





Practice Expedition

Peak District - White Peak

Sat 14 April, 4pm –

Mon 16 April 2018, 7pm.



1. Sports hall in groups

- Briefing from PC staff
- Kit check

2. Travel to Peak District

- Approx. 2 hours



3. Set up Camp

- Meet Peaks instructor
- Discuss day 1 route
- Cook
- 4. 2 days of walking





Group kit provided:

- Maps and compass
- Tent
- Stove and Gas



Kit?

Individual Kit required:

- Walking boots
- Rucksack
- Sleeping bag
- Sleeping mat
- Waterproofs
- Hat and gloves
- Clothing (dry and wet set)
- Toiletries and first aid
- Water, food, cup, bowl and spoon.



Food

- 2 breakfast
- 2 lunch
- 2 evening meals
- snacks

Outdoor cooking is part of the challenge, pot noodles are not considered an acceptable source of energy!

Concerns/Reminders

1. Phones and social media

- Only allowed for emergency use, other use would result in deferred trip

2.Knifes

- Not permitted or necessary for everyone's safety

3. Campsite courtesy

- Please by reminded that we are staying on a shared use site



How can I prepare?

- 1. Meet with your group
- 2. Check the kit lists in advance
- 3. Study the weather forecast

http://www.mwis.org.uk/



Missing forms

- Code of Conduct
- Consent form
- Personal kit
- Group kit



Dates

Review and route planning

Princethorpe College

- The Limes

Fri 27 April 2018. 4 – 7pm.



Participants should scan or photograph this page and upload to eDofE as evidence.

Assessor Reports

| <u>%</u> € | Participant: | | | | | | |
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| ASSESSOR'S REPORT PHYSICAL | eDofE ID No: Level: Silver | - Nation | | | | | |
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| Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme. | | | Assessor's comments: | | | | |
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| | | | | | Signature: | WMB, | |
| | | Assessor's | first name: WILL | Last name: ROWER | | | |
| | | Signature: | | | Assessor's position/qualification: DOFE GO-ORDWATOR | | |
| | | Assessor's first name:Last name: | | Assessor's | Assessor's phone number: U12 RMCBY COACH | | |
| Assessor's position/qualification: | | Assessor's | Assessor's email: | | | | |
| Assessor's phone number: | | Participan | Participants should scan or photograph this page and upload to eDofE as evidence. | | | | |
| Assessor's email: | | | | | | | |









Questions?





