



Expedition Handbook

2024/25



The Expedition

- ✓ Important Dates
- ✓ Training dates
- ✓ Training Record
- ✓ Kit List
- ✓ Menu Planning and packing the rucksack
- ✓ Aims of the expedition

EDofE

- ✓ What is EDofE
- ✓ Resetting your EDofE Password
- ✓ Notes

Important Dates

The DofE award requires pupils to undertake two expeditions at each level. All expeditions at St Paul's are walking expeditions. It is imperative that your child can attend both the practice and assessed expedition dates for their award in this academic year. If there is a problem with the dates of the expeditions please see Ms Pinel as soon as possible.

Training for the expedition

The expedition will require your son / daughter to undertake a significant amount of training prior to it. They will not be allowed to go on the expedition if this training is not completed. Training will take place in school, after school and at the campsite.

Please note that route cards are completed and typed up before any expedition.

Date	Activity	Comments
JULY	Intro, Setting Rules, Managing Expectations, Sign up Programme	
JUJY	Explaining the Skill, Physical and Volunteering Sections – assessors report & Managing evidence	Sent via email
30/10/24 3.15-4.15pm	Set Teams, Map reading (symbols and scales) Map reading (Grid references, marking maps & measuring distances)	Room 107
11/11/24 3.15-4.15pm	Expedition 1 Route Planning Maps and route cards Meeting assessors	Room 107
Week commencing 18/11/24	Checking sections At least one section should be completed (physical, skill or volunteering)	Drop in sessions Individuals will be emailed
2/12/24 3.15-4.15	Route Planning in your groups complete route cards	Room 107
W/B 16/12/24	Finish off route cards	Independently within your groups. Set up a whatsapp group to meet up.
16/12/24	Checking sections At least Two sections should be completed (physical, skill or volunteering)	Drop in sessions Individuals will be emailed

16/1/25 3.15 – 4.30pm	Expedition Planning. Everything you need to know for the expedition. Menu Planning Rucksack Packing Training	Give expedition letters and handbook out Room 107
13/2/25 Theatre 4-5pm	Parents meeting. Everything about the expedition	Theatre
FEB TBC	First Aid Training with NC	
25/2/25 3.15 – 4.30pm Compulsory all must attend!	Expedition Planning. Tent / Trangia Training	All groups will plan their meals and learn how to use the Trangia's as well as set up their tents.
9 th April 3.15-4pm	Final Expedition Preparations	
22 nd April Date changed from 16 th . 3.15-4pm	Collect group equipment. Tents Trangias Gas Rucksacks	All Must attend to sign out their equipment. Please make sure you have given in your £10 refundable hire fee.
1 st May	Training Expedition 10km walk	Emily cut campsite Tilton on the Hill
	Qualifying expedition 14km each day with overnight camps Groups 1-4	Emily cut campsite Tilton on the Hill
26-27 th April	Qualifying expedition 14km each day with overnight camps Groups 5-9 (10)	Emily cut campsite Tilton on the Hill
May	Review and write up qualifying expedition	Present to current Y8s in assembly
	Check recordings of Volunteering, skills and physical sections	Drop-in sessions (booking appointments system)
June	Review of Skill, Physical, Volunteering.	
June	Award Ceremony	Give out certificates

Training Record

This is a list of all the training you must have completed by the expedition. When you attend training get a member of staff to sign it off to say you have completed it.

Training	Date	Signed
First Aid and Emergency Procedures		
An Awareness of Risk and Health and Safety Issues		
Navigation and Route Planning		
Preparatory Map Skills		
Practical Map Skills		
Compass Skills		
Campcraft, Equipment and Hygiene		
Food and Cooking		
Countryside and Highway Safety codes		
Observation Recording and Presentations		



