatives reserve the right to alter or amend the programme without notice to the parent/guardian where necessary for any reasonable cause whatever.

Travel:

Participants are expected to arrive at the training venue outlined above in good time. All travel remains the responsibility of the participants and their parents/guardian's. The D of E has specific requirements of its expedition areas and as such on occasions these are only found in areas that are not immediately local to the participants. In these circumstances the most mutually convenient location is chosen in order to reduce travel time and costs.

Parents/Guardians should be aware that the estimated time of departure on the final day of the expedition may vary from the prescribed time due to the team's progress and as such they should be prepared for any possible delayed departure.

Participants should travel with the following:

- ***Aim High Consent form (if not already submitted)***
- ***Personal Medicine (noted on the consent form)***
- ***Cash (small amount for incidentals if necessary)***
- ***Personal expedition equipment (As per Aim High kit list)***
- ***Aim High Contacts (outlined below)***
- ***Personal or Group Food (For duration of expedition; info sheet attached for help & advice)***

For any issues with regards to travel either in advance or on the day please contact Aim High on the following contacts:

Jacques Moore-Hurley - Partner: 07834406746 jacques@aimhighexpeditions.com
Perry Symes – Partner: 07960012545 perry@aimhighexpeditions.com

These contact numbers double as the emergency contacts during the expedition unless otherwise

specified. Kit and Equipment:

The participants need to arrive with all of their own personal kit and equipment. Aim High provide group equipment including; stoves, cooking pots, gas, cleaning kits, tents, first aid kits, maps & compasses. In the case where due to neglect or undue care leads to the loss or damage to Aim High equipment the participant will be liable for the repair or replacement.

For any questions or queries regarding kit and equipment then please do not hesitate to contact us. More often than not participants can borrow kit and equipment from friends and family, however we strongly advise against this for boots and footwear. We can in certain circumstances assist with some small amounts of personal equipment.

All kit and equipment will be issued and returned on expedition. The only exception to this is by arrangement when a group is hiring equipment from Aim High. In this instance, where supply and other client commitments allow some aspects of equipment will be delivered to school in advance of the expedition, it will however, be collected at the end of the trip.

Those seeking to purchase their own kit and equipment should look towards reputable outdoor shops. Specifically The DofE have an authorised and recognised dealer, Cotswolds Outdoor who offer 15% discount to DofE participants.

Those participants wishing to bring mobile phones, MP3 players may do so at their own risk. They should carefully consider whether it is worth the risk of loss or damage.

Neither Aim High Expeditions nor its representatives accept liability for the loss or damage to any participant's Personal kit, equipment or valuables.

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Safety:

The participant's safety is Aim High and its representative's primary concern. Consequently every step is taken to reduce the amount of risk that participants are exposed to; however hill walking and camp craft have some inherent elements of risk. As such participants must comply with all instructions given to them by Aim High representatives in order to lessen this risk.

Should the incident arrive where an individual continually disregards the instructions of Aim High staff and as such jeopardise the safety of themselves or their colleagues they will be asked to leave the expedition at their parent/guardians expense.

EXPEDITION KIT LIST

GOT IT 	PACKED IT 	PERSONAL ITEM NEEDED - DESCRIPTION
		1 PAIR WALKING BOOTS (WORN/BROKEN IN)
		CAMP SITE FOOTWEAR (OPTIONAL- FLIP-FLOPS/TRAINERS/CROCS)
		1 WATERPROOF JACKET (MUST BE WATER&WINDPROOF WITH HOOD & SEALED SEAMS)
		1 PAIR WATERPROOF TROUSERS
		2 WALKING T-SHIRTS (SYNTHETIC WICKING TYPE)
		2 FLEECE TOPS OR INSULATING LAYERS (WARM FOR LAYERING, NO COTTON HOODIES, SYNTHETIC OR DOWN REQUIRED FOR AUTUMN AND EASTER EXPEDITIONS)
		2 WALKING TROUSERS (NO JEANS, FLANNEL/TELE TRACKSUITS)
		1 PAIR SHORTS OR 1 PAIR OF TROUSERS ZIP-OFFS (SHORTS SUMMER ONLY)
		PAIRS WALKING SOCKS 1 PER DAY (THICK WOOL/MIX)
		SPARE UNDERWEAR
		WARM HAT (FLEECE/WOOL INCLUDING SUMMER EXPEDS)
		GLOVES (FLEECE/WOOL INCLUDING SUMMER EXPEDS)
		SUNHAT (BASEBALL CAP OR WIDE BRIMMED FOR SUMMY WARM WATHER)
		1 PAIR GAITORS (OPTIONAL)
		1 EXPEDITION TYPE RUCKSACK (APPROX 60-70 LITRES & ROBUST)
		1 RUCKSACK LINER (THICK BIN OR RUBBLE BAG, SPECIFIC DRYBAG/LINER)
		1 SLEEPING MAT (FOAM OR SELF-INFLATING TYPE)
		1 SLEEPING BAG (WARM, 3 SEASON , MUMMY SHAPE)
		1 TORCH & SPARE BATTERIES (HEAD TYPE IS BEST FOR EASE OF USE)
		1 PERSONAL FIRST AID KIT (BLISTER PLASTERS, PERSONAL MEDICATION, PLASTERS, STING SPRAY, SUNSCREEN, MOSI SPRAY)
		1 NOTEBOOK & PENCIL (OPTIONAL, FOR EXPED AIM & PRESENTATION)
		1 WHISTLE (FOR EMERGENCIES)
		1/2 WATERBOTTLES (ROBUST TYPE MINIMUM 2 LITRES CAPACITY OVERALL)
		1 BOWL (ONE SMALL PLASTIC BOWL WHICH CAN DOUBLE AS MUG)
		1 POCKET KNIFE/MULTI TOOL (OPTIONAL)
		1 CUTLERY (KNIFE, FORK, SPOON OR SPOON & POCKET KNIFE PLASTIC FOR NON-STICK PANS)
		1 BOX MATCHES/LIGHTER (WATERPROOFED)
		1 WASH KIT (SMALL TOWEL, TOOTHPASTE, TOOTHBRUSH, BABY WIPES, SOAP, TALCUM POWDER)
		1 PAN SCOURER, WASHING UP LIQUID & TEA-TOWEL CLEANING EQUIPMENT FOR POTS AND PANS
		PERSONAL ITEMS (SMALL AMOUNT OF MONEY, CAMERA, MOBILE PHONE, MP3,PACK OF CARDS, BALL, ALL OF WHICH ARE AWARD GROUP DEPENDANT)
		EXPEDITION FOOD (TEAM OR PERSONAL FOOD PLANS ARE SEPARATE)

