



Parent Information Pack

2024



Assessors Reports

The assessor's report for the volunteering, skills and physical section all need to be submitted onto eDofE before Wednesday, 1 May 2024. Assessor's reports can either be completed online via <https://www.dofe.org/assessor/> or using the assessors report cards issued in their welcome pack.

In order for the reports to be accepted they need to contain the following information:

All Assessor's Reports (tick if 'yes')

Does the report contain details of the participant e.g. name of the participant?	<input type="checkbox"/>
Has the Assessor included their own name?	<input type="checkbox"/>
Has the Assessor included their own contact details – email address and/or phone number?	<input type="checkbox"/>
Has the Assessor confirmed the participant's activities?	<input type="checkbox"/>
Has the Assessor confirmed the dates of the activity and do these match the dates in eDofE?	<input type="checkbox"/>
Has the Assessor confirmed how frequently the young person is taking part in the activity?	<input type="checkbox"/>

Parents Information Evening

An information evening for parents will be held school during the Spring term (see letter for date). This will be an opportunity for Mrs Cauchi to cover the information within the parent information pack, with particular focus on the expedition, in more detail. Parents/carers will also have the chance to ask questions on any aspect of the Award or the expedition they may have so far.

Medical Form (Expedition)

All parents/carers are asked to complete the medical information and emergency contacts form for their child via the link provided by the specified deadline (1 May 2024).

<https://forms.office.com/e/enp1epnQ18>

After School Preparatory Sessions (Expedition)

In order for pupils to pass the expedition assessment, pupils will be required to attend several after school weekly sessions. These sessions are mandatory as they will acquire the skills and preparatory knowledge needed for the expedition.

All pupils have to complete their expedition in teams of four to seven participants and complete the expedition self-sufficiently as a group (this is a requirement set by Duke of Edinburgh, not the school).

Sessions for **Year 9** pupils will run on a **Tuesday** night after school from 3:10pm-4:10pm starting on Tuesday, 27 February 2024.

Sessions for **Year 10** pupils will run on a **Thursday** night after school from 3:10pm-4:10pm starting on Thursday, 29 February 2024.

Year 9 Focus

27 February	Establish groups and introduction to assessor's reports
05 March	Countryside code and map symbols
12 March	Grid references and compass skills
19 March	Compass skills and scale
26 March	Route planning
16 April	Route planning
30 April	Route planning and using a trangia
14 May	First aid and emergency procedures (following the St John's Ambulance First Aid Pathway)
21 May	Expedition food and campsite code
4 June	Kit and tents
11 June	Expedition preparation and recap
17 June	Bag packing and preparation (<i>Monday</i>)

Year 10 Focus

29 February	Establish groups and introduction to assessor's reports
07 March	Countryside code and map symbols
14 March	Grid references and compass skills
21 March	Compass skills and route planning

18 April	Route planning
3 May	Route planning and using a Trangia
16 May	First aid and emergency procedures (following the St John's Ambulance First Aid Pathway)
23 May	Expedition food and campsite recap
6 June	Kits and tents
13 June	Expedition preparation and recap
21 June	Bag packing and preparation (<i>Friday</i>)

Expedition Dates 2024

Pupils will need to be in school for 8.40am ready for a prompt departure at 9am. Pupils will arrive back at school approximately 5pm the following day.

Year 9	Tuesday, 18 June – Wednesday, 19 June 2024
Year 10	Monday, 24 June – Tuesday, 25 June 2024

Kit

Please see below the kit list attached. All items highlighted will be provided by the school.

In addition to the below, please also ensure that pupils have a suitable set of clothing that they would not mind getting wet whilst kayaking and a dry set of clothes to get changed into afterwards.

EXPEDITION KIT LIST

updated **January 2024**
(replaces all previous versions)



This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at DofE.org/shopping/kitadvice and visit DofE.org/shopping/reckit

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

For details on how to sign up for your Digital and Physical DofE Card either:

- See information in your DofE Welcome Pack.
- Login to eDofE or the DofE app.
- Visit one of our recommended retailer stores.

*Terms and conditions apply. Go to DofE.org/shopping/card for full details.

CLOTHING

Item Needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, V-Lite Explorer WP, Bandera Lite WP, Bandera II WP, Ravine WP, Raven Mid WP, V-Lite Psych Mid WP, V-Lite Reflex WP, Jackdaw WP		
2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Orion and Atlas Waterproof Jackets		
Waterproof overtrousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Stromer, Mannix Hooded Jackets and Half Zip Tops		
2-3 t-shirts (thermal optional)	Craghoppers: Atmos T-shirt		
2 walking trousers (warm, NOT jeans)	Craghoppers: Verve Trousers and Velocity Tights		
1 pair of shorts (if appropriate)	Craghoppers: Verve Shorts		
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			

PERSONAL KIT

Item Needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Contour, Sherpa, Summit rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite sleeping bags		
Sleeping mat	Vango: Single Trek, Dreamer mats		
Waterproof bag	Lifeventure: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners		
Whistle	Lifesystems: Safety, Echo, Hurricane whistles		
Torch (handheld/head torch and spare batteries)	Lifesystems: Intensity 300 and Intensity 155 head torches		
Personal first aid kit	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits. Visit DofE.org/shopping/safety for info		
Food (including emergency rations)	Wayfayrer: ready to eat expedition food Radix: dehydrated meals and breakfasts Get advice at DofE.org/shopping/food		
Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery**	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		

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Item Needed	Specific items we recommend	Got it	Packed it
Mug	Lifeventure: Stainless steel, Titanium, Ellipse mugs		
Box of matches (in waterproof container)	Lifesystems: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifesystems: Mountain 50 sunscreen, Mountain Combi Stick SPF50+		
Towel	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (To carry between the team)

Item Needed	Specific items we recommend	Got it	Packed it
Tent(s)	Vango Trek Tents: Nevis, Scafell, Helvellyn, Nova Vango Earth Trek: Apex Compact, Apex Geo, Halo, Omega, Cairngorm		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel*** (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/1L)		
Cooking pans			
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 compasses		
Map cases	Silva: M30 Carry Dry Map Case		
Camera (optional)			
Tick remover (location dependent - ask your Supervisor)			
Survival bag	Lifesystems: Heatshield, Survival, Thermal bags, Thermal blankets		

Mobile Phones (Expedition)

There will be always a strict no phone policy throughout the expedition. All groups will be issued with a DofE mobile whilst on the expedition which will have all emergency contacts already programmed in. In case of an emergency and you need to get in contact with your child please contact the emergency number which will be provided to you closer to the date of expedition.

Any personal phones found during the expedition will be confiscated from the participant and returned to the parent/guardian on collection. The said participant will also have failed to meet the expedition requirements and will therefore not be awarded with their Duke of Edinburgh Award. Please see reply slip for mobile phone usage agreement and return to Mrs Cauchi by the specified date.

Food (Expedition)

All participants will be required to provide and cook their own food whilst on the expedition. A selection of bread/ham/cheese and fruit will be available on the second day of their expedition for them to make their own packed lunch for the second day of activity. Snacks will also be provided throughout the evening so no need for pupils to carry additional snacks in their bags.

Further Information and Questions

Please contact the Duke of Edinburgh Award Scheme lead co-ordinator at Penwortham Priory Academy:

Mrs Cauchi, Humanities Teacher, m.cauchi@priory.lancs.sch.uk