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# Welcome to Longdendale High School



## DofE Parent Information



RESPECT



RESILIENCE



ASPIRATION

## Evening



Longdendale

HIGH SCHOOL

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# What we will cover tonight

- Update of progress - eDofE accounts
- Expedition – Requirements
- Expedition - Equipment & Food
- Expedition – Arrangements

# What is a DofE Expedition?

- It is not a holiday with your mates.
  - It will be challenging.
  - It will require you to be organised.
  - It will require you to be resilient.
  - You may get cold and wet.
  - You may get hot and sweaty.
  - **You will have fun!**
- 
- **It is assessed and forms the final part of your DofE Award**



# Bronze Expedition

**Bronze**

Expedition **2** days **1** night



**6 Hours – 1 night – 6 Hours**

- An unaccompanied, self-reliant journey completed by the participants own efforts
- Before their journey they must Train, Plan and Practice
- **An Expedition must have a Goal**

# Silver Expedition



**7 Hours – 1 night – 7 Hours – 1 night – 7 Hours**

- An unaccompanied, self-reliant journey completed by the participants own efforts
- Before their journey they must Train, Plan and Practice
- **An Expedition must have a Goal**

# Assessment

- You will be assessed on your qualifying expedition to ensure that you have met the 20 conditions.
- You will be provided with a personalised assessment evidencing the skills you have demonstrated whilst on expedition.
- This will be added to your eDofE account.
- Skills will include, leadership, resilience, planning, problem solving, communication.

### DofE qualifying expedition conditions

Planning the expedition	1	The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.		
	2	The expedition must have an aim. The aim can be set by the Leader at Bronze level only.		
	3	All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).		
	4	There must be between four and seven participants in a team (eight for modes of travel which have tandem)		
	5	The expedition should take place in the recommended environment.		
		<b>Bronze:</b> Expeditions should be in normal rural countryside – familiar and local to groups.	<b>Silver:</b> Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups.	<b>Gold:</b> Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
	6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).		
	7	The expedition must be of the correct duration and meet the minimum hours of planned activity.		
		<b>Bronze:</b> A minimum of 2 days, 1 night; 6 hours planned activity each day.	<b>Silver:</b> A minimum of 3 days, 2 nights; 7 hours planned activity each day.	<b>Gold:</b> A minimum of 4 days, 3 nights; 8 hours planned activity each day.
	8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.		
9	Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.			
10	Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.			

