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<td>Forest of Dean Route B</td>
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<tr>
<td>Task</td>
<td>Date or Deadline</td>
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<td>Introduction meeting to DofE</td>
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<tr>
<td>Training Day 1 (Classroom Based)</td>
<td></td>
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<tr>
<td>Training Day 2 (Navigation)</td>
<td></td>
</tr>
<tr>
<td>Write Route Cards for Practice Expedition</td>
<td></td>
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<tr>
<td>Find and pack kit for Practice Expedition</td>
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<tr>
<td>Practice Expedition</td>
<td></td>
</tr>
<tr>
<td>Write Route Cards for Qualifying Expedition</td>
<td></td>
</tr>
<tr>
<td>Pack kit for Qualifying Expedition</td>
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<tr>
<td>Prepare Expedition Aim for Qualifying Expedition</td>
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</tr>
<tr>
<td>Finish Project/Presentation</td>
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</table>
PLANNING YOUR ROUTE

A key part of the expedition section is planning your route. In advance of each expedition, your group must plan a route and submit a detailed route card.

For each expedition you are provided with a number of compulsory grid references you must use. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

ROUTE CARDS

The route card below can be downloaded from mendip.me/downloads. Plot your route onto one of these route cards. Route cards are vitally important as they are used in order to prove that you are competent to undertake your expedition.

You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.

The following pages offer advice on how to write an effective route card. All groups will use the Mendip Hills as their practice expedition. Some groups will use the Forest of Dean for their Qualifying Expedition and some will use the Quantock Hills.
MENDIP HILLS: BRONZE PRACTICE EXPEDITION
These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. You must also choose additional grid references approximately every 1-2km or at a key decision point.

<table>
<thead>
<tr>
<th>Compulsory Grid References</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
</tr>
<tr>
<td>ST 516 558</td>
</tr>
<tr>
<td>ST 488 549</td>
</tr>
<tr>
<td>ST 485 573</td>
</tr>
<tr>
<td>ST 465 586</td>
</tr>
<tr>
<td>ST 446 592</td>
</tr>
<tr>
<td>ST 431 591</td>
</tr>
<tr>
<td>ST 388 558</td>
</tr>
</tbody>
</table>

START AND FINISH LOCATIONS

**START LOCATION:** Hamlet on B3134, Burrington Combe Road.
*Grid Reference* ST 515 559  *Nearest Post Code:* BS40 7XW
Please meet by 10.00am

**FINISH LOCATION:** Crook Peak Car Park, Compton Bishop
*Grid Reference* ST 392 551  *Nearest Post Code:* BS26 2HN
Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

**Nearest Hospital:** Weston General Hospital (Between 8am and 10pm).
Bristol Royal Infirmary (Between 10pm and 8am).
MENDIP HILLS: BRONZE PRACTICE EXPEDITION
These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. You must also choose additional grid references approximately every 1-2km or at a key decision point.

**Compulsory Grid References**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Description</th>
<th>Day 2</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ST 392 551</td>
<td>Start Crook Peak car park</td>
<td>ST 431 591</td>
<td>Lyncombe Wood Camp</td>
</tr>
<tr>
<td>ST 388 558</td>
<td>Crook peak</td>
<td>ST 446 592</td>
<td>Path/Road junction</td>
</tr>
<tr>
<td>ST 423 561</td>
<td>Path / A38 crossing</td>
<td>ST 465 586</td>
<td>5 Way Track Meeting</td>
</tr>
<tr>
<td>ST 442 571</td>
<td>Footpath Junction (Winterhead Hill)</td>
<td>ST 485 573</td>
<td>Beacon Batch</td>
</tr>
<tr>
<td>ST 433 579</td>
<td>Footpath / A38 junction</td>
<td>ST 488 549</td>
<td>Multi-path junction</td>
</tr>
<tr>
<td>ST 423 584</td>
<td>Upland Cottages</td>
<td>ST 516 558</td>
<td>Finish Hamlet on B3134</td>
</tr>
<tr>
<td>ST 431 591</td>
<td>Lyncombe Wood Camp</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**START AND FINISH LOCATIONS**

**START LOCATION:** Crook Peak Car Park, Compton Bishop  
Grid Reference ST 392 551  Nearest Post Code: BS26 2HN  
Please meet by 10.00am