Kit List

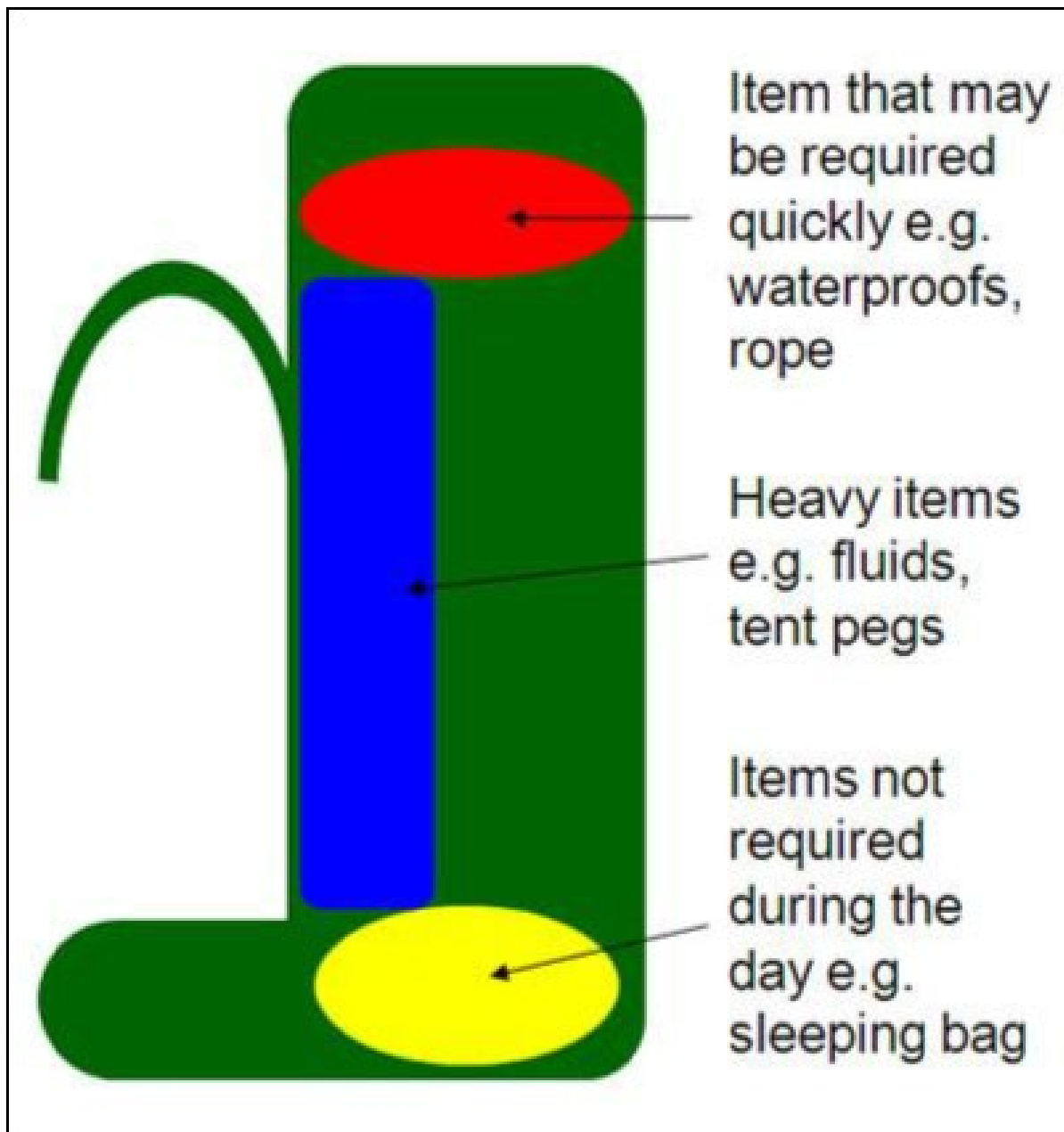
For the expedition it is crucial that pupils are properly equipped for all weathers. Below is a suggested list of the kit pupils should carry with them. Some equipment can be borrowed from school.

Hiking Essentials	Already Own	Need to Get
Rucksack (we do have spares if you are struggling)		
Walking Boots		
Waterproofs		
Sleeping Bag		
Sleeping Mat optional		
Personal Items Checklist	Already Own	Need to Get
Personal medication		
Soap and towel		
Toothpaste and tooth brush		
Sun cream and insect repellent		
Water bottles (2 litres minimum)		
Watch		
Long matches / long lighter		
Clothing & Sleeping		
Fleece tops / hoodies		
T shirts		
Spare walking socks		
Spare trousers (not jeans)		
Underwear		
Shoes for at camp (flip-flops / crocs are good)		
Warm hat		
Sun hat		
Gloves / hand warmers (hand warmers can be purchased from me for £1).		
Eating		
Plastic cup, plate and cutlery		
Food to cook and eat at camp as evening meal (Pasta and sauce etc.)		
Food for packed lunches (bread, fruit etc.)		
Breakfast food (cereal etc.)		
Drinks (squash, tea, coffee, chocolate etc.)		
Brillo Pad / washing up liquid, towel etc		
TENT/STOVE/FUEL are provided by school		

Packing your Rucksack some helpful tips

- ☐ Your maps, compass, route cards and water need to be easily assessable as you will use them frequently
- ☐ Kit that's only required last thing at night should go towards the bottom of the rucksack
- ☐ Waterproof things thoroughly – put it in a rucksack liner or at very least a bin bag
- ☐ Take the packaging off food where possible especially if it's bulky
- ☐ Try to concentrate the weight as close to your back as possible to prevent you unbalancing on climbs/descents.
- ☐ Every effort should be made to pack everything including the sleeping mat and tent inside the rucksack as this helps with weight distribution.

Here's a basic picture of how you should pack your rucksack. Try to make sure there are no air gaps in your rucksack and that you adjust the straps so that it fits snugly on you.



Max. carry weight/person = $\frac{1}{4}$ of person's body mass (aka. weight) up to maximum of 15kg

FOOD

Whilst on expedition pupils must carry and cook their own food. They are not allowed to buy food on their journey. Each day participants must cook a hot meal. You should be involved in buying and packing the food for their expedition. Below we have listed a selection of food which we deem appropriate for expedition.