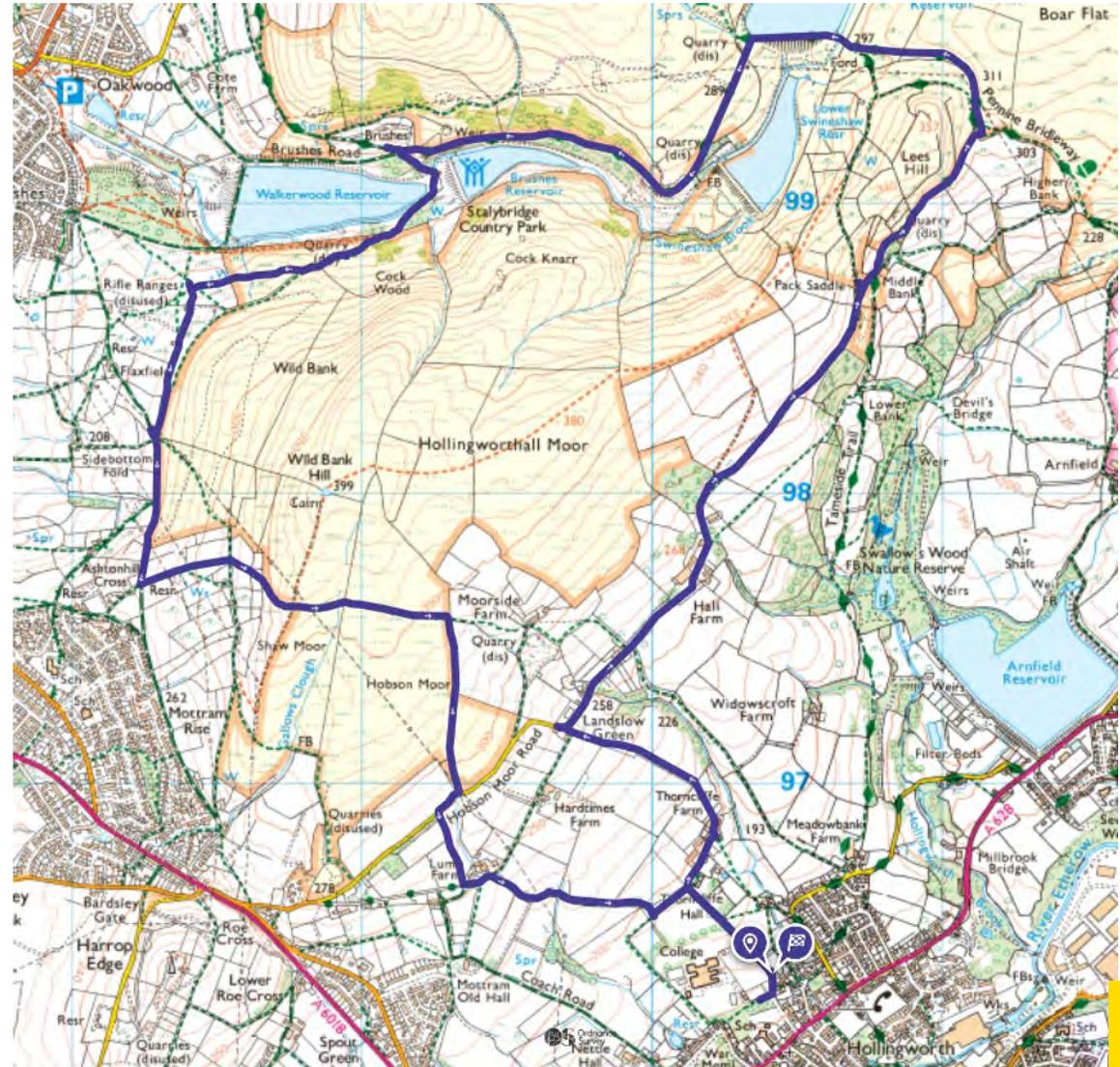
Training and practice	11	Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.		
		<b>Bronze:</b> Teams must complete the required training.	<b>Silver:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.	<b>Gold:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.

# Practice Expedition

## We will cover

- ▶ More Navigation!
- ▶ Campcraft
- ▶ First Aid
- ▶ Dealing with Emergencies
- ▶ Countryside Code
- ▶ Expedition Aims

Elevation



# Example of a Route Card

**DofE EXPEDITION ROUTE CARD (use one per day)**

Centre name/logo:

Team name: Longdendale - Team 1    Day number: 1    Day of week & Date: / /

Team Goal: \_\_\_\_\_

Setting out time: 08:00	Names of team members:									
Leg No	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for team goal, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
1	From: GR 009 957 Glossop tip	To: GR 009 941 A626 Glossop Road	2.1	50	0.45	0.00	0.45		Follow footpath to Malandra Castle. Head onto the path along the road and turn right, heading west	N/A
2	From: GR 009 941 A626 Glossop Road	To: GR 001 931 Hargate Hill Junction High Lane	1.2	60	0.30	0.05	0.35		Find a safe place to cross the road and take PFP at the side of the school. Walk up the road to the T junction.	Down to Rugby club
3	From: GR 001 931 Hargate Hill Junction High Lane	To: GR 023 913 Higher Plainstead farm junction with road	2.5	150	1.05	0.05	1.10		Follow Pennine Bridle way. Cross a road, continue to junction of tracks and paths. Continue east(up) the track towards the woods Having past the woods on your left, turn left, across the field, between the rocks and head southwest along the path to the farm	Back to Monks road
4	From: GR 023 913 Higher Plainstead farm junction with road	To: GR 025 889 Junction of paths nr Blackshaw Farm	2.4	20	0.45	0.05	0.50		Pick up the pennine bridleway / track and head south towards lantern Pike	Down hill to Little Hayfield
5	From: GR 025 889 Junction of paths nr Blackshaw Farm	To: GR 022 869 Crossing of Sett Valley trail and road	2.6	100	1.00	0.30	1.30		Climb Lantern Pike and careful on the steep decent. Continue on PBW until the second road at the bottom of the hill. Cross the river and walk up the hill and pick up the Sett Valley Trail on your left.	Down hill to Hayfield
6	From: GR 022 869 Crossing of Sett Valley trail and road	To: GR 035 869 Sett Valley Trail Car Park	1.7	10	0.35	0.05	0.40		Walk along the Sett Valley Trail to the car park	N/A
7	From: GR 035 869 Sett Valley Trail Car Park	To: GR 048 867 Hayfield Campsite	1.4	20	0.30	0.00	0.30		Cross the road by underpass. Turn right in the village and walk up the hill. Take 1st left and walk along the road - track to the campsite.	NA

