



DUKE OF EDINBURGH AWARD - Year 9

Dear Parent / Carer,

Finally, after having to put the DofE Bronze expedition on hold for the last few years due to covid, we are now in a position to provide this opportunity to our year 9 students again.

All Year 9 students began their Duke of Edinburgh journey by engaging in the Bronze Award back in September 2022, when they started the physical, skill and volunteering activities. Crew leaders can give more specific information regarding what activities your child undertook.

All Year 9 students take part in the Bronze award, as it is an internationally recognised Award scheme that many employers and universities hold in high esteem. In addition to this the DofE programme allows children to connect with nature and the positive impact being outdoors can have on mental well being, as well as providing a purposeful and visceral learning environment.

Here are some key dates for the up and coming planned activities:

DofE Carousel Training Days: Within the school hours

XPE School	23rd May 2023
XP School	25th May 2023

Students will engage in training and planning for the upcoming expedition. Please ensure they come in comfortable and suitable clothing, ie Waterproof coat, sun protection on these dates.

DofE Practice Hike - Doncaster: Within the school hours

XPE School	12th June 2023
XP School	12th June 2023

As part of our current expedition in C27 'What a Wonderful World' students are answering the guiding question 'What is our relationship with the natural world?'

Due to the nature of our curriculum we have an awesome opportunity to incorporate the DofE Bronze Award practice hike within their new expedition.

The practice hike will incorporate Science, Geography and Photography alongside the key skills for learning within a practice DofE hike. Allowing students to gather evidence/information as part of their learning and also experience the challenges of hiking before embarking on their Bronze expedition.



DofE Students will be leaving school via coach on 12th June to conduct a walk around Cusworth. This fieldwork will run within the school hours, normal start and finish times are expected. More details will be shared with you on this.

DofE Bronze Expedition: 2 day & 1 night

Your child's expedition is a 2 day & 1 night expedition in the Doncaster area.

XP School	22nd & 23rd June 2023
XPE School	29th & 30th June 2023

We have a fantastic and dedicated team of DofE Expedition Supervisors who have been allocated to a crew. Students will be supported by the Expedition Supervisor along with their crew leader during the training, planning and expedition.

A £10 deposit is required and is set up on your parentpay account. This will be refunded when equipment has been returned in the same condition it was borrowed.

See below for our guide to purchasing kit and a full kit list. If you have any problems with getting all items on your kit list please speak with your crew leader, as we may be able to lend certain items from school.

Many thanks

Trust Outdoor Lead - Kate ap Harri kapharri@xpschool.org

DofE Lead XP - Julie Wadsley jwadsley@xpschool.org

DofE Lead XPE - Emma Watson ewatson@xpschool.org



Practice Hike Kit List - 12th June 2023

The Kit list below is MANDATORY! If you have any queries about it, please speak with your Crew Leader. Students will be on outdoor activities for a day and will need to wear the appropriate clothing. The list is what they need to wear or bring on the day.

PERSONAL KIT:	Tick
Plastic Water bottle (filled with water) 1-1.5L at least	
Packed Lunch This needs to be a substantial lunch as students will be doing physical activities. <i>This will be provided for students who are eligible for Free School Meals.</i>	
Rucksack (day pack approx 30l) (needs to carry waterproofs, water bottle, lunch)	
Plastic carrier bag (to keep items dry inside the rucksack)	
Waterproof outer jacket & trousers This can not be just shower proof or a fashion coat).	
Warm layer / hoody	
Walking Boots - please ensure these are comfortable for walking in	
Sun hat	
Sun cream	
Insect repellent	
Plasters or blister plasters (compeed) for personal use	
Personal medication.: please inform your expedition supervisor of any medication you need or will be bringing with you and hand over to them the morning of the expedition. All medication must be in its original packaging stating the name, dose etc. This should be put in a sealed plastic zip lock bag. Students must not keep medicines on them or self medicate without supervision! Any medicines must be clearly stated on their medical form.	

Please note the following:

Denim clothing is not allowed. This is because when cotton gets wet it stays wet for a long time. Man made fabrics such as synthetic, nylon, polyester or natural fabric such as wool are better for outdoor expeditions.

Bronze Expedition Kit List
XP 22nd & 23rd June
XPE 29th & 30th

Quantity	Personal kit items:	Check
1-2 litres	Plastic Water bottle filled with water	
	A watch or something to tell the time (not your phone)	
	Black Bin bag to line your rucksack. (This will keep your kit dry inside your rucksack as they are not waterproof).	
	Waterproof outer jacket (This must be fully waterproof).	
	Waterproof trousers (these need to be fully waterproof)	
	Walking Boots (preferably with ankle support, if you are buying new boots, wearing them a few times before the expedition to break them in is recommended. Students must come to school in other shoes as walking boots cannot be worn in school).	
	Warm hat	
	Pair Gloves	
	Sun hat / sunscreen	
	Sunglasses (optional)	
	Baselayer tops (long or short sleeve, not cotton)	
	Midlayer top (fleece material is good, not cotton)	
	Hiking trousers (not cotton) shorts are optional, however these are not recommended due to ticks and other insect bites.	
	Hiking socks (not cotton)	
	Plastic carrier bag (for mucky boots)	
	Personal medication.: please inform your expedition supervisor of any medication you need or will be bringing with you and hand over to them the morning of the expedition. All medication must be in its original packaging stating the name, dose etc. This should be put in a sealed plastic zip lock bag. Students must not keep medicines on them or self medicate without supervision! Any medicines must be clearly stated on their medical form.	
	Plasters or blister plasters (compeed) for personal use	

