



**RISEDALE**  
A family of learners

**RISEDALE SCHOOL**

Headteacher: Colin D Scott BEd NPQH  
Hipswell, Catterick Garrison, North Yorkshire. DL9 4BD  
Tel: 01748 833501 | Email: [enquiries@risedale.org.uk](mailto:enquiries@risedale.org.uk)  
[www.risedale.org.uk](http://www.risedale.org.uk) | @RisedaleSchool @RisedaleFamily

Wednesday 24th May 2023

Dear parent/carer,

**SUBJECT: Duke of Edinburgh Bronze Expedition**

By now all pupils should be well on their way to completing 3 of the sections necessary to gain the DofE Bronze Award: this includes volunteering, physical and skill. Two of these sections span 3 months and one must continue for 6 months, for an average of approximately 1 hour per week.

Now that the days are longer and the weather is improving it's now time to embark on the 4th section - the expedition. There is no longer a requirement for a practice expedition, but pupils will need to continue to attend training sessions after school every Tuesday from 3.15pm to 4.15pm.

**Qualifying Bronze Expedition: Saturday 24<sup>th</sup> – Sunday 25<sup>th</sup> June 2023**

For the upcoming expedition, it is recommended that pupils have their own walking boots and some decent walking socks to prevent blisters. However, the most important thing is to be comfortable, so good strong trainers are an alternative option especially if the weather is fair. We will provide tents, maps, camp stoves and fuel. We have a few large ruck-sacks that can be borrowed, but pupils will need to bring the food they will eat over 2 days, spare clothes, a personal first aid kit, a sleeping bag and a sleeping mat.

You can find a complete DofE kit list on their website, but I have issued a shorter, essential list that you can find on pages 2-3 of this letter.

Pupils will need to carry a rucksack with everything they will need for the two-day trip. They will work in teams, plan their own route from Leyburn to St. Joseph's Wood in Aysgarth where they will camp overnight, cook and eat a meal. As a team, they must decide on an aim for their expedition and will carry out relevant activities along the way. The next day they will journey on foot back to Leyburn by an alternative pre-planned route.

Pupils should arrive at school by 8.30am on Saturday and we will aim to return by 5.30pm on Sunday - although this will depend on how quickly they walk and their navigational skills!

**Consent:** To secure a place for your child, please complete the consent form which will be emailed to you separately from Evolve, before Friday 9th June.

If you have any questions about the kit list or the expedition in general, please feel free to contact me at school on [hailwood.j@risedale.org.uk](mailto:hailwood.j@risedale.org.uk)

Yours sincerely,

**Jane Hailwood**

(Senior Teacher / Science Faculty Leader / DofE Manager)



## Bronze Expedition Kit List

There is a full kit list available to download on the DofE website and all participants have their own log-in to access this. This is my scaled-down version.



- It is vital that YOU pack your rucksack, not your parents/carers. You need to know where everything is, and you need to be able to pack it back up on Sunday morning without them!
- When you pack your rucksack, aim to put heavier items in first and try not to have anything digging into your back.
- Keep your food and waterproof near the top for easy access.
- There will be nowhere to charge your mobile phone over the weekend, so use it for emergencies only to conserve the charge!

## Personal Kit

Walking boots (broken in)	Although walking boots are the best option as they support the foot and ankle, it is essential to be comfortable and avoid blisters if possible. A decent pair of trainers can be worn as an alternative.
2 pairs of walking socks	Comfortable feet are essential.
Waterproof jacket	Check the weather forecast before we go. If it's raining on the day, you will need to wear a good waterproof. Otherwise, a small pac-a-mac would be best.
Waterproof trousers	Optional, and only if the forecast looks very wet and cold.
2 x t-shirts	Lightweight and quick drying is best
Warm fleece or hoodie	Again, check the weather forecast. Take a spare if it looks like being cold/wet. You may want to sleep in one of them.
Underwear	
Hat or sunhat	It depends on the weather!!
Large rucksack	This will be heavy, so it must have a good back fitting and sit on your hips not below. I have a few spare with adjustable back-straps if you need to borrow one.
Sleeping bag	This should pack up small. I have a few spare at school. They are clean!
Sleeping mat	These can be foam or small inflatable ones. You would probably need to attach a foam mat tightly rolled up to the top or bottom of your pack
Water-proof bag/liner	This is to stop everything in your pack from getting wet if we have heavy rain. Alternatively, pack everything in plastic bags in your rucksack.
Personal first aid kit	<ul style="list-style-type: none"> <li>• Blister plasters - Compeed are expensive, but best!</li> <li>• Any inhaler or medication you need, keep with you.</li> <li>• We will have some paracetamol for headaches, but you may wish to pack a couple of your own. Not a big box please.</li> </ul>

Food	<ul style="list-style-type: none"> <li>● 2 x packed lunches, one for Saturday and one for Sunday</li> <li>● Dinner to be cooked on a camping stove (this is part of the assessment)</li> <li>● The vac-packed army ration-type meals are best if you can get them. They can be bought from Cotswold Outdoor on the Garrison, but are quite pricey. Ask your army friends first.</li> <li>● Sweets/snacks</li> <li>● Energy bars</li> <li>● Energy drinks</li> <li>● You will probably be hungry as you will expend a lot of energy, but please remember ALL LITTER MUST BE CARRIED WITH YOU TILL YOU GET TO A BIN, INCLUDING SMALL SWEET WRAPPERS.</li> <li>● Optional: marshmallows for toasting</li> </ul>
Cutlery	Or spork!
Water bottle	We will carry water on the minibus and you will be able to refill this at checkpoints.
Plastic mug	Only if you want a hot drink at the campsite.
Suncream	Hopefully, you will need this!
Money	Just a couple of pounds, no more. I've no idea why you would need this, but you never know!
Wash-kit	Bring the absolute minimum. Toothbrush, wipes, and toothpaste (maybe share this).
Sunglasses	Optional
Insect repellent	We don't normally have a big problem with bugs, so optional.

### **Group Kit (You will carry this between you.)**

Tent	We will provide these. We usually take them apart so one person carries poles, another the tent. We will hand this out a few days before the trip.
Stove and fuel	We have some Trangia stoves to loan to groups, but you may have your own you prefer to use. We will hand these out next week.
Matches	In a plastic bag!
Compass	From school
Map	From school
Toilet paper or tissues	