8	From: GR	To: GR								
Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours of journeying.			Totals:	13.9	410	5.10	0.50	6.00	Finish time	Team Supervisor's name, location and Tel No:

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit <https://www.dofe.org/shop/> Nov 2023

The Duke of Edinburgh's Award – Expedition Supervision Plan – Day 1

Map reference: [expedition/DofE Team](#)

Centre name/logo:

Team name: Longdendale - Team 1    Day number: 1    Day of week & Date: / /

Team Goal: \_\_\_\_\_

Activity/Route	Grid Reference	Time/Distance	Notes/Supervisors
Glossop Road – busy main road, peak time so heavy traffic (A626) Address by marking it a check point with 2 staff	009 938		Missing the turning for Malandra Castle, this is signposted, if this is missed, they can access the main road via this alternative route 009 938
Being aware of possible traffic on minor road prior to next checkpoint			
Busy main road to cross to next stile (High Lane)	012 931		None at this point
Cows in farmers field – public right of way – Pennine bridleway. If cows are in the field students are to walk around using the road, member of staff will be present to advise them.	012 931		None
If they do cross through the field there is a splitting of the path which could cause navigational error			Students to check route card to ensure they keep to Pennine (Bridleway)
Navigation hazard – main junction of paths and tracks	013 924		Route card will stipulate to keep to path on Coombe Edge Way
Keep to well-marked pathways due to steep sided hill (discuss quarry to the left)	019 919		Need to ensure they check maps and route cards to pick up track to the left
Warned not to climb in the disused quarry. Stick to the path down to the farm and onto the track to the road.	023 913		Many paths' junctions. Make sure they head to the farm
Short walk on minor road Pennine Bridle way			Many paths' junctions. Stick to Pennine Bridle Way.
Steep descent from Lantern Pike	026 878		Group been advised and assessed at checkpoint before the climb

Small section of road without a pavement	021 868		Guide students across the road
Crossing A624 Road	036 86		Guide students via either the underpass or Pedestrian crossing
Glossop Road	009 938	Grp 1 – 8:30am Grp 2 – 8:45am Grp 3 – 10:00am	Louise & Lee Wilde
High Lane (road crossing point near stile)	012 931	Grp 1 – 10:05am Grp 2 – 10:20am Grp 3 – 10:35am	Georgia Mellor to be at point lower down to check students keep to road Luke Pooley to be at main road to assist students in crossing the main road.
Mires Bank	019 919	Grp 1 – 11:15am Grp 2 – 11:30am Grp 3 – 11:45am	Ed Williams and Natalie Parker to be at checkpoint to guide students if needed.
Higher Plainstead Farm Road junction	023 913	Grp 1 – 11:35am Grp 2 – 11:50am Grp 3 – 12:05am	Louise & Lee Wilde
Junction of paths near Blackshaw farm	025 889	Grp 1 – 12:35am Grp 2 – 12:50am Grp 3 – 1:05pm	Georgia Mellor & Luke Pooley, advise group on whether to climb up Lantern Pike or take alternative route
Junction of road & Sett Valley Trail	021 868	Grp 1 – 2:05pm Grp 2 – 2:20pm Grp 3 – 2:35pm	Ed Williams and Natalie Parker to be at checkpoint to guide students across the road.
Sett Valley Car park	036 868	Grp 1 – 2:45pm Grp 2 – 3:00pm Grp 3 – 3:15pm	Louise & Lee Wilde, to supervise safe crossing of A624
Hayfield Camp Site	048 868	Grp 1 – 3:15pm Grp 2 – 3:30pm Grp 3 – 3:45pm	Georgia Mellor & Luke Pooley to welcome students and direct camping area. Joined by Louise & Lee Wilde and Ed Williams Natalie Parker when able.