- ☐ Pasta – either dried or packet
- ☐ Sauces – dominos packets
- ☐ Dried packet sauces – (Please note pot noodles are not acceptable)
 - ☐ Cured meats
 - ☐ Hot drinks – cup of soups / hot chocolates
 - ☐ Fruit – oranges
 - ☐ Breakfast – porridge oats / porridge pots
 - ☐ Sandwich on the first day (wraps are a good idea)
 - ☐ Snacks – biscuits protein



The Bad List (banned items)

This will be different for other types of camping trips however, due to the nature of DofE expeditions certain foods and containers are not allowed or not recommended. Please seek extra guidance if you are not sure what alternatives you can take.

Not allowed:

1. Tins: There are no bins in the countryside and you may have to carry all your rubbish with you until you get back home, tins also weigh a lot for a waste product and can have sharp edges that can cut through your bag and skin with ease. Alternative: Empty the contents of your tin container into a reusable and watertight plastic container.
2. Fresh Meat: There will be no way to keep the meat cool so any meat for the evening or the next day may not last and can cause serious illnesses. Remember you cannot always see or smell bacterial contamination.
Alternative: Find cured meat that has been sealed using special treatments that don't need to be refrigerated, such as MRE's.
3. Tomatoes, Cucumbers, etc: There will be no way to keep the vegetables cool and space is limited to give enough to prevent them getting squashed so any vegetables for the evening or the next day may not last.
Alternative: Take dry cured vegetables in watertight sealed containers.
4. Fresh Milk: There will be no way to keep your milk cold so may go off before it is used.
Alternative: Take UHT milk but remember it is only long lasting until it is opened and then needs to be refrigerated, so only take as much as you need.
5. illegal drugs (including legal highs), alcohol and cigarettes: These all have a negative effect on the body and can cause dehydration, lack of motor function, false sense of energy and sometimes death. If found, the participant will instantly fail the expedition, be sent home and may jeopardise the rest of the team's chance to complete their expedition as well. Parents will be informed and further action may be taken by the school.
Alternative: None.
6. Energy Drinks such as Red Bull, Monster, etc: These drinks use excessive amounts of fast burning energy sources and designed on drinks made for professional sprint athletes.
Energy wears off quickly making you crave for more and has been linked to obesity and serious heart conditions in young people.
Alternative: Take 1 small bottle of juice per day, which can be sipped on when needed or at lunchtime. Water should be the main source of liquid for everyone.
7. Fizzy Drinks: The combination of sugar and carbonated water cause dehydration and will cause you to sugar crash frequently.

8. Glass jars and containers: They break easily and cause lots of damage. Accidentally eating a tiny glass splinter can cause lifelong pain and disability that cannot be fixed.
Alternative: Empty the contents of your glass container into a reusable and watertight plastic container.

Not Recommended:

10. Cakes and Biscuits: High in fast burning sugars that will require you to eat more to maintain your energy levels.
 11. White Breads and Pastries: High in fast burning sugars that will require you to eat more to maintain your energy levels.
 12. Fruits high in Fructose: Can make you have more frequent calls for nature as cause diarrhoea and make you crave food as the sugars wear off quickly.
- Lucozade or equivalent for lunch each day is one thing but participants should not be using this as their main source of fluid.
 - Chocolate: They melt and get extremely messy. Since there's not many taps or toilets available you might end up with sweet fingers and might attract some new friends.
 - Excess packaging: Removed as much packaging as you can before you leave home. As there will be a lack of bins you may end up having to carry most your waste with you. Where possible try to put things in watertight, reusable plastic containers.
 - Pot Noodle: These have far too many additives and not enough nutritional ingredients, these can give you a false sense of being full and a false amount of energy giving calories. Great as a soup to warm you up but not as a meal.
 - Frozen Vegetables: They will defrost quickly and become soggy. They may also create condensation in your rucksack and make your stored clothes all damp.
 - **Crisps:** They are very low on nutritional value and high in salt and saturated fat. This can make you dehydrated and cause a lack of energy when you need it cause your body to want more sugars. They can also cause a mess if the packet bursts in your bag.
Alternative: Take a fruit / dried fruit
 -

The Order of Cooking

Groups may contain people with a variety of food related needs. Some may be related to medical, religious or cultural needs.

As weight of your rucksacks is a huge factor during DofE expeditions it is recommended that you agree on the order that your food is cooked, especially if you are sharing a stove between more than 1 person. This is a recommended hierarchy of what order you should cook your food, though it is your teams responsibility to agree an order before you leave.

We will assume you have a minimum of 2 Stoves for your team.

Stove 1

Allergy
Free Food



Selective
Vegetarian



Vegetarian

Stove 2

Allergy
Free Food



Selective
Meat



All Other
Meat

Key Principles of Menu Planning

Cooking on your expedition can be a great way to make your expedition stand out. Think about your favourite foods and how you could adapt them so you can have them during your expedition. Some teams have made cooking their aim and then prepared elaborate three course meals for lunch and a posh afternoon tea break with the Assessor being the food critic.

You'll need to design a menu which does the following:

You need to cook as a team so plan a menu that works for everyone. Make sure one person's food doesn't take longer than everyone else's or otherwise you may want to alter the order the food is made to make sure you all get your food at the same time so you can eat together.

