



Dear Parents,

**DofE BRONZE TRAINING DAY & QUALIFYING EXPEDITION – NEW FOREST**  
**WEDNESDAY 2 – FRIDAY 4 JUNE 2021**

A DofE Bronze training day & qualifying expedition will take place during the forthcoming half-term.

Participants should be wearing correctly fitted, serviceable and waterproof walking boots for the approx. 15-18km route each day. A full kit list and advice for first aid kits and emergency rations is at the end of this letter.

**PLEASE ENSURE YOU HAVE COMPLETED THE ONLINE CONSENT & MEET THE PRE-EXPEDITION CRITERIA FOR COVID TESTING. PLEASE KEEP THE MEDICAL ROOM UP TO DATE WITH ANY MEDICAL ISSUES**

**COVID Specific Pre-Expedition Requirements:**

- All participants must be completing their twice weekly Lateral Flow Device (LFD) tests.
- All participants must be able to prove a negative test result within 24 hours (during the Tuesday) on arrival Wednesday (print out or show device result via sms/email).
- Anyone experiencing symptoms must not attend expedition.
- All participants must bring minimum 3 face masks for their personal use.
- All participants must bring own personal antibacterial gel for their personal use.
- All participants must take a LFD test prior to the return to school after the half-term.
- Should a participant exhibit symptoms during a school trip, the expectation is that Parents will collect the individual immediately.

Please follow the link to the Government [Guidance for Parents and Carers](#)

PAYMENT HAS BEEN MADE AS PART OF YOUR DofE ENROLMENT PROCESS

**CONTACT DETAILS FOR EXPEDITION**

**Trip Leader / Staff:** Mrs Owen / Dr Thomas / Mr Brown / Mr Jones / Mr Goldie / Mrs Asiki / Mr Halls

**Trip Mobile Phones DofE 3 / DofE 4**

LOCAL BASE – KES RECEPTION **02380 704561**

Please bear in mind that staff will spend large periods of time out of coverage in the New Forest (a text or answerphone message will eventually get a response)

All numbers should only be used in an EMERGENCY.

**Routine contact via KES Reception: 02380 704561**

**PARTICIPANTS SHOULD ALSO BE ABLE TO SHOW COMMITMENT TO OTHER SECTIONS OF THEIR AWARD VIA AN UP TO DATE eDofE PROFILE SHOWING COMMITMENT TO ALL OTHER SECTIONS.**

Date	Event	Location / Time
TUE 25 MAY	KIT ISSUE (After exams)	DofE Store 1115-1200
	LUNCH / Change for Sports	1200
	Rucksack packing & brief for exped	1245-1400

Please be prompt for all meeting times

The following itineraries are pertinent for the event. You are requested to ensure that the timings are adhered to for safety reasons.

Whilst a little different, we hope the itinerary will challenge and grow the participants skills outdoors in readiness for their qualifying expedition and for those that wish to progress to the Silver level of the Award.

Participants will be staying at Wellington Sports Ground, utilising the internal spaces – so ensure you have a roll mat and sleeping bag for the floor!

**Wednesday 2<sup>nd</sup> June 2021**

<b>Arrival at KES</b>	<b>0800 – LFD Test Check / Kit Check – Access via Hill Lane Gate</b>
Activity	Trangia lesson 0830 Breakfast 0900-1000 (Supply your own food with a partner) Navigation Vid 1000 Pacing 1100 Shelters / Throw Ropes / Emergencies 1140 Lunch 1230 (Supply your own food with a partner) Drive to NF 1400 Nav Practical 1430-1700 Return to KES 1700 Briefing for Exped 1745 Parent Pick up 1815
<b>Depart KES for home</b>	<b>1815 – Pick up at Hill Lane Gate</b>

For the Wednesday training day, participants should pack as if they are on their expedition and bring food to be able to cook a breakfast meal and lunch meal with their “cooking buddy”. The Wednesday night can then be utilised for any corrections prior to the expedition proper on the Thursday.

