

BRONZE



**YOUTH  
WITHOUT  
LIMITS**



**START  
YOUR BRONZE  
DOFE**



# Welcome packs!



Please email me with your child's name and eDofE number if your child has not received theirs

# What have we done so far?

All students are now using the eDofE app to log their activities / evidence.

All students should now be able to access the e-learning (to be completed by April 26<sup>th</sup>) [www.richadventure.co.uk/qegs2023](http://www.richadventure.co.uk/qegs2023) (password DofE2023)

## QEGS Information page 2023 Expeditions

This page has all the links relevant to your DofE expedition section. We're looking forward to running safe, successful expeditions for you. More information will be added to this page as we get closer to the expedition.

[QEGS consent form 2023](#)

[Kit List](#)

[Route cards](#)

[E-learning bronze sign up](#)

[E-learning silver sign up](#)

[E-learning modules \(once you've signed up\)](#)

# What have we done so far?



All students are now in groups and have planned / been planning their group evening meal.

## **What they will need;**

- Lunch x 2
- Breakfast (must use the Trangia, even if it is just for a warm drink)
- Evening meal (must be cooked together)
- Snacks
- 2L of water
- Emergency rations pack

# The key principles of expedition food

You should design an expedition menu that thinks about the following:

- Try to pack as much energy (or calories) into the least weight and volume possible. Depending on your activity, you may need between 3,000 and 5,000 calories each day.
- Choose foods that are high in sugars, carbohydrates and fats.
- Take food you like and enjoy and everyone in your team can eat, which are quick and simple to cook and will keep for the duration of your expedition, even in hot weather.
- Dried, cured, smoked or vegetarian foods will usually last well.
- Think about keeping weight and litter down by removing packaging and cooking as a team.
- Make sure all food is packed and waterproofed so that it will stand up to being squashed in your rucksack, being dropped or even sat on.

# Equipment



## Found on TEAMS

- Personal items (everyone needs)
- Group items (decide within the group who is taking what)
- What we provide; (students collect this at the next training session **MAY 3<sup>rd</sup>**)

Tents

Trangias

Storm shelters

Basic First aid (please bring own personal set i.e. blister pads!)

A few rucksacks to lend out.....

# The Trangia

Require camping gas (threaded connector)



# Packing the bag



Videos and information on the e-learning modules..... Very useful!



# Outline of day 1



8.30am; drop off at the start location (Groups 1 -7 Miller's Dale Car park, 8-15 at Bakewell showground)

MUST Register with QEGS staff (please arrive fully packed!)

Meet their DofE leader / assessor (Rich Adventure staff) for intro and quick brief on map reading / their route for the day

9.30am set off with DofE Leader

Arrive at campsite around 4.30pm

Supervised Trangia use / cooking

Free time at camp then in tents at 9pm.

## Outline of day 2



7.30am wake up, breakfast, pack down

Leave site by 8.30am

Walking with DofE leader / may just meet them at check points if they have done well on day 1.

Arrive at pick up location ROUGHLY 3.30pm

(Group 1-7 Bakewell Showground, Group 8-15 Miller's Dale Car park).

# After the practice expedition



Unpack! And dry out equipment!!

Keep all equipment until the assessment expedition.

# Assessment expedition



Similar format.... But they are only meeting Assessors at check points  
(more independence)

After.....



Unpack and clean / dry equipment

Students will be given a time slot to return equipment; it must be returned clean and dry to store away until next year.

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@QEGS\_DofE



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[Visit our page on the website for useful info](#)

<https://www.queenelizabeths.derbyshire.sch.uk/learning/clubs-and-co-curricular/dofe/>

For any additional information about DofE at QEGS please email

Ms Watson Jones; [watson-jones@queenelizabeths.derbyshire.sch.uk](mailto:watson-jones@queenelizabeths.derbyshire.sch.uk)

#### Useful links

[Welcome pack \(including assessors reports to print\)](#)

[Edofe](#)

[How to set up the eDofE app](#)

[How to use the eDofE app](#)

#### Section ideas

[How to upload an assessors report](#)

[Parents/Carers](#)



[Expedition kit guide](#)