Keep your menu balanced for fast and slow burning energy, particularly for longer expeditions.

Pack in as much energy (measured in calories or kcal) into the least weight and volume as possible. Depending on the length of your expedition and how big you are, you'll need to get through about 2500kcal each day. Choose foods high in sugars, carbohydrates and unsaturated fats.

Choose food you like! Food is both energy for physical endurance and team morale!

Keep meals easy and quick to cook (you might need to do some preparation at home first) and make sure it will 'keep' until you plan to eat it, even in hot weather.

Keep the weight and litter down by removing as much packaging at home and cooking as few different meals as possible.

Make sure you keep your food in something watertight and lightweight so it will stand up to the inevitable squashing into rucksacks, being sat on and being dropped.

Try to pack the food for each day/meal together so it is easy to find. This helps with rationing and making sure you don't get confused with what is meant to go with what.

Ration Packs

You have to cook as a team so it's usually best to share meals, but you can also take turns to cook individual meals. Whatever you do, you'll need to agree your menu with the leaders first. An alternative to making food from scratch is using Ration Packs. These can be found as **MRE's** (meals ready to eat) or as **freeze-dried** packs.

Meals from scratch

Flavoured to your taste	Prep time needed
Can be eaten out of pot	Food won't keep for long outside of a fridge
Meets your personal dietary requirements	Must be emptied into pot to cook
Wide range of foods/flavours available	Need to wash up pots
	Hard to calculate calorie requirements
	May need to bring lots of ingredients
	May need a variety of utensils

MRE's

No prep time needed	Stock flavouring
Can cook in bag	Can be storage for a while outside of fridge
Less washing up	May not meet your dietary requirements
Almost like fresh food	Limited range of foods/flavours available
Most meals cooked in 10 mins	
Easy to calculate calorie requirements	
Ready to eat (even when cold)	

Freeze Dried

No prep time needed	Stock flavouring
Just add water	Can be storage outside of fridge indefinitely
Less washing up	May not meet your dietary requirements
Easy to calculate calorie requirements	Very limited range of foods/flavours available
Extremely light weight	Least like fresh food

Where can I find ration packs?

Blacks (www.blacks.co.uk)

Go Outdoors (www.gooutdoors.co.uk)

Any other camping kit shop or army surplus shop

www.cotswoldoutdoor.com (Discount Code on you DofE Card)

www.mountaintrails.org.uk (Discount Code 'DofE15')

Breakfast Ideas

Breakfast is the most important meal of the day. You should be consuming most your bulk calories now 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 and have that sugar rush that can get you up and going.

Porridge – The oats in a porridge are proven to help your brain and body function at its best. Great for warming you up on those cold mornings. You can even mix in your own dry fruits.

Weetabix – Hot or cold this can bring out those weetabix of inspiration that you need to get you through the day. Can be topped with fruits.

Scrabbled eggs – Eggs contain huge amounts of energy that will help you through the day, but make sure you keep eggs unbroken in their shells and in a watertight container or a powdered variety otherwise they could go off before you get to eat them and end up in a sticky situation.

Powdered Milk – as explained above the fresh kind will just not cut the mustard but the powdered variety will keep in any type of weather. Just be sure to make sure you practice how to use it before the expedition.

Cheese on Toast – Hard cheese will keep for a few days out of the fridge. Just make sure you wrap it tightly in cling film or put it in an air-tight tub and make sure to keep it out the sun.

Tea/Coffee – Great to just get that bit of warmth in your body helping you to function better.

Lunch Ideas

Lunch is a social time for a DofE team. It's in the middle of the day so you don't want to cook or spend ages waiting for food. Preparation is everything for a great lunch so make sure you plan it picnic style, maybe even cook something in the morning after your breakfast and store it in a tub.

Cheese Pittas – Warm up some pitta bread in the morning and fill it with cheese, then melt the cheese and pack it for lunch

Dry Fruits – Certain fruits will give you energy and help to block your need to go to the loo and some fruits will make you want to go more. Dry fruits means they won't get squashed and they will also take up less room in your rucksack. Find the dry fruits that stop you going to the toilet.

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. Crush up some super noodles and add them to the soup for some extra texture.

Breakfast bars/biscuits - They take no cooking and have that sugar rush that can get you up and going. Get yourself with a mix of different fruits and nuts and you'll have a good range of different energies to keep you going.

Isotonic drinks - Like Lucozade will help to replace any lost essential minerals lost but be careful as they have a high sugar content. These should not be used as an alternative to water or fluid intake.

Dinner Ideas

Dinner is all about replacing the energy lost during the day and ensuring you stay warm and comfortable during the night. Dinner is a great time to reflect on your day with your team and build moral for the next day so make your dinners fun.

Red Kidney Bean Curry and Mash – You can prep the curry at home and bring it in a secure airtight container. Simply put the curry in a pan and cook. Get a packet of smash and add water and stir.

Mexican Rice and Chicken – Using some ready to eat chicken (keep in its airtight packet until you start cooking), cook up some rice then mix the two together.

Vegetarian Cheese Pasta – A bag of finely chopped vegetables, a bag of pasta and some grated cheese makes a great meal. Add a few of your own spices for a bit of a kick.

