



DOLLAR ACADEMY



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SCOTLAND
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DofE training expeditions – information for pupils and parents

Dear Parents and pupils,

This page is to explain the kit that is required for anyone taking part in school expeditions, which consists of:

Form III: a practice expedition in May and an assessed expedition the following September.

Form IV and V: a practice expedition followed by an assessed expedition a fortnight later, in June, after exams.

For your expedition you **must** attend expedition training and preparation session(s) prior to your expeditions. Unfortunately, if you miss these you will not be allowed to go on the expedition; this is a strict safety rule. You also have to return hired kit after your expedition to complete your expedition. For Silver and Gold, a “presentation” is also required after the assessed expedition (a short, written essay is the norm).

All expeditions require you to provide certain items for yourself. Please ensure that you have these items (listed below) before your first expedition. Remember that you can get at least 10% off in almost any outdoor shop by showing your DofE card (DofE app 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. Lightweight 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. Navigation compass (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 (Bronze) or far away in the Highlands or north-west Scotland for Silver and Gold, often in the middle of nowhere. 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 months before the expedition – this can be a big help. We have a strict no phones/electronics policy.

For any other queries pupils should speak to, or message, Mr Johns, Dr Scheuerl or Mr Sedman 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.

Dollar Academy Duke of Edinburgh`s Award

Expedition Equipment List

Clothing

Boots with ankle support
Socks (at least two pairs)
Underwear (a thermal, sweat wicking base layer is recommended)
Trousers (tracksuit bottoms or light walking trousers are fine but no jeans)
Warm layers (jumper/ fleece top)
Warm headwear (to cover the ears)
Mitts or gloves
Waterproof over-jacket with hood (with taped seams)
Waterproof over trousers (with taped seams, preferably with zips)

Personal and Emergency Equipment

Map plus waterproof map cover (a poly-pocket will suffice if carefully taped up)
Watch
Torch (with spare batteries)
Emergency food rations
Spare clothing (spare socks, underwear, trousers and fleece/jumper)
Personal medication
Mobile phone (emergency use only – this will be switched off and taped up in a sealed bag)
Camera (you will **not** have access to your phone)

Personal Camping Equipment

Rucksack plus waterproof liner (and/or strong polythene bin bag(s))
Sleeping bag (inner sheet lining optional)
Sleeping mat
Toiletries (soap, towel, toothbrush, toilet paper)
Mug and plate
Knife, fork and spoon
Water bottle.
Polythene litter bags
Food for dinner (to be cooked), breakfast, lunches, and extra snacks for each day

Group Equipment

Bivvy bag (large, orange polythene bag for emergency survival) 1 per group

Tent **£10.00 per tent group member**

Trangia gas stove and gas **£5.00 per tent group member**

Compass **£1 per group member**

Cleaning materials (scouring pad, detergent)

Matches and/or lighter (in a waterproof container)

First Aid kit

Trowel

Items underlined can be collected from the school equipment store. If a hire fee is required it is listed in **bold** (charged previously with the initial Award registration fee).

Boarding pupils (only) are also allowed to hire waterproofs, rucksack and a sleeping mat as required for a small fee.