



21 March 2025

Dear Parent / Carer,

I am delighted to outline the final arrangements for the Duke of Edinburgh Gold Practice Expedition. As confirmed previously, the expedition will take place on **Thursday 27 March to Saturday 29 March** when we will be heading to the Black Mountains in South Wales.

Expedition Training

Expedition training is a compulsory requirement of all participants, and has provided the essential camping, navigation, and first aid skills necessary for expeditions – these have been completed during specific training days and Wednesday afternoon enrichment sessions. However, the last session before the practice expedition is where students will collect their kit. This will take place on **Wednesday 26 March and all Gold Participants must attend on this date.**

Practice Expedition Details

As a requirement of the Gold Award, our pupils will compete a 2 night and 3 day practice expedition.

The expedition will depart at 6.15 am and students are therefore required to be at school for 6.00 am. Students should arrive at school on the Thursday morning and head to the gymnasium. Students should attend in expedition clothing, with their rucksacks packed, ready to walk on the first day. They will stay at Newcourt Farm, Felindre, LD3 OSS on both Thursday and Friday nights. The group are expected to arrive back at school between 5 - 6.00pm on Saturday 29 March. **The time of return is largely dependent on the progress the students make on the last day and any issues we may encounter driving back from South Wales – this time may therefore change. I will email you during the day on the Saturday and provide a clear time for arrival and likely time that students can be collected.**

All kit borrowed will need to be cleaned (if necessary), dried and returned and signed back in on Wednesday 2 April during our enrichment time. Students should meet me on this morning at the DofE Locker between 8.15 am and 8.30 am to hand over and sign kit back in.

A kit list is provided below. Students will need to consider carefully their food options as they will need to have lunch on the Thursday, cook dinner on the Thursday evening, have breakfast, lunch and dinner on Friday, as well as breakfast and lunch on Saturday. As with the Training Day, it is likely that we will make a breakfast stop on the way on the Thursday morning and an evening meal stop on the Saturday evening, so students may wish to bring additional money for this.

School will provide the following kit for the expedition:-

65lt rucksack, rucksack cover, tent (shared between 2/3), cooking stove and cover & fuel, roll/sleeping mat, first aid kit, map (1 per group), map cover and compass

All other expedition kit, including sleeping bag, utensils, and food will need to be supplied by home

Students may use their own rucksack provided it is a minimum of 65lt and tent so long as it is 2-3 person. Equally, any other kit they wish to use of their own, such as sleep mats, are fine to bring

Dress and Equipment

Students should be dressed and bring clothing for 3 days walking in the spring: with all kit and food they will need for 3 days, including 2 x litre re-fillable water bottles. Pupils are reminded that they must be wearing walking boots, and have a waterproof top and bottoms accessible in their rucksack.

Walking boots, waterproofs, sleeping bag, a change of clothes for camp, trainers/flipflops, packed lunch, dinner x 2 to be cooked on a Trangia (e.g. dry pasta, boil-in-a-bag meal), breakfast x 2 (hot chocolate, porridge pot), water bottle, plastic bag for litter, utensils, medication, sun cream, sun hat, wristwatch, sweets & snacks – a hot water bottle may also be advisable to bring

Behaviour Whilst we want our expeditions to be memorable, this should not come at the expense of disruption of members of the public and potentially other school parties whom will be accessing the campsites at the same time. We will be expecting respectful and appropriate behaviour at all times whilst at camp; also ensuring no litter is left behind. No student should be entering any tent which is not theirs at any time, and will be expected to be in their tents by 9.30pm and lights out by 10.00pm. The expedition is a tiring process and students will need to be well rested.

Medication - any student taking medication is responsible for remembering to bring those items. Asthma sufferers especially are reminded to bring their inhalers, and those requiring EpiPens must ensure they are present.

Mobile phones - mobile phone usage is **prohibited** whilst on expedition. Each student may take their phone, which will be wrapped and sealed and placed in their rucksack and one mobile per team should remain switched on with the volume up in case staff need to make quick contact with a group. Anyone concerned about their phones being lost or broken should leave them at home.

Emergencies I will be the main point of contact for parents and carers whilst out on expedition. My emergency contact number will be shared with the group and yourselves prior to departure. In the unlikely event of extreme weather conditions, a decision will be made by myself to prematurely end the expedition; students will be returned to school.

If at any point you need to speak with myself regarding any aspect of the contents of this letter, please do not hesitate to contact jbarrett@northleamington.co.uk Tel: 01926 338711 x8614.

Yours faithfully,



Mr James Barrett
DofE and The King's Trust Coordinator