Calzone – Pack a bit of foil and prepare the ingredients for a pizza bread dough, a bag of vegetables and some grated cheese. Make and roll out the dough, place your vegetables and cheese in the middle and wrap it up in foil. 30 mins in a Trangia with a turn every 10 mins should do it.

Chappati's – prepare the dough at home and place in an air tight container then just roll them out and use the Trangia frying pan upside down over the flame to cook.

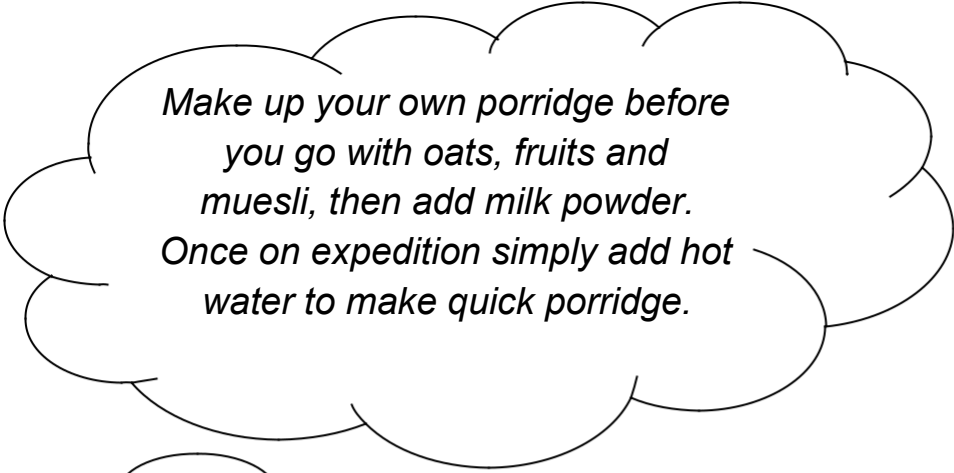
Cake Bars and Custard – Make or heat the custard and pour over a cake bar.

Angel Delight – Comes in a packet, you add water and stir.

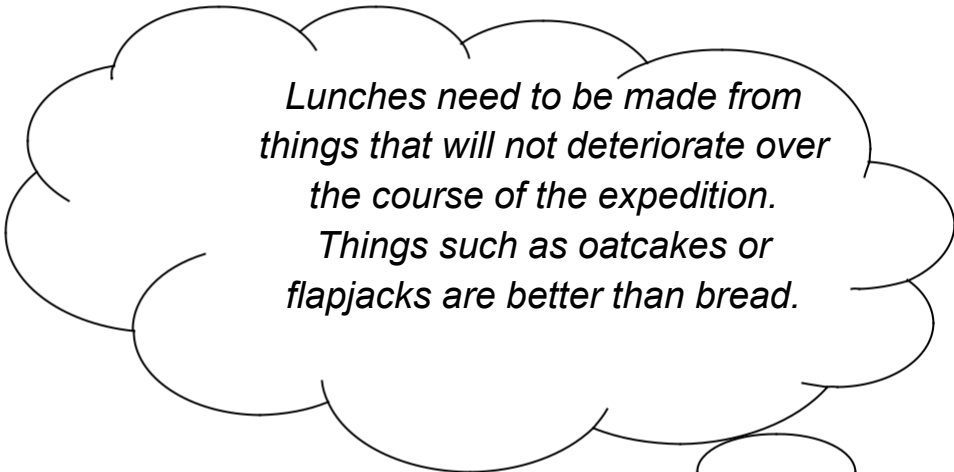
Examples

Day 1
Breakfast
Make sure you have a big breakfast before you meet us at school.
Snacks
Carry with you
Lunch
Make your lunch in the morning to carry with you on the day.
Dinner
You will cook on the Trangia stoves back at the camp
Day 2
Breakfast
You will cook on the Trangia stoves at the camp
Lunch
You can use the Trangia stoves wherever you stop to rest for lunch or make something in the morning to take along with you. Good options are cup a soup in a flask