<b>During the expedition</b>	<b>12</b>	All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
	<b>13</b>	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	<b>14</b>	Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	<b>15</b>	Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	<b>16</b>	Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	<b>17</b>	Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
	<b>18</b>	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.

Post expedition	19	Participants must actively participate in a debrief with their Assessor at the end of the expedition.
	20	At Silver and Gold level, a presentation must be prepared and delivered after the expedition.

- The debrief with the Assessor will happen at the end of the expedition. Your Assessor will then write an Assessor's Report which will appear in your eDofE
- At Silver Level you will need to do a presentation of your Team Project

## The 21<sup>st</sup> Condition

### **Behaviour**

Everyone has signed a Code of Conduct. A breach of this may result in a participant not being permitted to go on the expedition or being removed from it.

## Expedition – Health& Safety Arrangements

- Students will have become familiar with the planned routes during sessions in school and their route cards which identify hazards, and the nearest escape route should this be needed.
- Staff will be a checkpoints throughout the route, with the Expedition Assessor checking in with them at 3 points throughout.
- Each checkpoint will have a member of staff
- Brightly coloured bag covers will be used to help identify groups and they are visible from a distance
- Students will have staff telephone numbers to contact on the day in the event of an emergency.
- DofE staff will have emergency contacts for all parents
- You will be invited to join a WhatsApp Group to receive updates



## Expedition – Health& Safety Arrangements

- Each group will have one tracker so the staff can monitor their progress and whereabouts.
- All students are advised to download Free OS App. Free standard mapping and 'Locate Me' facility. This gives a 6 digit grid reference that can be shared with staff/emergencies services.
- Student are not allowed to use their phones other than in an emergency situation.
- Students must carry and take any medication which they require (inhalers etc). Medical details will be collected. Please speak to me if any special measures need to be put in place.



# Kit List

NAME:

GROUP:

Group Kit	Carried by....	Packed
Tent inner		
Tent outer		
Tent poles/pegs		
Stove		
Pots and pans		
Fuel		

***The only kit that can be attached to the outside of your rucksack is a sleeping mat, which must be in a waterproof bag***

Personal kit (other)	Packed
Rucksack and liner (55-65 litre)	Wear !
Sleeping mat	
Sleeping bag	
Water bottle/Platypus	
Knife/fork/spoon	
Mug and plate/bowl	
Matches (in sealed bag)	
Tea towel	
Emergency contact procedure	
Maps (and map case)	
Compass, route cards	
Head torch/Torch and spare batteries	
Emergency whistle	
Alarm clock/watch	
Notebook and pencils	
Money	
Camera	
Binliners (for keeping things dry and for rubbish)	

Personal kit (Clothing)	Packed
Walking boots	Wear !
Walking socks (1 per day)	
T-shirts/base layers (1 per day)	
Fleece top/jumper	
Walking trousers ( <b>not jeans</b> )	
Underwear	
Nightwear	
Comfy footwear(for campsite)	
Shorts, Sunhat (warm weather)	
Woolly hat/scarf/gloves (Cold weather)	
Waterproof coat/top and trousers	
Personal kit (toiletries/medical)	Packed
Personal basic first aid kit	
Blister plasters	
Sun cream/mosquito repellent	
Toothbrush and paste	
Deodorant	
Personal toiletries	
Small towel	
Toilet paper	
Water purification tablets (if advised)	

## Expedition Equipment

- Clothes – Use a layering system to trap air (which will keep you warmer)
  - Inner layer (T-shirt/synthetic base layer)
  - Middle layer (fleece/jumper)
  - Outer layer (waterproof and windproof jacket)
  - Legs – NO JEANS or thick cotton tracksuit bottoms!! Synthetic tracksuit bottoms are best or walking trousers (maybe with long-johns underneath)
  - You must have waterproof over-trousers as well as a coat
  - A hat (to protect you from the sun!) and gloves
- Maps, route cards and compasses will be provided
- Rucksack – 55 to 65 litres with lots of outside pockets for easy access to water, food, waterproofs, notepads, pencils, camera etc.
- A head torch is a good investment too

