

## Duke of Edinburgh Bronze Expedition – Redwood School – 1<sup>st</sup> - 2<sup>nd</sup> July 2019

Key information for the expedition is provided below;

### **Food**

#### Day One

##### *Lunch*

Students will be provided with a packed lunch if they have school dinner or will be required to bring a packed lunch with them.

##### *Evening Meal*

Students will make a vegetarian curry the week before to eat in the evening. Students will cook this on their camping stove

#### Day Two

##### *Breakfast*

Students will be required to bring their own breakfast on the expedition. We will have the opportunities to use the camping stoves to prepare the breakfast, but no access to a fridge.

##### *Lunch*

Students will be provided with a packed lunch if they have school dinner or will be required to bring a packed lunch with them.

### **Itinerary**

#### Day One

Depart from school.....9.15am – 11.00am

Arrive at Hollowford.....11.00am

Outdoor activities, including 30min lunch break.....11.00am – 5.00pm

Set up camp and cook evening meal.....5.00pm-6.00pm

Evening activities.....6.00pm – 9.00pm

#### Day Two

Wake up and have breakfast.....7.30am – 8.30am

Activity at Hollowford.....9.00am – 11.00am

Lunch break.....11.00am

Afternoon activities.....11.30am – 2.00pm

Set off back to school.....2.00pm

Arrive back at school.....4.30pm

*Times are approximate and subject to change.*

## **Kit List**

### **Essential kit for students to bring**

- Waterproof jacket
- Walking boots
- Socks x2 – walking socks are ideal
- Walking trousers, leggings or joggers
- Base layer (short and long sleeved T shirts)
- Spare underwear
- Mid layer (fleece or hoody)
- Water bottle
- Clothes for inside the tent, inc. socks
- Shoes for around camp
- Toothbrush, toothpaste and deodorant
- Spork, plastic bowl, plastic mug
- Sun hat & suncream

*Please note: clothes may smell of smoke on the second day!*

### **Additional Kit (recommended extras)**

- Waterproof trousers
- Torch/Headtorch
  
- Baby wipes – to have a morning wash!
- Plastic bags - Ziplock kitchen bags for food. Carrier bags for rubbish. Rubble sacks for keeping things dry.

### **Kit provided by school**

- Tent
- Sleeping Bag
- Sleeping Mat
- Rucksack
- Trangia (cooking stove)
- Cooking gas
- Waterproof jacket, if necessary

**Please pack items within plastic bags to prevent them getting wet!**