



DOLLAR ACADEMY



DOLLAR FK14 7DU
SCOTLAND
dofe@dollaracademy.org.uk

August 2021

Bronze DofE training expeditions – information for pupils and parents

Dear Parents and Form III pupils,

This page is an introduction to the expedition section, which consists of a practice expedition this Autumn (you will choose one of the three weekends in Sept/Oct for this) and an assessed expedition the following May. If you wish to organise your own expedition with an approved expedition provider, you are most welcome to do so.

For your expedition you **have to** attend after school expedition training and preparation sessions on the Wednesday (3.30–6pm) and Thursday (3.30–5pm) immediately prior to your weekend expedition. Unfortunately if you miss these you will not be allowed to go on the expedition; speak to Mr Johns or Dr Scheuerl if you foresee any problems here – you may be able to attend a Wednesday training session a fortnight earlier. You also have to return hired kit on the Tuesday after your expedition to complete your training.

The (accompanied) training (or “practice”) expedition requires you to provide certain items for yourself and if you do not yet have these, you may need to go shopping/borrowing. Remember that you can get at least 10% off in almost any outdoor shop by showing your DofE card (eDofE details on your phone should work too).

Essentials:

1. Boots (**with ankle support** – not merely “tough” trainers);
2. Sleeping bag;
3. Rucksack (at least 65 litres in size);
4. Sleeping mat (foam or inflatable);
5. Waterproof jacket and trousers (“taped seams” are needed; most “soft shell” layers are not suitable as waterproofs for Scottish weather);
6. Compass advised (ideally one for each group member).

Boarders can hire items 3, 4 & 5 above since we understand the difficulties in transporting this kit around the country/world. Other items (tents £2, stoves/gas £1 and some safety items) can be hired from the school for a nominal fee.

Expeditions are in proper wilderness in the hills behind Dollar, often in the middle of nowhere and usually beside a stream (but not always). Pack wisely, eat well and be ready to learn lots. If you have done no walks with a rucksack and boots, you should try this over the next few months – this can be a big help. We have a strict no phones/electronics policy.

For any other queries pupils should speak to Mr Johns or Dr Scheuerl in the first instance; further enquiries can be made by email.

Most of all, enjoy the expeditions - they should be a special experience and a real adventure.