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QUANTOCK HILLS: BRONZE QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

### Compulsory Grid References

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Description</th>
<th>Day 2</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ST 200 329</td>
<td><strong>START Cothelstone Hill Car Park</strong></td>
<td>ST 162 421</td>
<td><strong>Moorhouse Farm Campsite</strong></td>
</tr>
<tr>
<td>ST 181 338</td>
<td>Lydeard Hill Car Park</td>
<td>ST 158 414</td>
<td><strong>A39 Road Crossing</strong></td>
</tr>
<tr>
<td>ST 164 359</td>
<td>Triscombe Car Park</td>
<td>ST 121 425</td>
<td><strong>Path Junction: Perry Combe Plantations</strong></td>
</tr>
<tr>
<td>ST 162 382</td>
<td><strong>Dead Woman’s Ditch</strong></td>
<td>ST 129 404</td>
<td><strong>Bicknoller Post</strong></td>
</tr>
<tr>
<td>ST 158 414</td>
<td><strong>A39 Road Crossing</strong></td>
<td>ST 140 366</td>
<td><strong>FINISH Crowcombe Car Park</strong></td>
</tr>
<tr>
<td>ST 162 421</td>
<td><strong>Moorhouse Farm Campsite</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### START AND FINISH LOCATIONS

**START LOCATION:** Cothelstone Hill Car Park

---

**Grid Reference** ST 200 329  
**Nearest Post Code:** TA4 3DX

Please meet by 10.00am

---

**FINISH LOCATION:** Crowcombe Car Park

---

**Grid Reference** ST 140 366  
**Nearest Post Code:** TA4 4AA

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

---

**Nearest Hospital:** Bridgwater Hospital
QUANTOCK HILLS: BRONZE QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. You must also choose additional grid references approximately every 1-2km or at a key decision point.

START AND FINISH LOCATIONS

START LOCATION: Crowcombe Car Park
Grid Reference ST 140 366 Nearest Post Code: TA4 4AA
Please meet by 10.00am

FINISH LOCATION:
Cothelstone Hill Car Park
Grid Reference ST 200 329 Nearest Post Code: TA4 3DX
Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Bridgwater Hospital
FOREST OF DEAN: BRONZE QUALIFYING EXPEDITION
These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. You must also choose additional grid references approximately every 1-2km or at a key decision point.

START AND FINISH LOCATIONS

START LOCATION:  St Briavels Lay-by: next door to the primary school
Grid Reference SO 559 042  Nearest Post Code: GL15 6TD
Please meet by 10.00am

FINISH LOCATION:  Beechenhurst Picnic Site
Grid Reference SO 614 120  Nearest Post Code: GL16 7EJ
Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Dilke Memorial Hospital

Compulsory Grid References

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Description</th>
<th>Day 2</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SO 559 042</td>
<td>START St Briavels Lay-by</td>
<td>SO 549 144</td>
<td>Biblins Camp Site</td>
</tr>
<tr>
<td>SO 554 056</td>
<td>Road Crossing</td>
<td>SO 564 160</td>
<td>View Point</td>
</tr>
<tr>
<td>SO 537 097</td>
<td>PO Lower Redbrook</td>
<td>SO 581 142</td>
<td>Hillersland Phone Box</td>
</tr>
<tr>
<td>SO 542 115</td>
<td>Knockalls Lodge</td>
<td>SO 596 134</td>
<td>Road Crossing</td>
</tr>
<tr>
<td>SO 546 124</td>
<td>Brindsey’s well</td>
<td>SO 609 124</td>
<td>Bridge Over Road</td>
</tr>
<tr>
<td>SO 551 126</td>
<td>Staunton Church</td>
<td>SO 614 120</td>
<td>FINISH Beechenhurst Picnic Site</td>
</tr>
<tr>
<td>SO 557 128</td>
<td>Path Junction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SO 549 144</td>
<td>Biblins Camp Site</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FOREST OF DEAN: BRONZE QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

