



DUKE OF EDINBURGH AWARD - Year 9

Dear Parent / Carer,

We are excited to begin this year's Duke of Edinburgh with our Year's 9 cohort

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.

In the Autumn term, students begin to engage in the expedition '*How can I find my way in an unknown environment?*'. Their programme of activities include, a Physical, Skills, Voluntary and an Expedition section.

Physical Section

- These may include walking, running, table tennis and yoga.

Skills Section

- Basic First Aid and Life Skills.

Voluntary Section

- These may include charity work and community stewardship.

Expedition Section

- Here is some key information and dates:

DofE Bronze Practice - Doncaster Area

XP School	Friday 16th May 2025
XPE School	Monday 19th May 2025

The practice expedition will incorporate the key skills for learning within a practice DofE hike. It will take place in our local area as an extended school day, allowing students to gather evidence/information as part of their learning and also experience the challenges of hiking before embarking on their Bronze expedition.

The Day Before: It's essential to check **all** kit prior to any expedition. Students need to bring their expedition kit (excluding personal items highlighted in blue on the kit list, XPE to bring kit in on Thursday 15th May) to prepare for the practice hike and the qualifying hike. More details will be provided closer to the time. Please remember that additional items, such as tent poles and a first aid kit, will need to be carried.

Day of Practice Hike: Students should arrive at school by the usual time of 8:30 am and can expect to be picked up around 6:00 pm the same day. Any changes to this schedule will be communicated in late evening updates.



DofE Bronze Qualifying Expedition: Norton Area

XPE School	Thursday 19th & Friday 20th June 2025
XP School	Wednesday 25th & Thursday 26th June 2025

Your child's expedition is a **two-day, one-night** adventure. This qualifying expedition is the culmination of all the hard work and dedication students have put in throughout the year. It is designed to incorporate and test the key skills they have learned during their training.

During the expedition, students will have the opportunity to demonstrate their proficiency in navigation, campcraft, teamwork, and problem-solving. They will be responsible for planning their route, setting up camp, organising and preparing meals, and working together to overcome any challenges they may encounter along the way.

The Day Before: Students will be required to complete a kit check. This ensures any missing items can be loaned or an opportunity to bring them in the following day.

Day of Qualifying Hike: Students should arrive at school by the usual time of 8:30 am and can expect to be picked up around 7:00 pm on their return date. Any changes to this schedule will be communicated as soon as possible.

Food and Pack Lunches

For the DofE practice and qualifying expeditions, a packed lunch is required for the first day of each. Free School Meals will be provided for eligible students. Evening meals will be planned and provided by groups and the school.

Deposit

A £10 cash deposit is required, due by the practice expedition date. This will be refunded when equipment has been returned in the same condition it was borrowed/used. Please ask your child to hand this into Crew Leaders in a sealed envelope with your child's name on, ready for the practice and qualifying expedition.

Consent Forms and Medication - [XPE please see link](#)

Consent Forms and Medication - [XP please see link](#)

Consent forms are attached in the link above. These forms will also inform staff for all aspects of DofE including physical, skills, voluntary, practice and the qualifying expedition. If there are any changes between the two dates, please update them by submitting another form and inform your child's Crew Leader as needed.

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 consent form.

We have a fantastic and dedicated team of DofE Expedition Supervisors. Student's will be supported by the Expedition Supervisor along with their Crew Leader during the training, planning and expedition.

We are super excited and looking forward to this year's DofE adventures.

DofE Manager - Emma Watson ewatson@xpschool.org

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



Bronze Practice & Expedition Kit List

- **Rucksack and sleeping bags are provided.**

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).	
	Plastic carrier bag (for mucky boots)	
	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)	
	Cutlery and cup/tub - For your main meal	
	Warm hat (optional)	
	Pair Gloves (optional)	
	Sun hat / sunscreen/Insect repellent/wipes (optional)	
	Sunglasses (optional)	
	Baselayer top (long or short sleeve, not cotton) x 2 (optional)	
	Midlayer top (fleece material is good, not cotton) x 2 (optional)	
	Warm Coat - for Campsite in the evening (optional)	
	Hiking trousers - (not cotton) shorts are optional, however these are not recommended due to ticks and other insect bites x 2 (optional)	
	Hiking socks (not cotton) x 2 (optional)	
	Footwear for campsite only - flip flops/Crocs	
	Change of clothing for Day 2 / Sleepwear	
	Torch Optional	
	Pack lunch for first day - lunch (School pack lunches are available so some students)	
	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.	
	Plasters or blister plasters (compeed) for personal use	



Kit List

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.

- The Kit lists are **MANDATORY** so if you have any queries about it, please speak to your Expedition Supervisor or Crew Leader.
- 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.
- Please do not send your child 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 has been outlined above. The Kit check is a necessary part of expedition preparations so that students have appropriate kit when on expedition. Rucksack and sleeping bags are provided.
- Students will pack the remainder of the kit in 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.	<p>Not fashion boots</p>

<ul style="list-style-type: none"> • 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>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 	preferably not cotton
<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</p> <p>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</p> <p>No shower proof, water resistant coats</p>



List of Local kit suppliers:

Company	Links to discount
Go Outdoors GO Outdoors Doncaster Don Valley Outdoor Centre LTD. Littleworth Lane Old Rossington Doncaster DN11 0HJ	10% discount when you take your XP expedition kit list into store!
Mountain Warehouse Lakeside Village Outlet Uni 39 White Rose Way DN4 5JH	10% discount when you take your XP expedition kit list into store!
Trespass Unit 26 Lakeside Village Doncaster DN4 5PH	
Sports Direct Lakeside Village Doncaster DN4 5PH	
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.	

Duke of Edinburgh Kit information and advice.

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