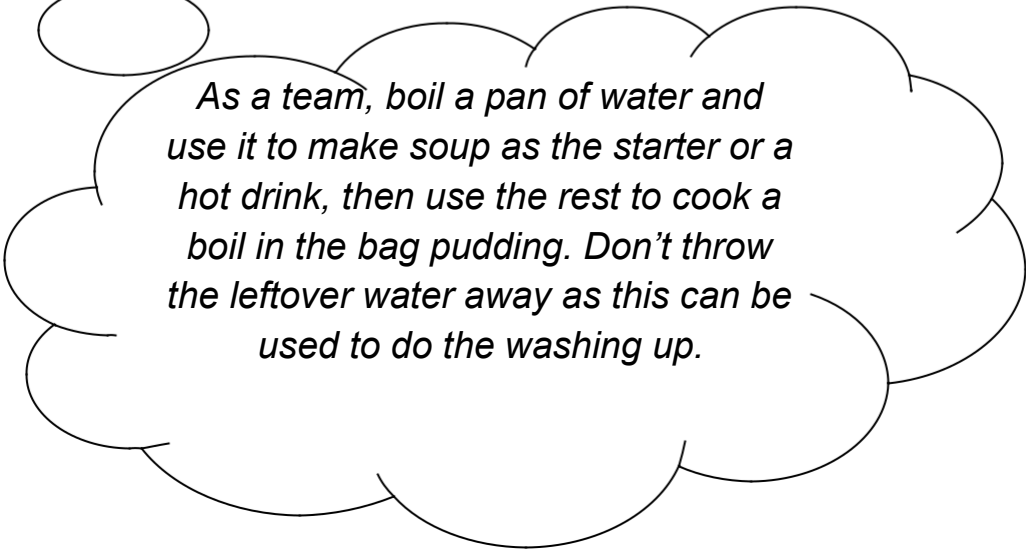
‘Foodie’ Tips



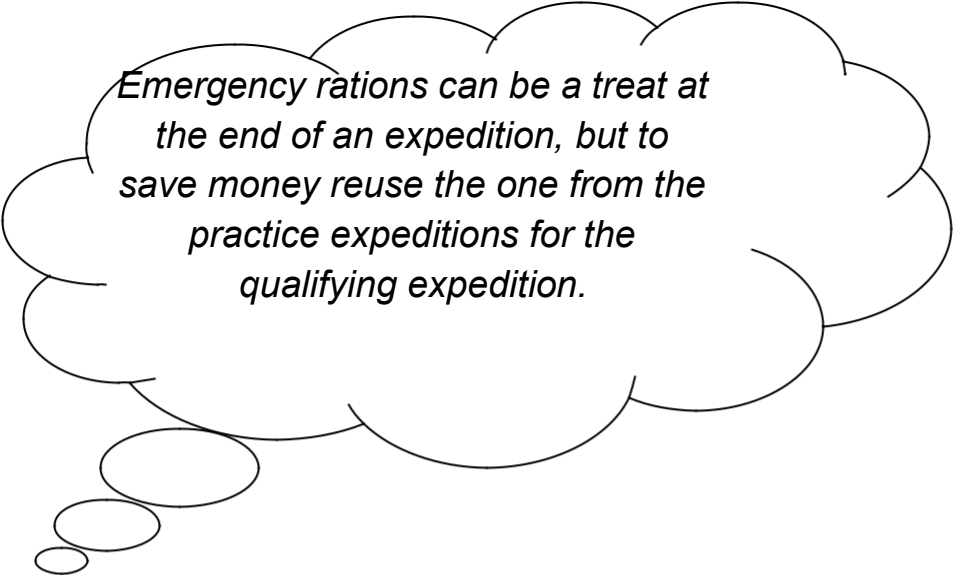
Make up your own porridge before you go with oats, fruits and muesli, then add milk powder. Once on expedition simply add hot water to make quick porridge.



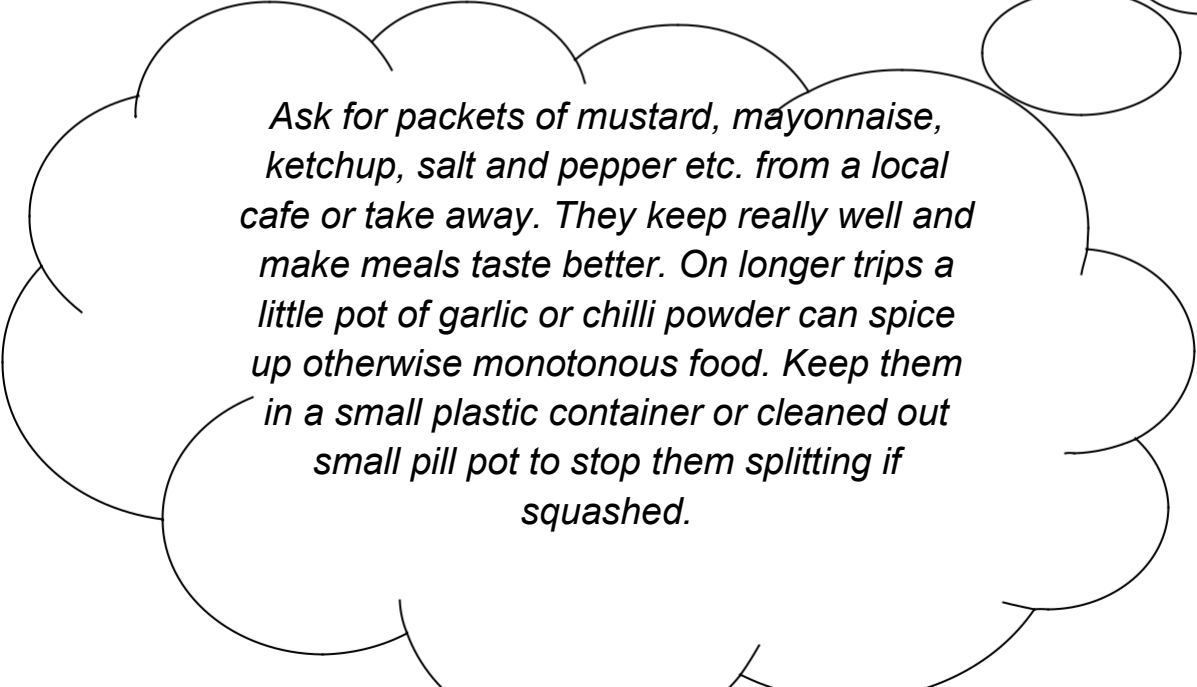
Lunches need to be made from things that will not deteriorate over the course of the expedition. Things such as oatcakes or flapjacks are better than bread.



