



Bronze DofE training expeditions – information for pupils and parents

Dear Parents and Form III pupils,

This page is an introduction to the expedition section, which consists of a practice expedition next May (you will choose one of the four weekends in May for this) and an assessed expedition the following September. Paperwork for the May expeditions will be issued at a meeting soon (January). If you wish to organise your own expedition with an approved expedition provider, you are most welcome to do so.

For your expedition you **have to** attend after school expedition training and preparation sessions on the Wednesday (3.30–6pm) and Thursday (3.30–5pm) immediately prior to your weekend expedition. Unfortunately if you miss these you will not be allowed to go on the expedition; speak to Mr Johns if you foresee any problems here. You also have to return hired kit on the Tuesday after your expedition; fines are imposed daily for late/dirty/wet items.

The (accompanied) training (or “practice”) expedition requires you to provide certain items for yourself and if you do not yet have these, you may need to go shopping/borrowing before May. Remember that you can get at least 10% off in almost any outdoor shop by showing your DofE card (eDofE details on your phone should work too).

Essentials:

1. Boots (**with ankle support** – not merely “tough” trainers);
2. Sleeping bag;
3. Rucksack (at least 65 litres in size);
4. Sleeping mat (foam or inflatable);
5. Waterproof jacket and trousers (“taped seams” are needed; most “soft shell” layers are not suitable as waterproofs for Scottish weather);
6. Compass advised (ideally one for each group member).

Boarders can hire items 3, 4 & 5 above since we understand the difficulties in transporting this kit around the country/world. Other items (tents, stoves and some safety items) can be hired from the school for a nominal fee.

Expeditions are in proper wilderness in the hills behind Dollar, often in the middle of nowhere and usually beside a stream (but not always). Pack wisely, eat well and be ready to learn lots. If you have done no walks with a rucksack and boots, you should try this over the next few months – this can be a big help. We have a strict no phones/electronics policy.

eDofE: Assessor cards (from your Welcome Pack) should be completed by both you and your assessor and then uploaded to your account – try to do this by the end of March for your first three activity sections. Provided you have completed that section at Bronze level, activities for the Silver Award can be counted from the 1st of June 2019, even though you will be aiming to complete your Bronze Award with the assessed expedition in September.

For any other queries pupils should speak to Mr Johns in the first instance; further enquiries can be made to dofe@dollaracademy.org.uk

Most of all, enjoy the expeditions - they should be a special experience and a real adventure.