



# Bishop Wordsworth's School

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Head Master: Dr S D Smallwood BSc (Hons) PhD NPQH

9 February 2017

Dear Parent/Guardian

## Duke of Edinburgh Bronze Award – Training Saturday 25 March 2017

As you are aware, Mr Paul Webb of H5 Adventure is leading the Bronze Duke of Edinburgh Award Expeditions for the school again this academic year and has planned a one day training event to be held at school. This day will be supported by myself, Mrs Brown, and members of H5 staff. H5 Adventure's aim is to make the expedition experience challenging and safe, leaving the boys with a sense of achievement as they complete their Expedition element, thus boosting their self-esteem. The topics covered will ensure that your son/ward is prepared to cope with expedition conditions.

- Route planning
- Navigation
- First aid
- Emergency procedures
- Danger identification and avoidance
- Equipment choice and procurement
- Menu planning
- Camp-craft
- Camp cooking and hygiene
- The country code and highway code
- Deciding what to take, how to pack
- Making sure backpack fits

We will start at 0830 so please arrive no later than 0815; due to the hire of the sports hall there is **NO** parking at school, so please drop and go! A register will be taken in the morning and afternoon; the boys will not be permitted to leave the school site at any time.

- Can you please ensure that your son/ward comes prepared and suitably dressed for an expedition, as per the attached kit list, with his DofE handbook. H5 can then check and highlight the importance of being properly dressed, especially with regards to footwear and wet weather protection, (not showerproof).
- To avoid mud being taken into classrooms can you make sure your son/ward also has a spare pair of trainers to wear whilst indoors, in a named carrier/boot bag.
- Can you also encourage him to plan and bring along something suitable to cook on a single Trangia stove, plus extra food and drink to keep him going throughout the training day.

We will use the tents from our DofE shed to practice putting them up, taking down and repacking. This will be done in any weather conditions during the day. If the weather is wet we ask that each group takes a tent home to dry and air. We will provide fuel for Trangias. Your son/ward will be covered by the school insurance whilst on the school site. We aim to finish at 1700.

The cost of H5 Adventure services for the training day and support over the year is **£105.00 per student**. Please could payment be made by 17 March 2017. Your son will be covered by the school's insurance; a copy of which is available on the school website. Please pay on-line via [www.scopay.com](http://www.scopay.com) if you need a link code please email [amh@bws.wilts.sch.uk](mailto:amh@bws.wilts.sch.uk).

Please also ensure that we have current emergency contact details and details of any medical conditions, and that your son has all the necessary medication with him. Please contact Sarah Hayward [sah@bws.wilts.sch.uk](mailto:sah@bws.wilts.sch.uk) if you need to update this information. For further information on DofE, please contact Mrs Nute on [amn@bws.wilts.sch.uk](mailto:amn@bws.wilts.sch.uk).

Yours sincerely

T P Gilmour  
DofE Bronze Leader

## **BWS Duke of Edinburgh's Award - Kit List**

This is a guide to the equipment which is required. Avoid cotton where possible and pack all kit inside green garden bags or rubble bags NOT bin liners and remember that your rucksack is not waterproof whatever the advertising says. The school has a supply of tents and Trangia's available for use and they are allocated on a first come first serve basis, under the assumption that any damage caused through miss-use will be rectified by the borrower.

### **TO WEAR WALKING**

- 1 pair Walking Boots (broken in)
  - 1 pair Walking Socks (maybe 2 pairs)
  - 1 Thermal top/t-shirt
  - 1 Sweater (woollen or fleece)
  - 1 pair trousers (NOT jeans)
- (FOR THE SATURDAY TRAINING PLEASE ALSO BRING A SPARE PAIR OF CLEAN TRAINERS FOR INDOOR ACTIVITIES, IN A NAMED CARRIER/BOOT BAG)**

### **PERSONAL KIT (TO CARRY)**

- 1 large Rucksack (approximately **65 litre** capacity)
- 2 Strong, large plastic bags (to line rucksack)
- 1 3 Season sleeping bag (in a waterproof bag) and sleeping roll mat
- 1 Orange Survival bag
- 1 Personal First Aid Kit
- 1 Watch
- 1 Whistle
- Small quantity of money
- 1 Notebook & pen/pencil
- 1 Head Torch & Spare battery (eg small Maglite or Petzl headtorch)
- 1 Emergency food rations (sealed and NOT to be eaten until the end)!
- 1 Water bottle or hydration system (eg Sigg, Platypus or strong plastic, to hold 1 to 2 litres)
- 1 Knife, fork, spoon
- 1 Pocket Knife (small, **optional**)
- 1 Plate/bowl and mug
- 1 Box of matches (sealed in a dry container or bag)
- 1 toothbrush
- 1 Good quality waterproof jacket (essential)
- 1 pair Underwear
- 1 pair Walking socks
- 1 shirt (woollen, cotton or fleece)
- 1 Spare sweater (woollen or fleece)
- 1 Spare walking trousers (NOT jeans)
- 1 pair of flip flops (optional)
- 1 Hat (warm)
- 1 pair gloves (woollen)
- 1 sunhat & suncream
- 1 Waterproof overtrousers (essential)

### **GROUP KIT (to carry between the team)**

- 1-2 tents
- 1-2 stoves (& fuel supplied by school)
- 2-3 cooking pots (included in Trangias)
- Maps (1:25 000 laminated) and map case (One between two)
- 1 per map Compass (Silva type)
- 1 Camera
- Food (small & lightweight, avoid bacon etc)
- Water Purification Tablets (Gold only – expensive so share cost)

DofE participants' handbook – for completion by assessor