<table>
<thead>
<tr>
<th>Compulsory Grid References</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
</tr>
<tr>
<td>SO 614 120</td>
</tr>
<tr>
<td>SO 609 124</td>
</tr>
<tr>
<td>SO 596 134</td>
</tr>
<tr>
<td>SO 568 142</td>
</tr>
<tr>
<td>SO 564 160</td>
</tr>
<tr>
<td>SO 549 144</td>
</tr>
<tr>
<td>SO 554 056</td>
</tr>
</tbody>
</table>

START AND FINISH LOCATIONS

**START LOCATION:** Beechenhurst Picnic Site  
**Grid Reference** SO 614 120  
**Nearest Post Code:** GL16 7EJ  
Please meet by 10.00am

**FINISH LOCATION:** St Briavels Lay-by: next door to the primary school  
**Grid Reference** SO 559 042  
**Nearest Post Code:** GL15 6TD  
Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

**Nearest Hospital:** Dilke Memorial Hospital
READING A MAP

In order to plan a route and go on your expedition you will need to be able to understand how to read a map. The following information should be used in conjunction with your DofE training.

GRID REFERENCES

A grid reference is a way of marking each square on a map.

You will be using Ordnance Survey (OS) Maps with a scale of 1:25,000. This means that 1 centimetre on the map is equal to 250 metres in real life.

Ordnance Survey splits the country into 100 kilometre squares, each of which is given a two letter identifier.

Each of these squares is divided up into further grids of 1 kilometre squares. Within these squares the vertical lines are called the Eastings and the horizontal lines are the Northings.

Your grid reference starts with the two letter identifier. Then you quote the Eastings and then the Northings. The number is quoted from the bottom left hand corner of the square.

Remember the line: you go “along the corridor and then up the stairs”.

This example demonstrates how to find a 4 digit grid reference for a 1 kilometre square: **TL 6233**

Now imagine this square is split into 100 tiny squares with 10 squares making up each side.

This is the way to find a 6 digit grid reference: **TL 625 333**

This 6 digit grid reference represents a 100 metre square.
DIRECTION
To record the direction you will be walking you can use a bearing or the general compass direction. E.g. 90° or East (E)

DISTANCE
- Measure your distance carefully on a map. If the leg is not in a straight line you will need to use string and then a ruler to measure the distance.
- Measure distance to the nearest 0.1km and height gain to the nearest 10m.

TIMINGS
- Your DofE route should last a minimum of 6 hours each day, of which at least 3 hours should be spent journeying.
- Your group should start walking at a realistic time each morning – e.g. 9.30am - and arrive at your campsite at a reasonable time.
- Make sure that you plan breaks in sensible places and at sensible times.
- William Naismith created “Naismith’s Rule” in 1892. It says that the average person walks at 5km per hour. The average DofE walking speed when wearing a heavy pack on uneven ground is 3 or 4 km per hour.
- According to Naismith’s Rule, for every 10m of height climbed, 1 minute should be added to your timings.

Distance | We recommend 3km per hour for Bronze. (using timing information such as in the table below)

Height Gain | Add 1 minute for each 10 metres climbed (count the number of 10 metre contours climbed and add 1 min. for each)

Example | At 3 Km. per hour : a distance of 1500 metres with 200 metres of height climbed = 30 mins (distance) + 20 mins (height gain) = 50 minutes total.

| Walking at 3km/hour produces the following timings: |
|---|---|---|---|---|---|---|
| Time (mins) | 2 | 5 | 10 | 20 | 40 | 60 |
| Distance (km) | 0.1 | 0.25 | 0.5 | 1 | 2 | 3 |
ROUTE DESCRIPTION

- Being able to effectively describe each leg of the route will help you on your expedition.
- There are several ways to write an effective route description. Imagine you are telling a story or describing how to walk to the shops. Be as efficient as possible and follow some of the below guidelines:

The “Ds” of Navigation: Direction, Distance, Duration, Description, Dangers

Tick List: Write a list of features that you will see along your leg or that you will follow as “handrails”.

Overshoot Features An overshoot feature is a feature that you will definitely see if you have walked too far. For example you may decide that if you reach a road, a river or start walking up a hill you have gone too far.

