

DofE Parents Information evening notes

What will my child need

Basic kit list on the website

- Correct clothing – no strappy tops (sunburn and rubbing), nothing new or expensive, no jeans (soak up water), combats are good, trousers not shorts (brambles and stinging nettles)
- Boots with ankle support – wear them in first, use laces, not fashion, not Wellington boots – hot, sweaty, likely to rub!
- Rucksack – not carrier bags or bin liners, although these are useful to pack things in inside the rucksack
- Watch the weight – no more than 25% of bodyweight!
- Sleeping bag – packed inside the rucksack
- Tent – modern lightweight type
- Food – examples at the back. Slow release carbohydrates are best e.g. pasta, rice. Hot chocolate and cuppa soup, bananas. Not too many sweets, no cans. All rubbish must be carried to the campsite
- Cooking equipment incl. Sigg bottle – no plastic meths containers, matches are safer than lighters, Trangias or gas stoves are ok
- Drinking bottle, several small ones are better than one big one
- Mobile phone for emergency use only

No swiss army knives or similar please.

Mobile Phone Policy

A key element of the award is independence and resilience. Groups will be asked to have only one mobile phone switched on during the expedition for emergency purposes only. If there is an emergency at home, we will have given you a 24 hour emergency number on which you can contact us. Please do not expect to be in contact with your child for the duration of the expedition until they call you to arrange collection on the last day.

Risks

- Risks are minimal if participants observe all safety instructions given by staff
- Students will be trained in the use of equipment
- Accidents can happen but can be avoided by taking care and awareness of surroundings, helping each other over stiles etc.
- Students are not allowed to walk around with bare feet as they can easily step on sharp objects such as tent pegs that may be hidden in the grass. The easy solution is to bring a pair of flip flops or crocs which are light and will offer some protection to sore feet.
- Protection from the sun is essential in good weather to avoid sunstroke and sunburn as they will be exposed to it for a long period of time
- Water is a must in all weather

- Road safety is an issue and participants should walk in single file, facing the traffic. They will be issued with high visibility jackets to reduce the risk.
- Pupils must pay careful attention to lights out times and should be quiet when told. Tents offer no sound proofing and students who persist in being noisy after lights out will be sent home, irrespective of the time.

First Aid

- Students receive basic first aid training on the training morning and each group should carry a basic first aid kit with them
- Any health concerns should be completed on the consent form before the expedition, Mrs White should be informed directly of any emerging or more serious health concerns – we have accommodated unwell pupils or those with weak knees etc. and can usually make appropriate allowances provided we know the issue in advance.
- Please encourage your child to drink plenty of water throughout the expedition – we have a particular problem with girls that do not want to use a bush, however many of the pupils who end up feeling sick or unwell do so as a result of dehydration.
- Contact phone numbers. Whilst we will do our best to encourage pupils who feel unhappy and unwell at the end of a hard day to have something to eat and drink and take some rest, there are occasions when we may need someone to come and take them home.
- We are unable to give out any medicines such as paracetamol, ibuprofen or hayfever tablets so please ensure that your child has anything that they may need. Inhalers should be put in a handy side pocket where they can be easily reached – not at the bottom of a rucksack. Plasters, blister plasters and tubigrip are also useful items for a first aid kit.
- Many of the members of staff have first aid qualifications but more importantly a lot of experience with dealing with common D of E injuries and ailments.

Dates

- Please enter all the appropriate dates into your calendars now as this is a tight schedule and we are not able to move things around. Students need to complete all the training as well as the expeditions in order to complete their award section and we are not able to make exceptions to this.

A Final Word slide

The expedition is physically demanding and though you may be greeted by a wet, muddy, hungry, moaning teenager that you would really rather not have in your nice clean car, please take a moment to congratulate them.