## Advice on buying kit

- Boots – sturdy and waterproof with ankle support. Brush off the mud when dry after you get home. Don't spend a fortune! Comfort is most important. Break them in!
- Walking socks – keep your feet as dry as you can to avoid blisters. Plenty of spare socks. A small pot of Vaseline
- Sleeping bags – stuff them in, don't roll them – wrap in a black bin bag to stay dry. 2-3 season and mummy-shaped is best!
- Roll Matt – the only thing that can be attached to the outside of your rucksack (in a sealed binbag too!)
- We have some stock that we can loan – just ask!



You can get almost everything from here It's on Deansgate, Manchester



In Manchester & Stockport

A 10% discount will be available in-store if students bring proof of their DofE membership.



In Glossop



In Stockport

Some recommended brands



(search the internet!!!)

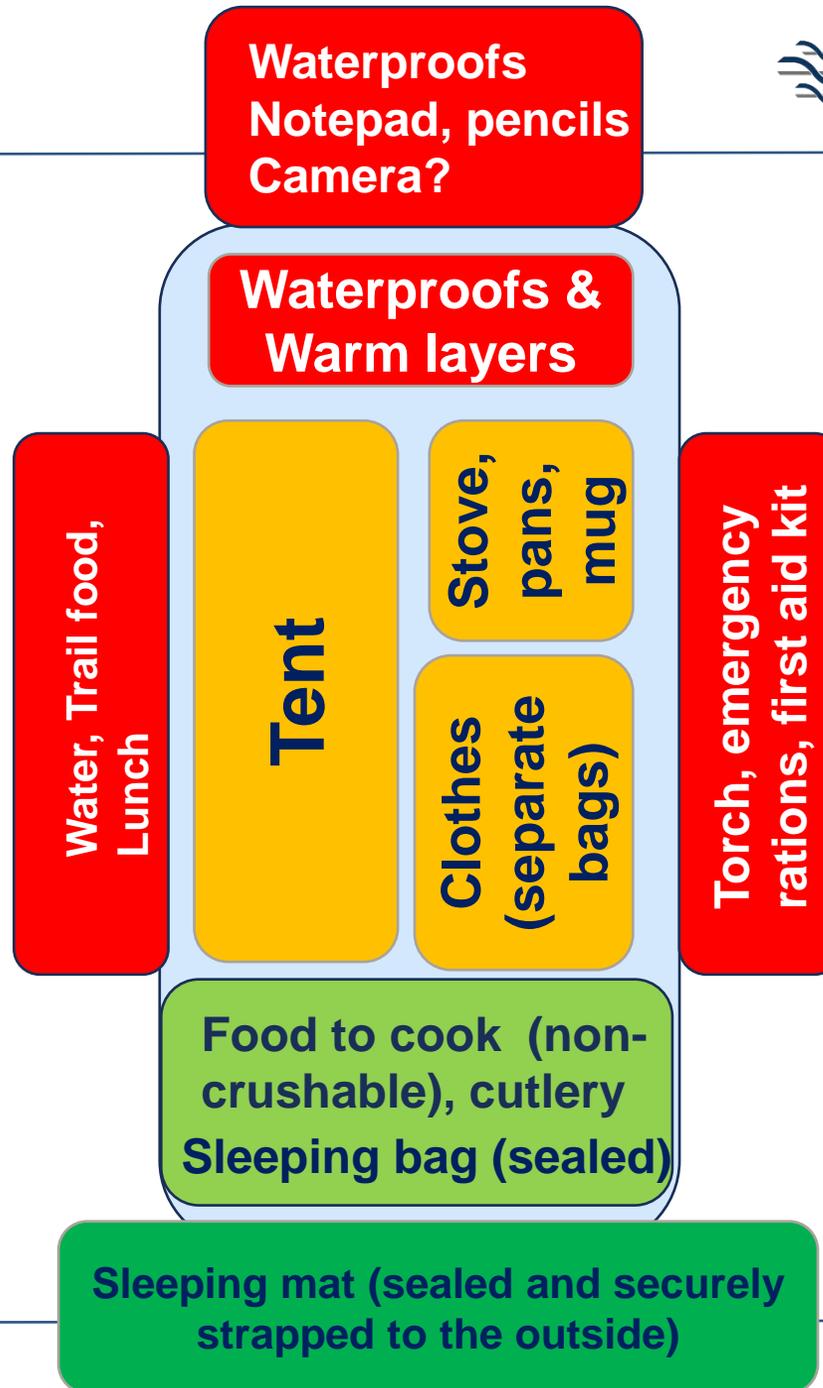
GOOGLE: DofE kit list



# Rucksack Packing Suggestions

Key Points:

- Red sections are easy to access.
- Heavy items should be near the top of the main section and close to your back.
- Stuff clothes (in bags around bigger items in the main section)
- Use the bathroom scales to see how heavy it is – NO MORE THAN ¼ OF YOUR MASS !!
- Keep sharps away from the edge of compartments.
- **Search** ‘How to pack a rucksack’ on Google Videos if you want 10 minutes of even more of this!
- Students should pack their rucksack rather than parents, so they know what is where!
- The only thing that should be outside of your bag is your sleeping mat.



Wearing it:

- The hip belt should take most of the weight and should be at the top of the hip bone.
- Shoulder straps should be tight-ish, ensuring the rucksack is high and against your back



They have NO real nutritional value – a snack not a substantial meal.  
Super noodles are just as bad



Good with dried pasta but not in a jar, packets are best



Quick and easy as part cooked



These don't travel well unless you have a banana case!