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- The Kit lists are MANDATORY so if you have any queries about it, please speak to your Expedition Supervisor or Crew Leader.
 - Please do not send your son / daughter with denim or cotton clothing. When cotton material gets wet (from sweat or rain) it stays wet and causes your body to lose heat rapidly. Man made fabrics such as synthetics, nylon, polyester or natural fabric such as wool are better for outdoor expeditions as they dry quickly or retain heat better even when wet compared to cotton.
 - Most sports clothing is made from man made materials and are available at reasonable prices from Sports Direct, Trespass, Go outdoors and Mountain Warehouse.
 - Students will be expected to do a full kit check, the date will be determined by your expedition supervisor and your crew leader will inform you of when students need to bring their kit in. The Kit check is a necessary part of expedition preparations so that students have appropriate kit when on expedition. Crew leaders will contact you if we feel your child doesn't have the appropriate clothing / footwear.
 - Students will pack their rucksacks on the morning of the expedition at school when a final kit check will be done.
 - Any equipment or kit supplied by the school to groups or individual students must be returned in the same condition it was given out. Groups and / or individuals may be charged for any items lost or damaged whilst in their possession on expedition and lose their deposit.




Choosing Kit & Suppliers

APPROPRIATE KIT	INAPPROPRIATE KIT
<p>Base Layers:</p> <ul style="list-style-type: none"> • Thin layers that go next to your skin. Made from synthetic, man made material (polyester, nylon etc). This type of material removes sweat away from your skin keeping you cool in hot weather and warm in cold weather. • Natural fabric such as wool is great for warmth. • Thermal layers in cold weather • Base layers can refer to top and bottom clothing. In cold weather base layer leggings or thermal leggings can be worn under trousers. • Can be short or long sleeve • Can wear 2 base layer tops for added warmth • Football tops are ok 	<p>No cotton (cotton reduces the body's temperature when it gets wet. Once the material is wet it doesn't dry quickly).</p>
<p>Walking Trousers / leggings:</p> <ul style="list-style-type: none"> • Hiking trousers or sports leggings • Wide legged trousers are better than tight as they keep the body cooler in summer, allow for an extra layer underneath in colder weather and help reduce the chance of stings/ bites. 	<p>No denim No cotton No cotton jogging bottoms</p>
<p>Rucksacks:</p> <ul style="list-style-type: none"> • Most are not waterproof! It is important to pack your contents into plastic bags or line the rucksack with a bin liner or use purpose made 'dry sacks'. Dry sacks can be bought quite cheap from places like sports direct and other outdoor shops. • A 'day' rucksack needs to be about 20 - 30 litre capacity. It is better to have a waist strap as this reduces tension on the shoulders. • The rucksack needs to have places to store your water bottles on the outside of your bag 	
<p>Hiking Boots</p> <ul style="list-style-type: none"> • Should be waterproof and preferably have ankle support. • When buying walking boots always try them on with the socks that you will be wearing with them. • It is important to wear them before the expedition if they are new. 	<p>Not fashion boots</p>

<p>Mid Layers</p> <ul style="list-style-type: none"> • This can be a thin or thicker layer that goes over your base layer. Fleece material and warm • Synthetic material such as a tracksuit top. • Wool jumpers are ok 	<p>preferably not cotton</p>
<p>Hiking Socks</p> <ul style="list-style-type: none"> • Specific hiking socks have cushioned soles, extra padding in areas prone to blisters. They are synthetic allowing sweat to be moved away from your skin. • Socks should be long enough to tuck trousers into when necessary. 	<p>No cotton Football socks are not suitable as they have no cushioning</p>
<p>Hats</p> <ul style="list-style-type: none"> • A hat to keep your head warm. Most of our body's heat is lost from our head. • Warm hats should be taken on overnight expeditions, even during the summer months as it can get very cold at night. • Sun hats are necessary on warmer expeditions to shield your skin and eyes from the sun. 	
<p>Gloves</p> <ul style="list-style-type: none"> • To keep your hands warm both day and night. Summer expeditions can be cold too, gloves are necessary. 	
<p>Outer Layers Waterproof Jacket & trousers</p> <ul style="list-style-type: none"> • Waterproof jackets and trousers need to be totally waterproof! 	<p>No fashion coats No shower proof, water resistant coats</p>



List of Local kit suppliers:

Company	Links to discount
<p>Go Outdoors GO Outdoors Doncaster Don Valley Outdoor Centre LTD. Littleworth Lane Old Rossington Doncaster DN11 0HJ</p>	<p>10% discount when you take your XP expedition kit list into store!</p>
<p>Mountain Warehouse Lakeside Village Outlet Uni 39 White Rose Way DN4 5JH</p>	<p>10% discount when you take your XP expedition kit list into store!</p>
<p>Trespass Unit 26 Lakeside Village Doncaster DN4 5PH</p>	
<p>Sports Direct Lakeside Village Doncaster DN4 5PH</p>	
<p>Cotswold Outdoors Use your DofE Reward card at Cotswold Outdoors and other stores. All new DofE members receive a reward card in their welcome pack.</p>	

Duke of Edinburgh Kit information and advice.

<https://www.dofe.org/shopping/everything-you-need-to-know-about-packing-your-expedition-rucksack/>