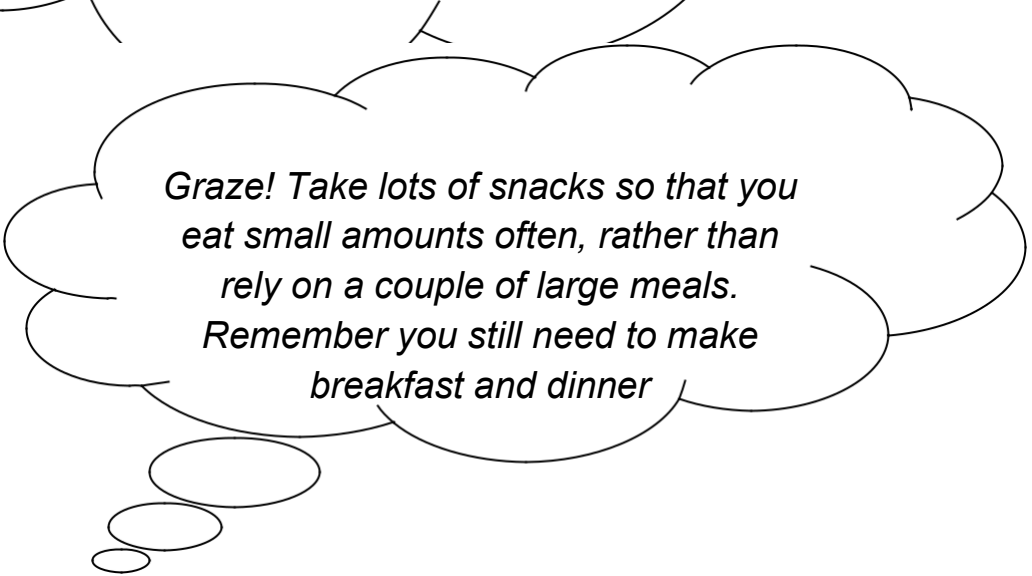
As a team, boil a pan of water and use it to make soup as the starter or a hot drink, then use the rest to cook a boil in the bag pudding. Don't throw the leftover water away as this can be used to do the washing up.



Emergency rations can be a treat at the end of an expedition, but to save money reuse the one from the practice expeditions for the qualifying expedition.



Ask for packets of mustard, mayonnaise, ketchup, salt and pepper etc. from a local cafe or take away. They keep really well and make meals taste better. On longer trips a little pot of garlic or chilli powder can spice up otherwise monotonous food. Keep them in a small plastic container or cleaned out small pill pot to stop them splitting if squashed.



Graze! Take lots of snacks so that you eat small amounts often, rather than rely on a couple of large meals. Remember you still need to make breakfast and dinner

Aim of the expedition

To inspire young people to develop initiative and a spirit of adventure and discovery by planning, training for and completing an adventurous self-sufficient journey as part of a team. Participants choose where and how they want to do their expedition.

Planning an expedition – participants must plan how they're going to do their expedition:	
Team Goal	Expeditions must have a clearly defined team goal – this could be researching an area of interest, contributing to a community action project, or developing soft skills.
Environment	The environment chosen must become progressively more challenging through the award levels – environments could include rural, urban or restricted spaces.
Accommodation	Accommodation should be by camping or other simple self-catering accommodation e.g., bunkhouses.
Time of year	Expeditions will usually take place between the end of March and the end of October. There should be a reasonable gap between the practice and qualifying expeditions.
Mode of travel	Participants must choose an appropriate mode of travel for the environment they'll be journeying through. Journeying must be by participants' own physical effort, although mobility aids may be used where appropriate to the needs of the participant.
Food	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).

What is EDofE

EDofE is an online portal created by DofE for participants to record their progress. In the past participants have had paper 'keeping track' booklets, this portal replaces these.

Participants use the portal to log the activity they are undertaking for each section. They can then upload evidence such as pictures or certificates to their section for approval. Helpful speedometers give participants and teachers an idea of how pupils are progressing. The participants homepage looks similar to the one below.

The screenshot shows the 'My Gold DofE programme' homepage. At the top, there's a navigation bar with 'Home', 'Shop', and 'Sign out'. Below this, a user profile section displays 'Not Real12', 'ID: 165706', and 'Enrolment date: 01/01/2015'. A sidebar on the left contains links for 'DofE Information', 'My Gold DofE', 'Resources', 'Keep safe', and 'Help', along with a 'CEOP REPORT' button. The main content area, titled 'My sections and progress', features five speedometer-style progress indicators for 'Volunteering', 'Physical', 'Skills', 'Expedition', and 'Residential'. The 'Expedition' and 'Residential' sections are marked 'Not started'. To the right, a 'Communications' section shows 'Messages: 3 (3)', 'News: 132', and 'Contacts: None'. Below this is a 'The DofE Achievement Pack' reminder and a 'See range' link to a 'berghaus' advertisement. The footer includes a 'Latest news' section with a welcome message and a 'Vango' logo.