1) Walk past the sheepfold
2) Use the river as a handrail on your right
3) Walk past a group of trees on your right
4) There is a steep rocky crag on your left
5) Keep walking into the valley

1) Cross the bridge
2) Follow the edge of the sheepfold on your left
3) Pass some boulders on your right.
4) Watch out for the edge of the cliff.
5) Climb the ridge
ESCAPE ROUTES

- An escape route is vital. It should be an instruction you can use quickly in an emergency.
- It could be to a previous checkpoint or to the next checkpoint if these are places of safety.
- Other places of safety might include places where you can get help and find a telephone to call for help—such as a house, a road, a public house.

TIPS AND TRICKS FOR PLANNING A GOOD ROUTE

- Stay off roads as much as possible. On the day of your expedition, your instructors will let you know which roads you can cross by yourself or whether you need to meet them.
- Pick a sensible route: try and avoid too much climbing. Try to stick to paths.
- Be as clear as possible: “KEEP IT SIMPLE”
- Head for landmarks or obvious natural features e.g. ruins, fence lines, rivers etc.
- When marking up a route on a map it is not good practice to draw with a pen over your intended route. Some groups choose to draw their route on a separate map, use a pencil or to ‘trace’ the route on overhead projector sheets (see photos). It is up to you to decide which method you want to use.

EDOFEO.ORG

### Compulsory Grid References

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ST 476 588</td>
<td><strong>Start Burrington Combe North Car Park</strong></td>
</tr>
<tr>
<td>ST 489 581</td>
<td><strong>Burrington Combe South Car Park</strong></td>
</tr>
<tr>
<td>ST 496 582</td>
<td><strong>Luvers Lane Footpath Junction</strong></td>
</tr>
<tr>
<td>ST 498 586</td>
<td><strong>Finish Blagdon Picnic Spot</strong></td>
</tr>
</tbody>
</table>

The checkpoints on the left are compulsory but the author of this route card has also added the following additional checkpoints at key decision points:

- **High Point**: ST 480 586
- **Path Meets Lane**: ST 498 585

**NB:** This route card only covers 2.45km so is not an exact example.

---

### Example Route Card

Date of expedition: 14 March 2022

<table>
<thead>
<tr>
<th>Day number: 1</th>
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<tbody>
<tr>
<td>Names of team members:</td>
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<td>Date of expedition:</td>
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</table>

<table>
<thead>
<tr>
<th>Leg</th>
<th>Start Location</th>
<th>Walking Speed (km/h):</th>
<th>General direction / bearing</th>
<th>Distance in km</th>
<th>Height climbed in m</th>
<th>Time Allowed For:</th>
<th>Total Time for leg</th>
<th>Estimated Time of Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>To: High point</td>
<td>3km/h</td>
<td>South East 120</td>
<td>0.3km</td>
<td>100m</td>
<td>6 mins 2 mins 18 mins</td>
<td>10.18</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grid: ST 480 586</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>To: Burrington Combe South Car Park</td>
<td>3km/h</td>
<td>South East 120</td>
<td>1.1km</td>
<td>0m</td>
<td>22 mins 0 mins 5 mins</td>
<td>27 mins</td>
<td>10.45</td>
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<tr>
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<td>Grid: ST 489 581</td>
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<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>To: Luvers Lane footpath junction</td>
<td>3km/h</td>
<td>East 90</td>
<td>0.75</td>
<td>5m</td>
<td>15 mins 1 min 0 min</td>
<td>16 mins</td>
<td>11.01</td>
</tr>
<tr>
<td></td>
<td>Grid: ST 496 582</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>4</td>
<td>To: Path meets lane</td>
<td>3km/h</td>
<td>North East 25</td>
<td>0.3</td>
<td>0m</td>
<td>4 mins 0 mins 15 mins</td>
<td>21 mins</td>
<td>11.22</td>
</tr>
<tr>
<td></td>
<td>Grid: ST 498 585</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>To: Blagdon Picnic Spot</td>
<td>3km/h</td>
<td>North 00</td>
<td>0.1</td>
<td>0m</td>
<td>2 mins 0 mins 0 mins</td>
<td>2 mins</td>
<td>11.24</td>
</tr>
<tr>
<td></td>
<td>Grid: ST 498 586</td>
<td></td>
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<table>
<thead>
<tr>
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<th>Start Location</th>
<th>Walking Speed (km/h):</th>
<th>General direction / bearing</th>
<th>Distance in km</th>
<th>Height climbed in m</th>
<th>Time Allowed For:</th>
<th>Total Time for leg</th>
<th>Estimated Time of Arrival</th>
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</tr>
</tbody>
</table>

