

Congratulations on completing your Training and Practice Expedition. Please read this information carefully, and ensure you are well prepared for this final venture.

Dates:	Sat 16 th – Sun 17 th September 2017
Start Locations:	Hartington Car Park, Mill Lane, Hartington, SK17 0AN
Arrival Times:	8:30am
Finish Location (all teams):	Tissington Trail Car Park, Darfield Lane, Tissington, DE6 1RA
Finish Time:	From 2:30pm onwards.
Karos Adventure Supervisors:	Mark, Morag
Assessors:	Andy

Expedition Teams

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|------------------------------------------------|---------------------|
| 1: Ashana, Kitty, Emily, Jenny, Shivani, Jaimi | (Supervisor: Morag) |
| 2: Charlotte, Natasha, Hibah, Hollie, Ellie | (Supervisor: Morag) |
| 3: Ella, Jessica, Emily T, Aman, Macy | (Supervisor: Mark) |
| 4: Callum, Ed H, Ryan, Joe, Ed M, Adam | (Supervisor: Mark) |

Start & Finish Routines

Those providing lifts to/from the start & finish locations are asked to arrive by the times stated above, and that you are familiar with where to go and the time needed to get there. It is important that we are able to ensure that the expedition proceeds as planned and that, when the participants arrive back at the finish, they are able to be collected as soon as we have completed our work. This is especially important in bad weather so as to reduce the risk of hypothermia or other safety concerns. Thank you for your support whilst waiting for the teams to arrive. Please also be aware that we will need to carry out certain tasks at the start & finish. These include issuing and collecting group equipment, briefings & de-briefs, and important safety checks, including kit and routes. We ask for your patience and understanding during this time and request that you allow the leaders to carry out these tasks.

Bad Weather Procedure

All our activities will take place in most weather condition, including wet weather. However, in extremely bad weather we may need to postpone this event for safety reasons. We will review in the days preceding the event and make a decision as early as possible. We will liaise directly with the school and details will also be posted on our web site and on our facebook page.

Emergency Contact

Name of Emergency Contact: Karen Wilkins Contact Number: 07933 861367
Available from: 8:00am Saturday – 4:00pm Sunday (or once last team has finished)

Please note that this number is only for the period whilst the expedition is taking place, and is for emergency use only. For all queries or concerns prior to or following the expedition, please contact your school in the first instance. Your school's DofE co-ordinator will then liaise with ourselves where required.

Equipment & Clothing

Participants will need **all** equipment as detailed in our Kit List that was issued during the Training. If you have any questions or concerns, please contact your School DofE Co-ordinator who will liaise with us to ensure your query is resolved.

The key consideration for DofE expeditions is always safety, and the clothing and kit brought on the expedition is a vital part of this. Walking boots, with a padded ankle support to protect against sprains, must be worn, especially as the teams will be walking through fields which could be slippery wet or muddy.

Avoid cotton clothing as this does not allow sweat to escape, and definitely no jeans. Waterproof Jackets must have taped seams, not leak, and be able to withstand heavy rain whilst keeping the body warm and dry. A warm hat and warm gloves are also essential items regardless of the expected weather conditions. In hot weather, sun hat and sun cream are essential items.

Weight of rucksack

With regards equipment that is carried, we do encourage all participants to pack and weigh their rucksacks before they come onto the expedition. One of the biggest factors behind teams facing difficulties on an expedition is the weight of their rucksacks. The guideline is that the rucksack must not be more than $\frac{1}{4}$ of their own body weight, and our recommendation is that it should weigh no more than 12kg. Remember also that there needs to be enough space and weight allowance left to pack the group equipment which will be handed out at the start.

- Avoid packing extra unnecessary clothing such as pyjamas, onesies etc. You will need a full set of spare clothing (wrapped up in thick polythene) to change into if they get wet, which you can sleep in!
- Be sensible with the weight of your food. Don't bring excess food that you're not going to need. Ensure you have plenty of snacks and water, but don't go overboard. Also ensure group food for evening meal & breakfast, is shared equally through the team. Weigh out your food and only bring what you will need. For example, an average person will eat 100-150g of pasta, so don't bring 1kg bag!

