

March 2024

Dear Parent,

Year 12 Duke of Edinburgh Award Gold Practice Expedition
Friday 7th June 2024 - Sunday 9th June 2024

With the Duke of Edinburgh expedition fast approaching, I have detailed below an outline of the event. Your child will have started to complete the three parts of their Duke of Edinburgh Award for volunteering, physical and skill. Some will have completed these and some will be aiming to complete in the coming months. Please encourage and support them, especially on the longer sections.

Most students undertook their Bronze and Silver awards lower down the school and therefore your child will be experienced in map reading and navigation, route planning, first aid and hygiene, camp craft, and cooking practice.

Drop off at Highcliffe School Friday 7th June 2024

Students need to arrive at school as normal for 8:30am and wait outside reception. Students will be dressed in their expedition gear, with all their kit including rucksack and 2 litres of water that we will top up throughout the weekend. They will then be transported to their start point in Studland. We will be staying in East Creech Farm Campsite on both nights.

Pick up Sunday 9th June 2024 from Highcliffe School

Students will need to be picked up from school or make their own way home **around 4pm**. Students might be a little later depending on departure time in the morning, walking pace and weather. They will be able to use their phones for a more accurate pick up time on the way back from the Purbecks.

Kit list: -

- Boots or good walking shoes that protect your toes. **No running trainers/daps/Vans**
- Thick, proper walking socks. At least 2 pairs
- Rucksack, at least 50L, ideally 60-70 depending on your size
- Sleeping mat/roll mat
- Sleeping bag, 3 seasons should be enough in June but keep an eye on weather, if it is going to be cold consider a fleece liner that are quite cheap
- Two pairs of walking trousers/jogging bottoms/tracksuit bottoms/leggings (Thick walking / running / cycling / rowing ones, not cheap see-through ones please). Shorts if you prefer but beware of the risk of sunburn/mosquitos/ticks
- At least 2 t-shirts and layers, a warm hoody for the evening and a base layer plus something to sleep in and clean underwear
- Waterproof jacket and trousers, this is a **MUST** no matter the weather.
- Toiletries and other simple medicines you usually use. Plus, some plasters, blister plasters, bandages, tape.
- Tea towel, sponge and small amount of washing-up liquid if needed. (Can all be part of group kit)
- Insect repellent, sunscreen, hat for sun and/or rain, beanie for evening
- Torch/head torch, plate, fork/spoon/spork, mug, bowl.
- Anything else you think you will need but nothing you don't! **BE RUTHLESS!**
- Optional items: Small ball or pack of cards, camera, camping pillow, nightwear, Frisbee. **NO ELECTRONICS, these will be confiscated.**

- They **do not** need tents, stoves, fuel, maps and compasses as these will be provided by school. **Tents can be your own if you prefer but no cooking equipment.**

This list is not exhaustive, the DofE website is useful but not everything is needed from the DofE list. Things like first aid, food, etc. can be shared between the whole group to keep the weight down.

Food, hygiene and other information

Students need to bring food for the following meals

- Friday lunch and evening meal
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- Plus, snacks and emergency rations for 3 days

Due to restrictions we CANNOT use stoves out of camp sites. Stoves will be used however for Friday evening meal, Saturday breakfast (make it a large meal), Saturday evening meal and Sunday breakfast (another big meal). Saturday and Sunday lunches will be on the go so snack bars, brioche rolls, wraps, biscuits will be needed. Students could cook pasta in the morning and then add a sauce and pasta to a bag to eat cold for lunch for example. My advice would be packed lunch for Friday, camping food for Friday evening, Saturday breakfast and evening and Sunday breakfast. For lunches use simple wraps or rolls along with other snacks that are filling.

There are proper facilities at the campsite but the chance of an extended shower with all the comforts of home may not be possible. A small trekking towel rather than a bath towel is obviously advisable to reduce unnecessary weight in rucksacks. Please make sure students have some biodegradable wipes, deodorant and spare underwear as needed. Students will be away from camp and toilet facilities for 7-8 hours each day and so for the girls especially, please prepare as best as you can. There will be some spare sanitary products if any are needed by students and any issues around this please come and see me or other members of staff.

Mobile phones and contact

Any mobile phones must be switched OFF and are only to be used in an emergency. Any phones seen without good reason will be taken by staff for the duration of the expedition. If students are wanting to use a camera the best option would be either an old phone or a digital camera - **social media blackout for the weekend!**

For any **EMERGENCIES** the first point of contact would be myself. We have a 'DofE trip' phone that is only used for DofE expeditions. Please use this rather than contacting students directly or the school – **07821 575058**. Phone reception in the Purbeck can be temperamental, therefore a text message maybe better than a call.

Please complete the attached form and return to Student Support by WEDNESDAY 22nd MAY 2024.

Kind regards,



Mr Evans
DofE Manager



STUDENT NAME TUTOR

TO BE RETURNED TO STUDENT SUPPORT BY WEDNESDAY 22ND MAY

PARENTAL CONSENT FORM (for children and young people under the age of 18)			
Event: Year 12 DofE Gold Practice Expedition		Date: Friday 7 th June – Sunday 9 th June	
Student Name:			
MEDICAL / EMERGENCY CONTACT INFORMATION			
PRIMARY EMERGENCY CONTACT DETAILS		ALTERNATIVE EMERGENCY CONTACT DETAILS	
Name of contact:		Name of contact:	
Contact telephone number:		Contact telephone number:	
Relationship to student:		Relationship to student:	
STUDENT'S MEDICAL INFORMATION			
Please provide detail of all medical conditions and illnesses and any treatments required to maintain health and are significant to this trip			
Asthma or bronchitis	YES / NO	Allergies to any known medication	YES / NO
Heart condition	YES / NO	Any other allergies, e.g. material, food, plasters	YES / NO
Fits, fainting or blackouts	YES / NO	Other illness or disability	YES / NO
Severe headaches	YES / NO	Travel sickness	YES / NO
Diabetes	YES / NO	Regular medication	YES / NO
Allergy Treatment - Anaphylaxis	YES / NO	Allergy Treatment - Histamine	YES / NO
If the answer to any of these questions is YES, please give details:			
DIETARY REQUIREMENTS			
<input type="checkbox"/> None		<input type="checkbox"/> Gluten Free	
<input type="checkbox"/> Vegetarian		<input type="checkbox"/> Other (including food allergies)	
<input type="checkbox"/> Vegan			
TRIP PAYMENT - All trip payments are to be made using WisePay			
I have paid using WisePay and my reference number is			
CONSENT DECLARATION			
I have received full details of the event, am satisfied with the arrangements and give consent for my child to take part in the proposed event.			YES / NO
I give consent for him/her to receive emergency medical treatment, including anaesthetic, as considered necessary by any medical doctor present, should the need arise. I have provided detail of all medical conditions and illnesses and any treatments required to maintain health. I give consent for the members of staff to act 'en loco parentis' for the duration of the trip.			YES / NO
I give consent for my child to be photographed during the event and for these photographs to be used in school media.			YES / NO
Any other information that may affect the safety of my child or any other persons and/or the organisation of the event has been provided to the organiser.			YES / NO
Signed:		Print Name:	Date: