

5 June 2019

Dear parent or carer

Qualifying Expedition - DofE

Your child has now successfully completed their DofE Gold Practice Expedition and can take part in their Qualifying Expedition from **Saturday 13 July to Wednesday 17 July 2019**. The expedition will take place in The Lake District. An itinerary for the expedition is outlined below.

Qualifying Expedition Itinerary	
Sat 13th July	2pm – Meet at Acklington Road (JCSC) car park 2:15pm – Depart JCSC - travel to The Lake District. c. 5pm - Meet assessor for pre-expedition briefing. c.7pm – Meal in Keswick town centre. <i>Camping @ Castlerigg Farm Campsite, CA12 4TE</i>
Sun 14th July	9am - Qualifying expedition begins - walking (c.8hrs of activity). <i>Camping @ Chapel House Farm Campsite, Stonethwaite CA12 5XG</i>
Mon 15th July	9am - walking (c.8hrs of activity). <i>Camping @ BaysBrown Farm Campsite, LA22 9JU</i>
Tues 16th July	9am - Walking (c.8hrs of activity). <i>Camping @ Wild Camp - Sprinkling Tarn</i>
Wed 17th July	9am - walking (c.8hrs of activity). c.5pm - finish expedition at Buttermere car park followed by debrief from assessor. c.6pm – depart from The Lake District Due to the nature of the expedition, it is not possible to guarantee a finish time and therefore the return time is dependent on when the students finish their expedition. It is likely that the return will be between 8pm and 11pm.

Please note that your child will not have access to their mobile phones, and any phone they do carry will be switched off for emergency use only. A member of the school's Senior Leadership Team will have daily contact with the Expedition Team. Should you need to get in touch, please either phone the school directly or use the following out-of-hours number – 07966 220985.

Participants are required to provide their own food for the expedition and will spend one of the training sessions planning their group meals. Please see overleaf for further details.

Due to the routes that the participants have planned, participants will need to bring an additional £5 in cash for one of their campsite fees. With the exception of food, all other expedition costs are included in your instalments. All remaining balances for your child to take part in their DofE Award are now due. If you have not yet paid, please ensure that you do so via School Gateway.

If you have any further questions, or wish to discuss this further, please do not hesitate to contact me via panderson01@jcsc.co.uk. In the meantime, please ensure that you confirm your child's attendance via this [electronic link](#) no later than **Friday 28th June**.

Yours faithfully

MR PHIL ANDERSON
DofE Centre Manager

Food

Participants will be expected to have eaten a good lunch prior to departing on Saturday 13th July. The group have decided that they would like to eat out the night before their expedition begins and will therefore require enough money for a meal, as this is not included in the cost. I would suggest £20 will cover a main meal and soft drink for them.

In addition to this, it is highly likely that we will depart The Lake District and return to Amble late on Wednesday 17 July. Therefore, the participants should either bring food to eat on the bus or bring some additional money to purchase food at a service station on the return journey.

For their expedition, participants should bring: 4 x breakfast; 4 x lunch; 3 x evening meal; lots of snacks!

Recommended Meals	Recommended Lunch / Snacks
Boil in the bag rice (e.g. 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

NB Participants will have created a meal plan in advance of their expedition to guide them in purchasing the foods they will require.

- Participants are required to cook at least 1 hot meal per day and this should be high in calories to re-energise them.
- Please avoid foods that will easily break such as crisps or foods that are heavy such as tins.
- Please remove as much packaging as you can from the foods to allow for more space in the bag.
- Please avoid bringing too much sugary food as it will make participants feel sluggish rather than energised.
- You should not bring any food that needs to be kept in a fridge – meat will not keep beyond the first day.
- No glass!
- Pot Noodles will not fill you up and they end up all over your bag.

	Got it?	Packed it?
CLOTHING		
Walking boots (broken in)		
3-4 pairs of walking socks		
1 pair of waterproof socks (optional)		
2-3 t-shirts		
Thermal top		
2 fleece tops or similar		
2 walking trousers (NOT jeans) (1 pair of shorts – optional)		
Underwear		
Nightwear		
Warm hat		
Sunhat		
Gloves		
Waterproof over-trousers		
	Got it?	Packed it?
Jacket/coat (waterproof & windproof)		
Flip-flops/trainers/sandals etc. (optional for campsite)		
PERSONAL KIT		

Rucksack			
Rucksack liner			
Sleeping bag			
Sleeping mat			
Dry bag			
Sleeping bag liner			
Torch (handheld or head)			
Spare batteries			
Personal first aid kit			
Water bottles 2 x 1L (minimum)			
Cutlery / spork			
Plate/bowl			
Mug			
Wash kit			
Sunblock (at least factor 30)			
Towel (optional)			
Notebook & pen/pencil			
Small quantity of money (in addition to £5 campsite fee & meal funds)			
Watch			
Spare clothing for the minibus (e.g. trainers, t-shirt, trousers and a hoodie).			
	FOOD		
Day 1			
Day 2			
Day 3			
Day 4			
	GROUP KIT		
Tent(s)			
Trangia			
Fuel			
Lighter			
Scourers (& tea-towel)			
Maps			
Route card			
Compass			
Survival bag			
Alarm Clock			
Water purifying Tablets			
Toilet paper and trowel			
Camera (optional)			
Insect repellent (optional)			
Playing Cards (optional)			
First aid kit			
Emergency phones			
Emergency Card			