



Bishop Wordsworth's School

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12 February 2019

Dear Parent/Guardian

RE: Duke of Edinburgh Gold Award – Training Sunday 10 March 2019

As you are aware, Mr Paul Webb of H5 Adventure is leading the Gold Duke of Edinburgh Award Expedition for the school this year and has planned a one day training event to be held at school. 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. The topics covered will ensure that your son is prepared to cope with expedition conditions.

- Creating teams
- Route Planning – complete route cards for Days, 1, 2 & 3 of Practice Expedition and marking maps.
- Complete Green Forms for Practice Expedition
- Kit List
- Rucksack packing
- First Aid
- Tent craft
- Countryside Code
- Aim of Venture
- Food & Menu Planning
- Cooking with Trangias
- Questions – briefing for Practice Expedition

We will start at 08:30 so arrival no later than 08:15; due to the hire of the sports hall there is **NO** parking at school. A register will be taken in the morning and afternoon; the boys will not be permitted to leave the school site at any time. We aim to finish at 17:00.

- Can you please ensure that your son 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 etc).
- Please also ensure your son comes with completed kit as he would for an expedition.
- To avoid mud being taken into the classrooms can you make sure your son also has a spare pair of trainers to wear whilst indoors, in a named carrier/boot bag.
- H5 Adventure will demonstrate cooking on single Trangia stoves, (we will provide gas), so ensure he has food and drink to keep him going throughout the training day.

We will use the tents from our DofE cupboard 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 will be covered by the school's insurance during this trip; a copy of which is available on the school website. Please ensure that we have current emergency contact details and details of any medical conditions and that your son takes all necessary medication with him on this trip. These details can now be checked through the Insight Parent Portal, otherwise please contact Mrs Sarah Hayward sah@bws.wilts.sch.uk to update your son's information. For further information on DofE, please contact Mrs Nute on amn@bws.wilts.sch.uk.

Yours sincerely

J M Oldham
DofE Co-Ordinator

BWS Duke of Edinburgh's Award - Kit List

This is a **guide** not to be followed slavishly. 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)

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 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/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 (H5 Adventure will provide gas)
- 2-3 cooking pots (included in Trangias)
- Maps (1:25 000 laminated) and map case (One between two, school to provide)
- 1 per map Compass (Silva type)
- 1 Camera (always good to load evidence onto his DofE account)
- Food (small & lightweight, avoid bacon etc)
- Ideas for presentation
- Water Purification Tablets (expensive so share cost)

Emergency Food Rations – sachet drink, eg hot chocolate, bar chocolate, dried fruit, emergency dried food pouch

DofE participants' handbook – for completion by assessor