

Training Day 2

Saturday 22nd April



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

What we will be covering today:

- Some more navigation and route planning to include:
 - Compass skills
 - Practical map skills
- DofE Kit Guide
- Expedition Nutrition
- Putting up and storing a tent
- Cooking outside and fire safety



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Upcoming dates:

Date	Time	Training / Expedition	Location
May Saturday 13th	0900 – 1600	Training Walk	Bere Forest Upperford Copse Car Park. The postcode is PO17 6AY. Upperford Copse Car Park is located on Heath Road, off the A32 Meon Valley Road, north of Wickham
July Friday 7th → Saturday 8th	Friday 0900 → Saturday 1600	Assessed Expedition A	(Ferry Crofts, New Forest) Start school site and finish in forest
July Friday 14th → Saturday 15th	Friday 0900 → Saturday 1600	Assessed Expedition B	(Ferry Crofts, New Forest) Start school site and finish in forest



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What3words - remotes.essay.spouse

- Street addresses don't always point to precise locations
- what3words has given every 3m square in the world a unique 3 word address
- The words are randomly assigned to each square and will always stay the same
- Now it's easy to find and share any location with just three words



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KIT CHAT!



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DofE Kit Guide



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destination for all
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Scotland's leading
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outdoor clothing,
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buy in store and online.**



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DofE Kit Guide

Have I got my DofE kit list?

- For expedition kit, from day one the kit list is the one thing you must not forget. Take it when you go shopping and when packing – it's a great checklist.

What's already in my wardrobe?

- Check what kit you already have that you could use (but avoid denim and cotton items).



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DofE Kit Guide

What can I borrow?

- Ask around and see what people have and would be happy to lend, particularly small items like hats, sun cream, roll mats and water bottles.

Am I still growing?

- If you are still growing then you may want to spend less as you will quickly out grow your clothing, boots and some kit.



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DofE Kit Guide

What's the climate like?

- Find out what are the normal temperatures, particularly at night, for the time of year.

What's the weather likely to be?

- You must have waterproofs but check the forecast. Do you need dry-bags and extra waterproofing? What about sun cream/sun hat/sunglasses?



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DofE Kit Guide

How long am I going for?

- Making do with basic/alternative kit for two days is very different to three or four days. Really think about what compromises are safe and comfortable.

What else would I use the kit for?

- Would you use the boots everyday walking the dog or take the rucksack on your gap year? It might be worth spending more if you'll get that value back over time.



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DofE Kit Guide

What's my budget?

- Think about what you can afford, what kit you have to get and remember your discount of at least 10% at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.



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DofE Kit Guide

Where can I get a professional boot fitting?

- The range of expedition boots is vast because people's feet are so different. If you want a boot to last make sure you get a professional fitting to buy a pair that really fits you. The DofE recommended retailer are GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso, who all provide a great free fitting service.



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This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at DofE.org/shopping/kitadvice and visit DofE.org/shopping/reckit.

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

Free in-store boot and rucksack fittings available.

Your card is in your DofE Welcome Pack or download your personalised Digital DofE Card from eDofE.org or the DofE app. Go to DofE.org/shopping/card for full details.

CLOTHING

Item needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec: Eurotrek Lite WP, Eurotrek III WP, Aygarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Mount Lennox WP, Raven Mid WP		
2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Performance and Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Orion, Atlas, Explore Waterproof Jackets		
Waterproof over-trousers	Craghoppers: Acent Overtrousers		
2 fleece tops or similar	Craghoppers: Stroner, Mannin Hooded Jackets and Half Zip Tops		
2-3 t-shirts (thermal optional)	Craghoppers: Atmos T-shirt		
2 walking trousers (warm, NOT jeans)	Craghoppers: Verve Trousers and Velocity Tights		
1 pair shorts (if appropriate)	Craghoppers: Verve Shorts		
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair gloves (if appropriate)			
1 pair gaiters (optional)			

PERSONAL KIT

Item needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Cantour, Sherpa rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeture: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nihstar, Latitude, Ultralite Pro sleeping bags		
Sleeping mat	Vango: Single Trek, Dreamer mats		
Waterproof bag	Lifeture: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeture: Cotton sleeping bag liners		
Whistle	Lifeture: Safety, Echo, Hurricane whistles		
Torch (handheld/head torch and spare batteries)	Lifeture: Intensity 235, Intensity 185 head torches		
Personal first aid kit	Lifeture: Camping, Trek, Blister, Waterproof first aid kits Visit DofE.org/shopping/safety for info		
Food (including emergency rations)	Wayfayr: ready to eat expedition food Finpot: dehydrated expedition food Get advice at DofE.org/shopping/food		
Water bottle	Lifeture: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery	Lifeture: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeture: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		

* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit DofE.org/shopping/card for full terms and conditions. ...continued over...