**Totals:**

- 2.45km
- 105m
- 51 mins
- 11 mins
- 22 mins
- 84 mins (1 hour 24 mins)

**Expedition Aim:** To plan an example expedition for students learning about DofE.

You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.
This is a simple guide to kit packing. You can download a comprehensive “Dofe Expedition Kit Guide” on https://www.dofeshopping.org/dofe-expedition-kit-guide/

GUIDE TO KIT PACKING

- Pack kit yourself
- Check the weight: it should be no more than 1/4 of your body weight
- Spread things out amongst the group: do you really need your own cooking gear or toothpaste?
- Pack your bag so it is evenly balanced
- Make sure the straps are correctly adjusted
- Avoid cotton and jeans
- Avoid anything hanging off your rucksack
- Please do not bring pen knives

Top of bag
Map and map case (GROUP KIT)
Compass (GROUP KIT)
Emergency Whistle (GROUP KIT)
Snacks & Lunch
Head torch
Gloves
Hat
Sun Cream
Toilet Roll
Water bottle

Middle of bag
Waterproof top and bottom
First Aid Kits (GROUP KIT)
Spare Clothes

Bottom of bag:
inside bin bag or dry bag
Tent (GROUP KIT)
Stove and fuel (GROUP KIT)
Sleeping Bag
Sleeping Mat
Breakfast & Dinner
Cutlery, Bowl, Mug
Toothbrush/toothpaste

First Aid Kit
Plasters
Scissors
Tape
Safety pins
Emergency money

Kit you will be wearing
Walking Boots with ankle support
Thick walking socks
Warm trousers (not Jeans)
Long sleeve t-shirt or thermal
Warm sweat shirt or fleece

KIT HIRE

Kit can be hired from Mendip Outdoor Pursuits. Normally this is done in conjunction with your teacher.

<table>
<thead>
<tr>
<th>Item</th>
<th>Hire per Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tent (3 man)</td>
<td>£25.00</td>
</tr>
<tr>
<td>Rucksack</td>
<td>£5.00</td>
</tr>
<tr>
<td>Compass</td>
<td>£2.50</td>
</tr>
<tr>
<td>Trangia Stove &amp; fuel</td>
<td>£5.00</td>
</tr>
</tbody>
</table>

If all students hire kit, the whole package is £15 per student per award.

Normally, kit will be given out at the start of your expedition and will be expected to be returned and checked before you go home.
GUIDE TO MEAL PLANNING

You must eat at least one hot meal a day.

- Your food should be high in slow-release energy.
- Take as many calories as possible—3,000-5,000 calories per day.
- Aim to have food you can snack on as you go, as opposed to one long lunch break.
- Try to bring food which is compact and easy to carry.
- There are lots of variety of ration pack meals available from supermarkets. They are great but make sure you check the calorie count before you buy them as some of them are very low.

HYDRATION: Bring at least two 500ml bottles of water. Ideally up to 2 litres.

SOME FOOD SUGGESTIONS

**Breakfast ideas**
- Hot drink
- Hot cross buns
- Porridge
- Cereal bars
- Muesli
- Breakfast ration pack meals

**Lunch ideas**
- Pies / sausage rolls
- Pitta bread/wraps
- Crackers
- Cheese
- Chocolate bars / sweets
- Kendal mint cake
- Malt loaf
- Fruit / nuts / hard boiled eggs

**Dinner ideas**
- Ration pack meals include chilli, sweet and sour, curry, meatballs
- Pasta & sauce
- Rice
- Sausage
- Custard, chocolate pudding, rice pudding
On your Practice and Qualifying Expeditions you will be given a copy of the following emergency procedures. Please familiarise yourself with them in advance.

### How to download OS LOCATE

Your team will be allowed one mobile which will be sealed and is only to be used in an emergency. If possible, this phone should be a Smartphone and should have OS LOCATE downloaded.