**Thursday 3<sup>rd</sup> June 2021**

<b>Arrive KES</b>	<b>By 0800 – Hill Lane Gate</b>
Activity	A full walking day in New Forest
Move to Wellington	By 1700 (minibus)

**Participants will be split by Gender and encouraged to distance in the sleeping areas. Cooking and any free time should be spent outside whilst at Wellington.**

**Friday 4<sup>th</sup> June 2021**

Wake	0600 – Breakfast / Ablutions / Pack & clean up
Activity	A Full walking day in the New Forest
<b>Pick up from KES</b>	<b>1700 – parental pick up via Hill Lane Gate</b>

**FOOD** Participants should have eaten a good breakfast and be well hydrated prior to arrival in readiness for the day’s efforts. A substantial packed lunch, a personal flask of hot drink, and a minimum of one litre of water are required by each participant as well as sufficient snacks to help them survive the days.

Teams should formulate their cooking plan for a shared stove, and should take steps to increase hygiene whenever sharing equipment. Each team needs to have the following:

**Breakfast** – A hot meal

**Lunch** – Snacks and items not requiring cooking – If you prepare a flask in the morning that should be for personal use only.

**Dinner** – A hot meal and a dessert

**CONSENT FORM** An EVOLVE Consent Request will be sent to parents – please complete this online and submit ASAP to aid trip planning.

## **TRANSPORT**

Participants will be required to ventilate the minibuses, wear face masks and resist the temptation to eat and drink on journeys.

## **SCHOOL EQUIPMENT**

School Equipment is loaned free of charge with the expectation that participants will look after the equipment. Where loss or damage is incurred and it is deemed to be negligence on the part of the participant(s), this will be billed direct to the individual(s) concerned. This is worth considering where students may each be carrying approximately £400 worth of school equipment. Your informed consent will be seen as acknowledgement & acceptance of this policy.

## **MEDICATION**

Participants must carry a personal first aid kit, which should contain extra materials in particular:

- (a) Pain relief (i.e. Paracetamol / Ibuprofen – as suitable)
- (b) Blister Plasters (i.e. Compeed)
- (c) Any personal medication for existing medical conditions

Any participant that has existing medical conditions must ensure that this information is held by the School Nurse and the Trip Leader. Furthermore, as expeditions can be more remote than normal it is standard procedure to share this information along with any medication requirements with the team and supervisors for the safety of individuals and the team concerned.

A suggested first aid kit contents list can be found with the enclosed kit list.

## **BEHAVIOUR**

Participants and Parents are reminded that any DofE Expedition is also a KES school trip. School policies extend to this expedition and participants should remember that they are ambassadors of the School and the DofE Award. It is up to the participants to show staff that they are ready (both in competency and trustworthiness) to proceed to the next level of their expedition section. This year particularly we expect all participants to be courteous to other users of the New Forest and other outdoor areas in use, leaving sufficient space for the passage of others.

### **THE FOLLOWING POINTS SHOULD BE CONSIDERED PRIOR TO THE EXPEDITION**

1. Do a full Kit Check  
First Aid Kits (Including any medication)  
Emergency Rations  
Waterproofs  
Proper Walking Boots (well worn in)
2. Carry Essentials:  
Toilet Roll (Trowel!) on a group basis  
Antiseptic Gel / Wet Wipes  
Sun Cream / Insect Repellent  
Any Specific Medications for existing conditions  
Hat and Gloves (think warm and waterproof)  
Reliable (head) torch with replacement batteries/bulb
3. Ensure everything is waterproofed – Strong bags will protect you better – bespoke outdoor dry bags or construction “rubble sacs” (carrier bags are not adequate).
4. ENJOY - You will enjoy the expedition more if you are well prepared.
5. Participants have been issued with a Discount Card (registration required) for GoOutdoors (or participants can download a voucher from their eDofE profiles). This is located near Southampton dock

gates. Blacks / Millets / Cotswold Outdoor will also honour this discount. By far the most important item will be a proper pair of Walking **Boots** and suitable socks. You are strongly encouraged to use the fitting service that outdoor shops will provide.

6. COVID 19 – All participants are to ensure they have facemasks and anti-bacterial hand gel readily available. Furthermore, the expectation is that participants will maintain their personal distance from each other and staff wherever possible during the day. If you wish to congregate & socialise, ensure this is done outdoors and socially-distanced wherever possible.