Avoid tins if you can as they are heavy



OK for 1<sup>st</sup> day sarnies but easily squashed – pitta bread is better



# Food choices YES or NO ?

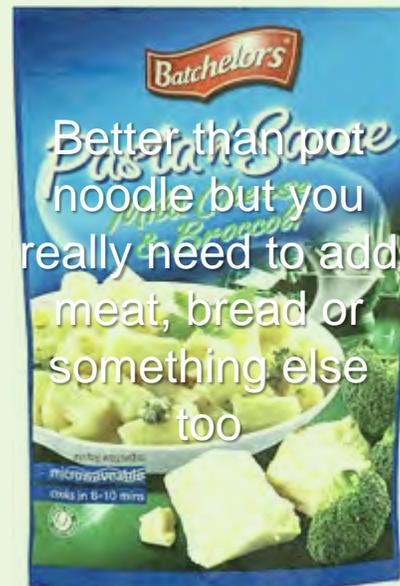
The same as bread!



Ideal, easy to cook, no mess and nutritious.. But expensive !!



Better than pot noodle but you really need to add meat, bread or something else too



Ideal for filling pitta breads



## Water arrangements

- Clean water is available at all campsites
- You will need to carry plenty of water. One small bottle is not enough.
- Better to carry multiple smaller ones than one massive one as easier to distribute weight and keep cool (freeze one?)
- Reusable bottles are better than disposable

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## BRONZE Expedition Arrangements

Practice Expedition – Tues 19<sup>th</sup> May 2026

Qualifying Expedition – Thurs 18<sup>th</sup> – Fri 19<sup>th</sup> June 2026

- *Chinley Campsite, Black lane head farm, Buxton Rd, Chinley, High Peak SK23 6DT*

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- BRONZE Practice Expedition – Tues 19<sup>th</sup> May 2026, Hobson Moor

- All students will need to arrive at school for 8am with their rucksack packed as it would be for the actual overnight expedition. They will then be allocated the rest of the camping kit amongst them to carry as a group.
- The practice walk will take place during the school day, leaving school at approximately 9.00am. We are planning to be back at school for approximately 4pm. Please make necessary arrangements for your child to get home.
- We will walk as a full cohort but this is a chance for participants to walk in their expedition groups and practice their skills
- On return to school, each group will pitch a tent and have a go at setting up the camp stove. The stoves will only be used to boil water to make a warm drink.
- Students should bring along their own packed lunch, snacks and fluids for the day. They do not need to carry food for that evening or the following day.