On your phone’s APP STORE search for “OS LOCATE” and download. It is free and takes up little space. If used, the app gives you a grid reference which you could use in an emergency to let Mendip know where you are.
It is a requirement of the 20 Conditions of the Dofe Expedition that each team complete a project called the ‘Expedition Aim’.

At Bronze level, you can either choose one of the following Expedition Aims to undertake during your expedition or choose your own. Your assessor will discuss these with you.

**OPTION A: Investigate the different ways that people travel along your route.** What impact does this have on the paths along your route? Are there cyclists, vehicles, horse riders, runners, walkers?

**OPTION B: Examine how your team morale changes throughout your expedition.** Does your team’s morale change at particular moments? Why does it improve or decline?

**OPTION C: Monitor levels of litter pollution along your route and plan how you could campaign to reduce this.** What might make people less likely to litter? How can you help reduce the impact?
As part of your DofE Training you will learn some basic First Aid. Be prepared for all conditions.

- **Keep an eye on each other.** Your team will know you best, so any changes in personality or attitude could be an early warning for something serious.

**When it’s hot:**
- Keep drinking water. There will be opportunities to fill up water bottles throughout the day.
- Wear sun cream (and sunglasses) Just because it’s not sunny, doesn’t mean you wont catch the sun.
- Take breaks in shaded places.
- Wear clothing to shade the sun: sun hats, light long sleeve tops, light trousers.

**When it’s cold:**
- Wear plenty of layers.
- Wear a hat. In the winter, a hat will keep you warm. Hats are a great idea year round.
- Put on a jacket when you stop for a break as your body will quickly cool down.
- If there are strong winds consider avoiding the highest points of your route.
- Make a hot drink when you stop for lunch.

**When it’s wet:**
- Wear your waterproof top and bottom when it is raining. If you get wet whilst you are moving you won’t feel the cold but as soon as you stop you will feel freezing.

**Ticks**

Ticks are small animals which can attach themselves to you in some countryside areas. Ticks can transmit Lyme diseases, but providing the tick is located and removed within 24-hours it is very rare.

To remove a tick, use a tick remover and follow the instructions, or grasp the head (as close to the skin as possible) with a pair of tweezers and pull gently away from the skin.

Once the tick has been removed, check that the head has been fully removed to stop infection of the open bite and use an antiseptic. Keep an eye on the area, and if any unusual changes are observed (in particular a red ring looking mark) or lethargy and aches set in, see your GP.

**How to reduce your risk of getting a tick**
- Wear long sleeves and trousers
- Use DEET insect repellents
The Countryside Code is a series of simple rules to follow in order to look after the environment around us.

RESPECT. PROTECT. ENJOY

- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Leave all gates as you find them.
- Keep your dogs under close control at all times.
- Keep to public paths across farmland.
- Use only gateways or stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take all litter home with you.
- Help to keep all waterways clean.
- Protect wildlife, plants and trees.
- Take special care on country roads.
- Avoid damaging fences, hedges and walls.
- Safeguard water supplies.
- Respect the life of the countryside.
- Avoid making unnecessary noise
- Take only photographs, leave only footprints
# The 20 Conditions of the Expedition section

## DofE qualifying expedition conditions

1. The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
2. The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
3. All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).
4. There must be between four and seven participants in a team (eight for modes of travel which have tandem)
5. The expedition should take place in the recommended environment.
   - **Bronze:** Expeditions should be in normal rural countryside – familiar and local to groups.
   - **Silver:** Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups.
   - **Gold:** Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
6. Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
7. The expedition must be of the correct duration and meet the minimum hours of planned activity.
   - **Bronze:** A minimum of 2 days, 1 night; 6 hours planned activity each day.
   - **Silver:** A minimum of 3 days, 2 nights; 7 hours planned activity each day.
   - **Gold:** A minimum of 4 days, 3 nights; 8 hours planned activity each day.
8. All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.
9. Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.
10. Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.
11. Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.
   - **Bronze:** Teams must complete the required training.
   - **Silver:** Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.
   - **Gold:** Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.
12. All expeditions must be by the participants’ own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
13. All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
14. Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
15. Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
16. Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
17. Groups must understand and adhere to the Countryside / Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
18. Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
19. Participants must actively participate in a debrief with their Assessor at the end of the expedition.
20. At Silver and Gold level, a presentation must be prepared and delivered after the expedition.