

PA/CF

4 March 2018

Dear parent and/or carer

Duke of Edinburgh Bronze

This is a reminder for the upcoming Duke of Edinburgh Bronze Practice Expedition that will take place after the Easter holidays, from Saturday 4th to Sunday 5th May 2019.

This is a compulsory expedition for any participant wishing to complete their DofE Bronze Award. The expedition will involve two full days of walking and one overnight stay at a campsite. The cost of this expedition is included in the overall DoE costs. However, students will be expected to purchase their own food and have received training on appropriate foods to bring with them prior to the expedition. Please see overleaf for a breakdown of recommended foods to bring.

Date: Saturday 4th – Sunday 5th May 2018

Location: Craster & Embleton, Northumberland

Campsite: Creighton Memorial Hall, Embleton NE66 3UP

Depart: 8:45am from JCSC (students expected to arrange own transport to school)

Return: approx 6:00pm (different drop of points available on reply slip).

If your child does not yet have a pair of walking boots/shoes and socks then it is important that they source these as soon as possible to wear them in before the expedition. Students will be able to borrow the majority of walking kit from the school's kit store. See overleaf for a kit list.

NB: Participants are allowed to bring their mobile phones but they will be expected to leave them on the minibus and will therefore not be contactable until the Sunday afternoon.

Reminders:

- The final instalment (3/3) of £40 is due by Wednesday 27 March – please pay via School Comms.
- If you have not yet handed in a £25 kit deposit please do this asap otherwise your child will not be allowed to borrow kit for the expedition.

Please confirm your child's attendance via the [link](#) by Wednesday 27th March 2019.

As always, if you have any questions please do not hesitate to contact me via panderson01@jcsc.co.uk

Yours faithfully

MR P ANDERSON
DofE Centre Manager

Executive Headteacher: Neil Rodgers

Food

Participants will be expected to have eaten a good breakfast at home before they arrive on Saturday.

Participants should bring: 1 x breakfast; 2 x lunch; 1 x evening meal; snacks.

Recommended Meals	Recommended Lunch / Snacks
Boil in the bag rice (eg Uncle Ben's)	Sandwiches (for Saturday only)
Pasta 'n' Sauce	Wraps
Look What I've Found Meals (found in ASDA)	Dried Fruit
Boil in the bag food (available from any outdoor shop)	Cereal Bars
Recommended Breakfasts:	Nuts
Porridge	Malt Loaf
Cereal Bars	

- Avoid foods that will easily break such as crisps or foods that are heavy such as tins. REMEMBER, you have to carry it all!
- Remove as much packaging as you can from the foods to allow for more space in your bag.
- Avoid bringing too much sugary food as it will make you feel sluggish rather than energised.
- You should not bring any food that needs to be kept in a fridge.
- No glass.

Kit List

Kit WE can provide	Kit PARTICIPANTS need to provide
Waterproof Jackets	Walking boots or walking shoes (broken in)
Waterproof Trousers	2 pairs of walking socks
Rucksacks	Base layers
Tents	Gloves
Sleeping Bags	Warm Hat
Sleeping Mats	Sun Hat
Sleeping Bag Liners	Walking Trousers or tracksuit bottoms (not cotton)
First Aid Kits	2-3 T-shirts (not cotton) or quick-dry tops
Group Shelters	Fleece or Mid-layer
Survival Bags	Underwear
Compasses	Nightwear
Maps	Wash kit
Whistles	2 x 1L Water bottle
Head torches	Sun cream
Dry bags	Dry clothing bag (t-shirt, trousers, socks, underwear & trainings) to be kept in the minibus.
Spork and bowl	

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