- WHERE POSSIBLE ALL KIT SHOULD BE WATERPROOFED IN BAGS EITHER SMALL PLASTIC OR SPECIFIC DRYBAG TYPE
- ANY OTHER ITEMS OF EQUIPMENT MAY BE CONSIDERED; HOWEVER EACH INDIVIDUAL NEEDS TO BE MINDFUL OF ITS WEIGHT & THE NEED FOR THEM TO CARRY THEIR SHARE OF GROUP KIT AND EQUIPMENT.
- AIM HIGH EXPEDITIONS ACCEPT NO LIABILITY FOR THE LOSS OR DAMAGE TO ANY PERSONAL KIT OR EQUIPMENT.
- ADVICE CAN BE SOUGHT FROM REPUTABLE RETAILERS ALTERNATIVELY CONTACT AIM HIGH VIA THE AWARD GROUP

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SUITABLE EXPEDITION FOODS

You will need to provide your own food for the duration of the expedition, as such it is worth planning your meals so as to avoid carrying too much weight or going hungry! All supermarkets and shop can provide suitable expedition foods, however for a greater range of options to cater for greater tastes a larger supermarket chain can be better. Similarly for those that wish to there are specific expedition food stores such as www.expeditionfoods.com . Whether a foodstuff is suitable or not for expeditions becomes a balancing act between, weight, taste, packaging, ease of cooking, how much water is needed to cook it, how perishable a food is and whether or not it will be in the same state at when you come to eat it after a day in a rucksack. Expedition food certainly doesn't need to be horrible or simple, below are just some examples of food that we feel is suitable. As a guide you will require a minimum of 2400 calories per day.

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>	<u>DESSERT</u>	<u>SNACKS</u>	<u>PROHIBITED</u>
QUAKER OATS SO SIMPLE PORRIDGE (SACHETS)	DAIRYLEE LUNCHABLES/JOHN WESTS PASTA POTS	PASTA, RICE, MASH, COUS-COUS (CARBS STAPLE)	AMBROSIA CUSTARD/ RICE PUDDINGS	CHOCOLATE BARS (VARIOUS)	FIZZY DRINKS
CEREAL BARS	TUNA, SARDINES, CORNED BEEF, CHICKEN, PRIMULA CHEESE (SANDWICH FILLINGS TINNED/POUCH) WITH WRAPS & TORTILLAS	CHORIZO, PEPPERAMI, HOT-DOGS, TUNA, TONGUE, SPAM, SALMON, SARDINES (PROTEIN MEATS)	DEL MONTE etc TINNED FRUIT	SWEETS	POT NOODLE STYLE MEALS
BRIOCHE (PACKET)	PEPPERAMI / CHORIZO (CURED MEATS)	UNCLE BENS EXPRESS RICES & RISOTTO'S	HEINZ TINNED PUDDINGS	CEREAL BARS	CRISPS
HEINZ TINNED BEANS &	JOHN WEST TUNA SALAD LUNCH BREAKS (TIN)	DOLMIO PASTA'S AND SAUCES	MR KIPLING etc CAKE BARS	NUTS	REFRIGERATED PRODUCE
ALL DAY BREAKFAST (TIN)	PASTRIES, PIES ETC (NOT FOR MORE THAN 2 DAYS)	AINSLEY HARRIETS COUS-COUS	CHOCOLATE	SEEDS	LIQUID CARTONS SUCH AS MILK
VARIOUS MUESLI & POWDERED MILK	FRUIT (FRESH/TIN/ DRIED)	BATCHELORS PASTA 'N' SAUCE & SUPERNOODLES		DRIED FRUIT	EXCESSIVE JARS/TINS
HOT DRINKS (SACHETS)	RYVITA, FLATBREAD, PITTA (SANDWICHES)	LOOK WHAT WE FOUND POUCHED MEALS		CREPES	EXCESS ENERGY/SPORTS DRINKS
DEL MONTE etc FRUIT (FRESH/TIN/DRIED)	SOREEN MALT LOAF	CURRY/CHILLI (TINS)		SOREEN MALTLOAF	
PANCAKES/CREPES	LUNCH MUST NOT BE A COOKED OPTION			FLAPJACKS	

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MENU PLANNING: Take this opportunity to plan your shopping and food menu's either as a team or as an individual

Training & Practice expedition	GOLD					
	SILVER					
	BRONZE					
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
Assessed expedition	GOLD					
	SILVER					
	BRONZE					
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
BREAKFAST						
LUNCH						
DINNER						
SNACKS						

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