



July 2024

Dear DofE Expedition Team,

There have been fantastic efforts so far with your Expedition training and the practice expedition that you recently took part in. This practice enabled you to have a feel for what your Silver Expedition will be like and put all your practice in to action. The practice expedition should also help with fine tuning equipment, clothing and food requirements.

Your DofE Silver Expedition is due to take place on Tuesday 09, Wednesday 10 and Thursday 11 July. As you know, the Silver Expedition will be for 3 days and 2 nights. Each day should be a duration of 7 hours planned activity and must have a team goal <https://www.dofe.org/wp-content/uploads/2023/03/Team-Goal-Support-and-Examples.pdf>. You are required to be a self-sufficient team, complete the expedition under remote supervision and carry all necessary clothing, equipment, food and drink that you need for all 3 days. Overnight, you will be staying at The Bushy Wood Activity Centre as our base camp, which is located near Hailsham. For details visit the website <https://www.bushywood.org.uk/>.

On day one you will meet your leader and assessor at the Steyne Road Site at 10:00am. You will be briefed about the day ahead, have a kit check and when you are ready you will set off on your first expedition route. The day 1 route will take you from Seaford Head School - Steyne Site, to Bushy Wood Activity Centre. The duration of your expedition will be a minimum of 7 hours planned activity, this includes your lunch stop, breaks, taking part in your team goal and on route your assessor and leader will meet you at various checkpoints. When you arrive at Bushy Wood (arrival time will vary), you will be required to set up camp, cook dinner and then you can relax for the evening. You can plan evening activities if you wish or spend this time relaxing, reflecting on the day or planning the next day's expedition.

On day two you will wake, cook breakfast, get yourselves ready and pack your bags ready for your second expedition route. This route will take place around the Bushy Wood area and during this time you will have to complete your team goal. The duration of your day should be a minimum of 7 hours planned activity, including a lunch stop, breaks and time taken to complete your team goal. On route your assessor and leader will meet you at various checkpoints. You will then return to Bushy Wood for another evening meal and any evening activities (arrival time may vary).

On day three you will wake, cook breakfast, pack, clear the site and prepare yourselves to journey back to Seaford Head School. The duration of your expedition will be a minimum of 7 hours planned activity, this includes your lunch stop, breaks, taking part in your team goal and on route your assessor and leader will meet you at various checkpoints. Your arrival back to Seaford Head School will vary and will depend on what time you leave in the morning. The Expedition will end with a debrief back at the Steyne Road Site and then you are free to leave.

Seaford Learning Trust

Mr R Ellis, Headteacher

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As this expedition is a 3-day, 2-night expedition, you will have to carefully plan your expedition kit. Your kit will be checked before you start your expedition to ensure you are carrying adequate kit for the expedition, so that you are safe to be out under remote supervision and are a self-sufficient team. You need to ensure you are well equipped and ready for any changes in the weather - even if the forecast is good. Please bear in mind some footpaths may be overgrown with brambles, nettles etc so you may have to take this in consideration. As you will be out in the countryside, you will have to be aware of insects and ticks. Please ensure you check that you are clear of any ticks after each day of your expedition. Some first aid kits have a tick removal tool if you so need it. Further information on ticks can be found here:

<https://www.nhs.uk/conditions/lyme-disease/>.

Food and Drink

As you have completed your practice expedition, this will give you an idea on what food and drink you will need. Please ensure you carry enough water to stay hydrated throughout your expedition. It is recommended that you start your expedition with 2 litres of water. We will be able to top up your water at each checkpoint if you need it. You should have already planned your food to ensure you are consuming enough calories throughout the day to keep you going - It is likely you will burn in excess of 1000 calories each day. You will not be able to stop off at the shop or someone's house - so ensure you have enough food with you for the whole expedition. Remember to think about food hygiene, storage and transport as you will have to carry your food around with you – so nothing that needs refrigeration or to be kept frozen. Your main meals will be 2 breakfast meals, 3 lunches and 2 dinners with any other snacks or emergency rations. Please ensure you have included this in your meal planning and you are consuming enough food.

Clothing and Equipment

Following your practice expedition, you should know if you overpacked with any unnecessary items. However, remember that this time it is 3 days and 2 nights.

Information on the full expedition kit list can be found online https://www.dofe.org/shop/wp-content/uploads/2024/04/DofE_Expedition_KitList_April2024.pdf This list is a GUIDE to the items you may need when doing a full DofE expedition. Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition. For more information visit <https://www.dofe.org/shopping/expedition-kit/>. Remember to pack your rucksack in the best way possible. DofE as this helpful guide to give you some reminders <https://www.dofe.org/shop/everything-you-need-to-know-about-packing-your-expedition-rucksack/>

The kit below is available to borrow from the school on the day of your expedition. Any kit borrowed must be returned in the same condition. Any lost/damaged items will be charged to the individual responsible:

Ordnance Survey Map, Compass, Waterproof Map cases, Tent(s), Roll mat, Trangia cooking stove and pans, Camping stove fuel, Emergency shelter.

Mobile Phone Use

Mobile phones are not permitted on expedition, except for emergency purposes only. Please decide on whose phone you will be carrying for an emergency and discuss who will be carrying this. All other phones can be left at the bottom of your bags for a backup phone if needed. If any of the team is seen on their phone, then the phone will be collected by staff for safe keeping.

Please complete the ParentPay booking payment of £10.50 and consent. Please ensure you record if there are any specific medical needs, allergies or further information that we need to know about. If we do not receive this ParentPay booking and consent, then you will not be able to complete the expedition.

Please get in touch if you require any further information - danielvaughan@seafordhead.org.

Yours sincerely,

Dan Vaughan

Mr Vaughan

DofE Lead