EDofE can be accessed by visiting the DofE website – www.dofe.org and clicking on the red EDofE sign in box on the top right hand side of the screen.

In order to support your child with their evidence collection we suggest you record their username and password in the box below, as misplaced usernames and passwords are a common problem.

USERNAME:

PASSWORD:

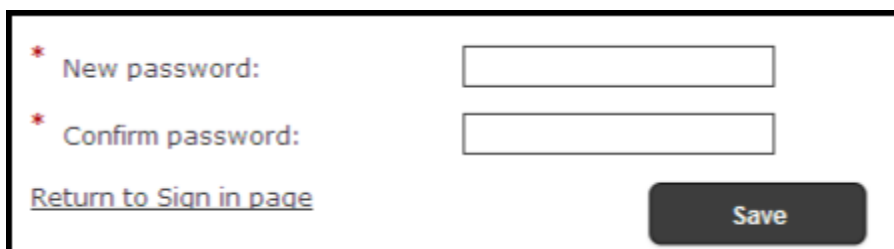
Also available on the DofE website is a section which give more information about EDofE and has helpful guides and videos for participants when using EDofE these can be found at the following link: <http://www.dofe.org/en/content/cms/doing-your-dofe/edofe/>

Resetting your EDofE Password

If you do forget your username or password then you can reset it using the steps below.

I can't sign in - username is known and security answer has been set:

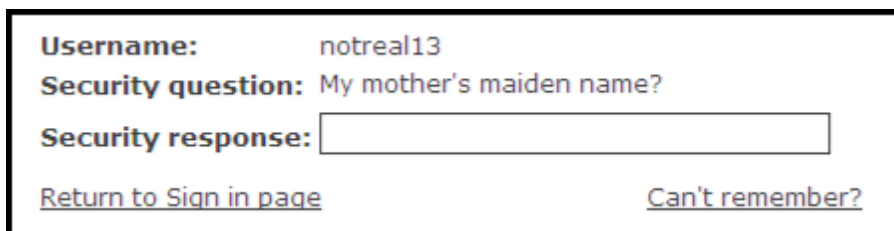
1. Go to the DofE sign in page <https://www.edofe.org/Login>
2. Click on 'Forgot your password'
3. Enter your username
4. Click 'Continue'
5. You are then given your security question and asked for your answer
6. Provided that you give the correct answer then you are able to reset your password



A screenshot of a web form for resetting a password. It contains two input fields: 'New password:' and 'Confirm password:', each preceded by a red asterisk. Below these fields is a link 'Return to Sign in page' and a dark grey button labeled 'Save'.

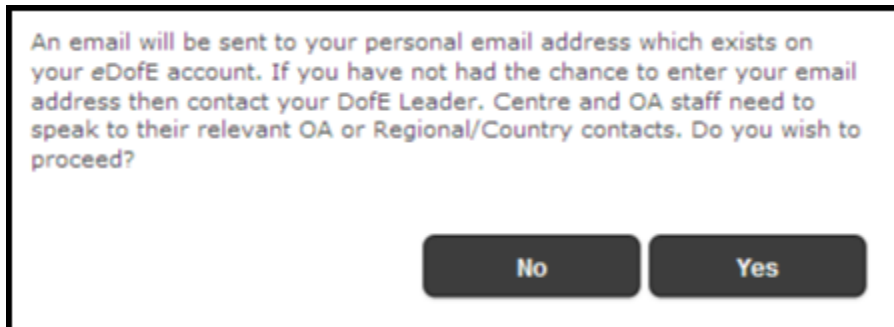
I can't sign in - username is known but security answer has not been set or forgotten:

1. Go to the DofE sign in page <https://www.edofe.org/Login>
2. Click on 'Forgot your password'
3. Enter your username
4. If you don't have the security answer then press 'Can't remember?'



A screenshot of a web form for resetting a password. It displays the 'Username:' as 'notreal13' and the 'Security question:' as 'My mother's maiden name?'. Below these is a text input field for the 'Security response:'. At the bottom, there is a link 'Return to Sign in page' and a link 'Can't remember?'.

5. If your email address has been entered into your account then a message will pop up saying a new password will be sent to your personal email address – choose Yes/No



An email will be sent to your personal email address which exists on your eDofE account. If you have not had the chance to enter your email address then contact your DofE Leader. Centre and OA staff need to speak to their relevant OA or Regional/Country contacts. Do you wish to proceed?

No Yes

6. Saying 'yes' – the system will send a random password to your personal email address, and they can then access their account. The content of this random password email will not state the 'username' because sometimes the email of that person is incorrect

If your son / daughter have forgotten their username or the email address they signed up to DofE with you will need to contact Ms Pinel spinel@st-pauls.leicester.sch.uk who will be able to access their account and reset these for you.