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Item needed	Specific items we recommend	Got it	Packed it
Mug	Lifeture: Stainless steel, Titanium, Ellipse mugs		
Box of matches (in waterproof container)	Lifeture: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeture: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifeture: Mountain 50 sunscreen, Mountain Combi Stick SPF50+		
Towel	Lifeture: Soft Fibre Lite towels (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (to carry between the team)

Item needed	Specific items we recommend	Got it	Packed it
Tent(s)	Vango Trek Pro range: Banabee, Pulsar, Halo, Omega, Tempest, Mirage, Cairngorm tents Vango Experience range: Nova, Scaffold, Helvellyn, Nevix tents		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/1L)		
Cooking pans	Included with Trangia stoves		
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 compasses		
Map cases	Silva: M30 Carry Dry Map Case		
Camera (optional)			
Tick remover (location dependent – ask your Supervisor)			
Survival bag	Lifeture: Heatshield, Survival, Thermal bags, Thermal blankets		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item needed	Specific items we recommend	Got it	Packed it
Head/Neck Scarf	Buff: The Original Multifunctional Headwear		
Hydration pack	Vango: 2L Hydration pack		
Storm shelter	Vango: Storm shelters		
Stove multidiac (lid/cutting board)	Trangia: Multidiac 25 series, Multidiac 27 series		
Pre-packed expedition food	Wayfayr: ready to eat expedition food Finpot: dehydrated expedition food		
Small pocket tool			
After-sun cream			
Sunglasses			
Insect repellent	Lifeture: Expedition 50 PRO, Expedition Natural 40 insect repellents		
Stopwatch			
Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct Wash-In Reproofer, Footwear Cleaning Gel, Waterproofing Wax for Leather, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof, Tent and Gear Solarwash		
String			
Spare boot laces			
Ball, playing cards etc.			
Mosquito net	Lifeture: MicroNet Single Mosquito Net		
Emergency lightsticks	Lifeture: 15h Light sticks		
Water purifying tablets	Lifeture: Chlorine Dioxide tablets		

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DofE Kit Guide

- <https://www.dofe.org/shopping/kitlist/> or Google “dofe kit list”
- <https://www.dofe.org/shopping/wp-content/uploads/2021/02/Expedition-Kit-Guide-February-2021-double.pdf> - everything you could possibly want to know.
- Hiking Boots – Rucksack – Waterproofs



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FOOD CHAT!



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Expedition Nutrition

Taken from The 20 Conditions of the Expedition section:

- “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.”



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Expedition Nutrition

- Calories - Pack as much energy (calories) into the least weight and volume as possible. DofE suggest between 3,000-5,000 calories per day.
- Food - Take food that will keep for the duration of the expedition, even in hot weather. Dried, cured, smoked or vegetarian foods will usually last well.
- Breakfast - Start the day with a substantial breakfast. This can include cereals, muesli, porridge, noodles or even expedition ready food such as All Day Breakfast.



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Expedition Nutrition

- Lunch - Picnic or larder style foods are the usual choice for lunch. Pitta bread, wraps or other ready to eat foods go well with other high energy items such as flapjacks, cereal bars and nuts.
- Snacks - Mars bars, boiled sweets, jelly cubes or Kendal mint cake are ideal for an extra energy hit.
- Dinner - Soup, curry, stews, pasta or stir fry are all great options that are easy to cook on a camping stove.
- MINIMUM TWO LITRES OF WATER.



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Expedition Nutrition

- Calories?
- Food?
- Breakfast?
- Lunch?
- Snacks?
- Dinner?
- How much water?
- When do you have to have a “substantial hot meal”?



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Expedition Nutrition

Other tips and tricks:

- Don't use the same utensils or containers for raw and cooked food.
- Try and pack each meal together in a bag so its easier to take out when needed.
- Clean and rinse IMMEDIATELY after cooking, as pots and pans will be harder to clean if food is left to dry.
- Sporks.



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Lunchtime?

- **Some more navigation and route planning to include: DONE**
 - Compass skills DONE
 - Practical map skills DONE
- **DofE Kit Guide DONE**
- **Expedition Nutrition DONE**
- **Putting up and storing a tent**
- **Cooking outside and fire safety**



Putting up and storing a tent



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Cooking outside and fire safety



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The End

- **Some more navigation and route planning to include: DONE**
 - Compass skills DONE
 - Practical map skills DONE
- **DofE Kit Guide DONE**
- **Expedition Nutrition DONE**
- **Putting up and storing a tent DONE**
- **Cooking outside and fire safety DONE**

