

A person with long dark hair, wearing a blue and white DofE (Duke of Edinburgh) award shirt, stands in front of a large brick building. The image is slightly blurred, and the text 'WELCOME to DofE' is overlaid in white. The person is wearing a light blue long-sleeved shirt with 'DofE' printed on the back, and blue trousers. The background shows a multi-story brick building with several windows and a green lawn in the foreground.

WELCOME
to DofE



Proud to be working with
St Paul's Catholic School



Claire, Pete and Cat



Family run business based
in Leicestershire



- 14 years of Rich Adventure
- 20+ years DofE experience
- Expeditions for school groups up to 140 pupils at a time
- We pride ourselves in supporting participants with additional needs and medical conditions
- High levels of safety backup on all expeditions



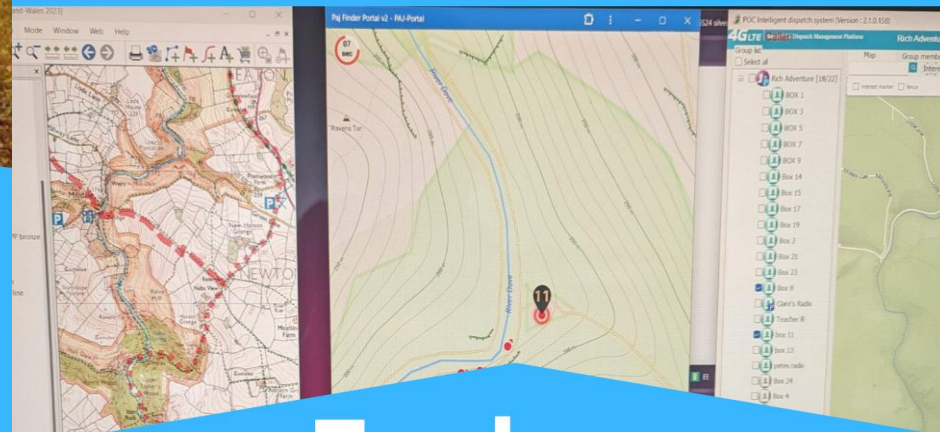


Course directors

- Our course directors carry a defibrillator and observation kit as well as a large first aid kit
- They all have a pre hospital care qualification
- And are qualified mountain leads with lots of experience in this sector

Expedition safety

Within the community of Rich Adventure we take our Duke of Edinburgh safety very seriously. No matter the course or the situation these following safety provisions are always put in place.



Trackers

- All instructors working with your group can view where teams are
- Our trackers allow course directions to keep safety overview supporting supervisors on the ground



Emergency contacts

- Every team is provide with mobile numbers to call if in an emergency on multiple networks
- Our course directors answer emergency calls in a calm and professional manner



Team equipment

all teams carry:

- Trackers- to ensure their constant safety
- First aid kit- for all emergencies that may come to hand
- Safety pack- to guide participants through emergency situations



DofE Staff Members

Ms Pinel – DofE Manager

Mr Fowell – DofE Leader

Mr Aston – DofE Verifier



What's involved

After School Sessions

Training in your own time

Day Walk

Qualify Expedition



The Expedition

An adventure that will challenge participants through a 'Managed Risk' approach.

- **Go through all the emotions.**
- **Make memories**
- **Learn life lessons**
- **Realise more about your potential**



Managed Risk

- **Walking in small teams without an adult**
- **Feeling of isolation**
- **Dynamic Risk Assessing**
- **First aid training**
- **Navigation training**
- **Assess maturity**
- **Insurance**



Training Day

Thursday 23rd April 2026 @
Emilys cut campsite

- **Meet your assessor**
- **Bonding with your team.**
- **Rucksack Packing**
- **Navigation training 10km walk**
- **Camp craft**
- **Accident / emergency procedures**
- **Food ideas.**



You will be staying over on the training night so will need everything with you for your qualifying



Qualifying Expedition

Friday 24th -25th April 2026

Tilton

2 days, 1 night

You carry everything you need.

Work together to navigate, cook, clean and motivate



What does the school provide?

- **65L Rucksacks** £10 hire charge
- **Tents**
- **Stoves** £10 refundable deposit if back in the same condition
- **Fuel**
- **Compasses and Maps**



What do I need?

- Walking Boots
- Waterproof Jacket (and Trousers)
- Food
- Head Torch
- Sleeping Bag
- Personal Medication



Funding available for any **PP** pupils struggling to get kit



What about clothes?

Use what you have

Make sure it dries quickly

Thin layers

No Jeans



Wearing socks can significantly reduce friction and improve moisture protection, which helps to prevent blisters



You need a good set of walking boots



USE YOUR DISCOUNT CARD

NOT WALKING BOOTS!





YOU WILL
NEED A
SLEEPING BAG

You need a good set of
waterproof clothing



ITEMS YOU WILL CARRY

- **Personal wash kit & towel**
- **Sleeping mat**
- **Evening meals and breakfast food to be consumed during the expedition**
- **Mug, Plate, Knife, Fork Spoon**
- **Washing up liquid and sponge**
- **Shoes to wear around the camp**
- **Spare Clothing**

Please refer to handbook for
full list
On our website



Food Plan

Day 1

Breakfast

We will provide them with porridge pots or cereal bars as they would have stayed with us from the training day

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



Please check the handbook for more food ideas. Groups will work together to plan their meals.



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.

Pancakes: Bring along some pre-made pancake mix and simply add water. You can top them off with maple syrup, jam, or nut butter for an extra boost of energy.

Weetabix – Hot or cold this can bring out those wee bix 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.

Wraps: Wraps are a great lunch option because they're easy to pack and customize. Bring along some tortillas, your favourite deli meat or veggies, and condiments like mustard, mayo, or hummus (save miniature sachets from fast-food joints or bring a miniature plastic container for the hummus). Roll them up and wrap them in tin foil for a mess-free lunch.

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.

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.

One-pot pasta: Pasta is an easy option that can be customised with a variety of sauces and toppings. You can bring along pre-made pasta sauce or make your own with canned tomatoes, garlic, and spices. Jazz it up with some of your fave veggies, like bell peppers, zucchini, or mushrooms and add a protein supplement if wanted (tinned hot dogs are a go to!). Also, don't forget about the all-important sprinkling of cheese!

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 airtight 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.

SNACKS

Snacks are essential for keeping your energy levels up throughout the day. They boost morale and they're great to share amongst friends, but **please keep in mind that everyone has different dietary needs, so check with your group before trading!**

Here are some ideas for easy and tasty snacks:

- Fresh Fruit:** Apples, pears, and oranges are easy to pack, less likely to be squashed compared to softer fruits, and provide a quick source of energy.
- Energy Bars:** There are so many varieties of energy bars available these days. Look for ones that are high in protein and fibre for sustained energy.
- Beef Jerky:** Beef jerky is a high-protein snack that's perfect for a midday refuel.
- Trail mix:** Packed with protein, healthy fats, and carbohydrates, it makes for the perfect fuel for a long day on the trails.
- Cheese and crackers:** A quick and easy savoury option. Cheese provides protein and calcium, while crackers provide carbohydrates for energy.
- And of course, the ever-popular **chocolate bars**! They may not offer as much nutritional value as the other options so please don't rely solely on them, but who's to say they don't offer that little extra boost every here and there!

WAYFAYRER FOOD POUCHES:

Wayfayrer camping food is designed to deliver balanced nutrition, in a compact, easy to use pack. Each meal is protected in our durable military grade multi-layer pouch. These packs enable the product to be decanted into a camping stove to heat, and they are also durable enough to enable you to prepare the food inside the pouch.



Electronics

Mobiles and other electronic devices (apart from watches), should be left at home.

We will provide mobile phones for emergencies.



Evening entertainment

You will have a:

Football

Frisbee

Tennis Ball

**Marshmallows and chocolates
(S'Mores)**

**Dance and sing around the
camp fire.**



Emergencies

**You have an emergency:
Contact the school and they
will get in contact with us**

**If we have an emergency:
We will contact you.
No news is good news**



What to do next

- Complete the medical consent form online.
- Put £20 in cash in an envelope marked equipment deposit. (Please sign the contract).
- Make sure payments are up to date.
- Support your child with their sections



www.richadventure.co.uk/stpauls
Page password DofE2026

Next meeting with Pupils 23rd Feb
Tent Training





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What is The Duke of Edinburgh Award?

The Duke Of Edinburgh's Award (or more commonly "DofE") is the world's leading youth achievement award, giving young people the opportunity to be the very best they can be. The DofE is a fun challenge and an adventure.

We offer the DofE Bronze, Silver and Gold Awards. Students from years 9 to 13 volunteer to take on the challenges posed by the different aspects of this award.

Participants will gain new skills, push themselves physically and help others. It builds young peoples confidence in themselves and each other and it gives them the opportunity to develop life-skills such as team work, organisation, self-reliance and inter-personal skills through the sections of the award.

Students achieve the award by completing a personal programme of activities broken down into four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.

For the Gold award, students must complete five sections, with the additional activity being a residential. The residential requires students to complete a shared activity by working and staying away from home.

Our bronze expedition takes place at Emilys cut campsite, Tilton on the hill, Leicester and Silver expedition takes place in the peak district.

More details about the DofE can be found [here https://www.dofe.org/](https://www.dofe.org/)

or by emailing the DofE manager: spinel@st-pauls.leicester.sch.uk

Expedition 2025

[Dates](#)[Kit Guide](#)[Expedition Aims](#)[Packing a Rucksack](#)[Filling a Rucksack](#)[Handbook](#)