Group Equipment

Participants will be provided with tents, stoves, fuel, maps and a group first aid kit. Teams will be using gas as the fuel to cook with. Participants have been asked whether they wish to buy gas cylinders through ourselves at a reduced price, and these were provided for the Training Weekend. Teams will need to bring other group camping equipment, such as Brillo pads, matches, bin bags etc. but these items can be spread amongst the team. Participants are asked to look after all items of equipment issued to you & return them to your Leader at the end. Please be aware that, regrettably, there will be a charge equal to the full replacement cost for any equipment that is lost or damaged through misuse. Behaviour that leads to lost or broken items may also result in participants not being allowed to complete their expedition - being properly equipped is one of the 20 Expedition Conditions.

Food

Menu Plans were issued to all participants during the Training Weekend. Participants will need to bring food for the following meals:

- Day 1 Lunch (suggest sandwiches, snacks, drinks)
- Day 1 Evening Meal (suggest pasta or rice with a sauce or curry)
- Day 2 Breakfast (porridge tends to be a popular choice, especially the porridge pots)
- Day 2 Lunch (flat breads, such as pitta, wraps or oatcakes, with a suitable non-dairy, non-meat filling)

Please don't bring heavy items (tins), or glass (bottles of jars) as these are not appropriate for carrying on a journey. Please don't bring fresh meat or dairy items, as these will go bad if kept outside of a fridge.

Information for Participants on a Qualifying Expedition

Mobile Phones and their use

It is widely accepted that mobile phones can be a useful safety tool if a team gets into difficulties. For this reason, we allow mobile phones to be brought onto an expedition. However, these must be switched off, sealed in a bag, and only used **in an emergency**. This is in order to comply with the Expedition Conditions and ethos of the DofE Expedition Section. Keeping mobiles switched off will also ensure that their battery life is preserved during the expedition, so that they are usable if it becomes necessary.

All participants are reminded that they should contact their Karos Adventure Supervisor in the event of an emergency, and not to phone home as we will respond to any incidents that arise. In addition, participants should be aware that dedicated Emergency Home Contact number is purely for medical emergencies.

Standard navigation issues are not classed as an emergency and teams should put into practice the training and instructions they have been given. Please note that, whilst we will assist and guide every team that is in difficulty, excessive use of a mobile phone could be classed as “outside assistance” and may require that team to undertake an additional expedition.

Role of the Assessor

The primary role of the Assessor is to ensure that the 20 Expedition Conditions are met. They are also ambassadors for the Award, and they will be looking to see that the ethos and spirit of the Award is evident throughout the expedition.

Assessors do not try to catch participants out or to fail individual participants or teams – in fact the opposite is true. They will help and encourage participants to achieve their potential and succeed. They have many years of experience, and have often gained their own DofE Awards.

However, Assessors will be looking to ensure that the Expedition Conditions are met, and participants should remind themselves of these before the expedition. In particular, Assessors will focus on the key principles of the Expedition:

- Without outside assistance
- Self-sufficient
- Properly equipped
- Must have an Aim
- Meet the minimum number of hours of planned daily activity (Bronze = 6 hours per day)
- Cook and eat a substantial meal per day

Expedition Paperwork

All teams will need to bring with them at least 2 copies of their routecards as planned during their Training. These should be laminated to protect them from getting wet and damaged. Routecards & route maps that were produced during the Training will be available from your School DofE Co-ordinator.

Resources

We now have an area on our web site for resources, such as kit list and menu ideas, and other items will be added over time. To access these, please go to: karosadventure.com/resources and enter the username & password:

Username: Karos **Password:** August

20 DofE Expedition Conditions

1. All expeditions must be by the participants' own physical effort, without any motorised or outside assistance.
2. All expeditions must be unaccompanied and self-sufficient.
3. All expeditions must be supervised by an adult who is able to accept responsibility for the safety of the team.
4. The expedition must have an aim.
5. All participants' must be properly equipped.
6. Participants must have completed the required training and practice expeditions.
7. At least one practice expedition must be undertaken at each level of the programme, in the same mode of travel and in a similar environment to the qualifying expedition.
8. The team must plan and organise the expedition.
9. Assessment must be by an approved accredited Assessor.
10. There must be between four and seven people in a team.
11. All participants must be within the qualifying age of the programme level.
12. Participants must be at the same level of assessment.
13. The team must not include those who have completed the same or higher level expedition.
14. Accommodation should be camping.
15. The expedition must be of the correct duration.
16. The expedition should normally take place between the end of March and the end of October.
17. The expedition should take place in the recommended environment.
18. The expedition must meet the minimum hours of planned daily activity.
19. A substantial meal should be cooked and eaten by participants each day.
20. A presentation must be prepared and delivered after the expedition.