A reminder that anyone exhibiting any of the symptoms of COVID-19 Should make no attempt to attend this expedition.

## *P Barnes*

P R C Barnes (PRCB)  
DofE Manager & Educational Visits Coordinator  
King Edward VI School  
Wilton Road  
Southampton  
SO15 5UQ

Friday 21st May 2021

Telephone 02380 799251

Email [dofe@kes.hants.sch.uk](mailto:dofe@kes.hants.sch.uk)

Attached:

DofE COVID BRONZE Kit List  
DofE First Aid Kits / Emergency Rations



All DofE participants should ensure they have the following equipment for current expeditions being conducted as day-walks.

Items in green can be provided by KES DofE Store.

<b>Wearing / Protection</b>	<b>Food &amp; Water</b>
Boots (Serviceable, waterproof, ankle support) Walking socks Lightweight walking trousers Wicking base layer Thermal mid-layer Fleece/Windproof outer layer  2 x face masks Anti-bacterial hand gel	1 litres of drinking water Personal flask with hot drink Hi-Energy snacks <b>Sealed emergency rations</b> <u>Food for 2 days to include:</u> Substantial packed lunch for day 1 snack packed lunch for day 2 1 cooked breakfast 1 evening meal & dessert
<b>Clothing</b>	<b>Personal &amp; Emergency Equipment</b>
<b>Waterproof Jacket with hood</b> <b>Waterproof Trousers</b> <b>Warm hat &amp; Sun hat</b> <b>Gloves</b> Spare warm layer Spare trousers Spare mid layer Spare socks & underwear Trainers for overnight stay	<b>Map Sheet</b> Watch <b>Compass &amp; Whistle</b> Matches (lighter can also be carried) Torch with spare batteries Small penknife/multi-tool <b>Personal first aid kit incl. medication</b> Notebook & Pen Small amount of money
<b>Personal Camping Equipment</b>	<b>Group Camping Equipment</b>
<b>Rucksack</b> Mug & Bowl / K F S (or Spork) Toilet paper Small wash kit (toothbrush, paste, wipes, small towel, sanitary items) Washing up kit (sponge/scourer, washing up liquid, tea towel) Mobile phone (waterproofed and switched off for the duration of exped) <b>Karrimat (Rollmat) &amp; Sleeping Bag</b>	These KES issued items will be shared amongst team:  <b>1 + Emergency Shelter (Bothy)</b> <b>2 x Survival Bags</b> <b>1 x Throw Line</b> <b>2 x HI Viz Vests</b> <b>Trowel</b> <b>Trangia Stoves &amp; Gas</b>

**All items should be waterproofed in bags. The main compartment of the rucksack should be lined by a waterproof rucksack liner or rubble sack.**

# DofE Expeditions – First Aid Kits & Emergency Rations

It is a requirement of the Award that each participant carry the above, specific for their needs taking into account: Allergies, Existing medical conditions, blisters and pain relief, as well a common first aid items:

## FIRST AID KIT

First Aid Kits can be bought (off-the-shelf) at outdoor centres/chemists or individually assembled and put in a rugged waterproof bag/box. A suggested first aid kit list is as follows:

Triangular Bandage	Crepe Bandage
Sterile Wound dressings	Plasters
2 pairs disposable gloves	Safety pins
Tweezers	Burn dressing
Anti-histamine cream	Pain relief (paracetamol/ibuprofen)
<b>ANY MEDICATION FOR EXISITING CONDITIONS–PLEASE ENSURE STAFF AWARE!</b>	
Dedicated Blister plasters (COMPEED)	Antiseptic wipes / cream
Sterile adhesive dressings (Melolin)	Small safety scissors
Zinc Oxide tape	Eye wash
Rehydration sachets	



## EMERGENCY RATIONS

A small waterproofed bag/box containing enough high energy food-stuffs that would sustain an individual for an extra 24hour duration. This food would need to be non-perishable. A suggested pack would contain:

- Chocolate Bar
- Pack of Jelly
- Cup-a-Soup Sachet
- Kendal Mint Cake
- Cereal Bar
- Haribo type sweets
- Dried Fruit/Nuts