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## BRONZE Qualifying Expedition - Thurs 18<sup>th</sup> – Fri 19<sup>th</sup> June 2026

- On Thurs 18<sup>th</sup> June 2026 participants to meet at school at 8am and be transported by the school minibus to the start of the route (just below Melandra Castle). The groups will have staggered start times.
- On the morning of the expedition a bag check will take place
- During the expedition students need to have planned a team goal/project and complete this over the duration of the two days. Students will be given ideas for this team goal. It needs to be agreed prior to the expedition day.

## BRONZE Qualifying Expedition

- On Friday 19<sup>th</sup> June 2026 participants will need collecting by parents from Hayfield Bus Station, end of Sett Valley Trail, SK22 2ES at approx. 3pm (If this changes updates will be provided)
- As each group finishes there will be a debrief by the Expedition Assessor before students are allowed to leave. This is a Duke of Edinburgh requirement.

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## SILVER Expedition Arrangements

Practice Expedition – Thurs 7<sup>th</sup> May – Sat 9<sup>th</sup> May 2026

- *Linnet Clough, Mellor, Marple Bridge, Stockport SK6 5NB (both nights)*

Qualifying Expedition – Thurs 9<sup>th</sup> July – Sat 11<sup>th</sup> July 2026

- *Gradbach Campsite Old Hall Farm, Gradbach Scout Camp, Gradbach, Buxton SK17 0SU*
- *Barnswood Campsite, Leek Old Rd, Macclesfield SK11 0RB*

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## SILVER Practice Expedition - Thurs 7<sup>th</sup> - Sat 9<sup>th</sup> May 2026

- All participants will need to arrive at school for 8am with their packed rucksack
- Participants will walk from school to Linnet Clough
- Day 2 will be a circular route back to Linnet Clough
- Students should bring along their own packed lunch, snacks for both days, food for 2 x evening meals / breakfasts and enough fluids for the day.
- **ALL FOOD MUST BE STORED IN A 'BADGER BOX'!**
- Students should be collected from Linnet Clough at 10am on Sat 9<sup>th</sup> May

## SILVER Qualifying Expedition - Thurs 9<sup>th</sup> - Sat 11<sup>th</sup> July 2026

- The expedition starts from Trentabank Reservoir CarPark, Clarke Ln, Sutton, Macclesfield SK11 0NS at 9am

Parental support to get students to the start of the route would be massively appreciated

- Participants will walk from here to Gradbatch Campsite
- Day 2 walk will be from Gradbatch Campsite to Barnswood Campsite
- Students should bring along their own packed lunch, snacks for both days, food for 2 x evening meals / breakfasts and enough fluids for the day.
- \*If possible, participants should be collected from Gradbatch Campsite on Sat 11<sup>th</sup> July at approx. 3pm. Please car share where possible
- Participants unable to be collected will be returned to school in the minibus

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# LHS Staff Team

- Mrs Charles – Manager / First Aid
- Mr Williams – Assessor / Supervisor / First Aid
- Mr Kilkenny – Assessor / Supervisor / First Aid
- Mr B Bowden – Leader / First Aid
- Mrs Williams - Leader
- Mrs Parker – Leader /SEN

## What should students be doing in the meantime?

- Practice walking and navigating as much as possible

Any participants who cannot demonstrate a good knowledge and understanding of navigation skills may need to defer their expedition to the following year. This will be assessed following the practice day.

- Regularly update their eDofE account. Some students have already completed some of their sections – Well done!
- Source all your kit and start breaking in your walking boots
- Participants will have until the end of the academic year to complete all the other elements – volunteering, skill & physical
- Completing the Bronze Award in Yr 9 will allow students to progress to the Silver Awards in Y10.
- Blue Token Vote at Tesco expires on 31<sup>st</sup> March 2026
- Ensure Emergency Contact Form is completed

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**YOUTH  
WITHOUT  
LIMITS**



**Thank you  
Questions?**



**RESPECT RESILIENCE ASPIRATION**



**Longdendale**  
HIGH SCHOOL

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