



SEAFORD HEAD SCHOOL

Achieving Excellence Together

February 26

Dear DofE Team,

You have been booked on to your DofE Bronze Assessment Expedition which is due to take place on Thursday 18 and Friday 19 June. Specific details regarding meeting times etc will be confirmed nearer the time, but to give you an idea of the plan for the expedition see below.

The Assessment Expedition will be for 2 days and 1 night. Each day should be a duration of 6 hours of planned activity and must have a team goal. Throughout the expedition you are required to be a self-sufficient team, complete the expedition under remote supervision and carry out all necessary prior planning in regards to clothing, equipment, food and drink that you need for both days of the expedition. The route will be in the local area and we are planning on using a Campsite at Alfriston as your overnight base-camp <https://www.alfristoncamping.com/>.

On day one you will meet your DofE leader and assessor in the morning at the Steyne Road site. The meeting time will be confirmed nearer to the time once you have finalised your routes. 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 duration of your expedition will be a minimum of 6 hours planned activity, this includes your lunch stop, breaks, completing your team goal and on route your assessor and leader will meet you at various checkpoints. When you arrive at the campsite, you will be required to set up camp, cook dinner and then you can relax for the evening. You can plan evening activities, spend this time reflecting on the day or planning the next day's expedition. Your Expedition Leaders will be staying at the camp site with you, to ensure you are safely supervised. However, they will give you space so that it feels like it is your own expedition.

On day two 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 6 hours planned activity, this includes your lunch stop, breaks and on route your assessor and leader will meet you at various checkpoints. Your arrival back to Seaford Head School will vary depending on pace and navigation. The expedition will end with a debrief back at the Steyne Road site and then you are free to leave.

As this expedition is a 2-day overnight 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 looks good. Please bear in mind some footpaths may be overgrown with brambles, nettles etc so you may have to take this in consideration if wanting to wear shorts. Please consider wearing sun cream and wear it on both days to keep your skin protected by the sun. DofE would also like to raise concerns with insect such as Ticks, so 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/>.



Part of the
SEAFORD
LEARNING TRUST

01323 8916623

reception@seafordhead.org

Arundel Road, Seaford,
East Sussex BN25 4NQ



Food and Drink

Please ensure you have a bottle big enough to carry an adequate amount of water, so you 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 aim to consume enough calories throughout the day to keep your energy levels up - It is likely you will burn in excess of 1000 calories each day on top of your normal daily amounts. 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 do not bring anything that needs refrigeration or to be kept frozen. Your main meals will be 1 breakfast meal, 2 lunches and 1 dinner with any other snacks or emergency rations. Please ensure you have included this in your meal planning. We have discussed this in your Expedition Planning already.

DofE Expedition Food - <https://www.dofe.org/shop/expedition-kit/expedition-food/>

DofE Meal Planner - https://www.dofe.org/shop/wp-content/uploads/2024/03/DofE_Expedition_Menu_Planner_Feb_2024.pdf

Clothing and Equipment

You will be required to carry all you need for the 2 days including clothing and equipment for overnight camping. Information on the full expedition kit list has been given to you or can be found online. https://www.dofe.org/wp-content/uploads/2026/01/DofE_Expedition_KitList_January2026.pdf

Remember, you must test and be comfortable using all your equipment before the expedition. Your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition. Any stoves used need to be checked by staff before use and it is advised not to use paraffin as a fuel source. For more information visit <https://www.dofe.org/shopping/expedition-kit/>

If you are struggling to get hold of any kit, then please get in touch and we may be able to arrange something. Any kit borrowed must be returned in the same condition and is on a first come first serve basis. 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, Camping stove fuel, Emergency shelter.

Mobile Phone Use

Mobile phones are not permitted to be used 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. You can use this phone to contact staff if needing any assistance. Contact details will be given to you on your expedition day. It might be worth to consider downloading What 3 Words <https://what3words.com/> as this is now a recognised support app.

Do remember that this is an assessment expedition and the following conditions need to be met <https://www.dofe.org/wp-content/uploads/2025/10/Expedition-requirements-september-2025.pdf> .

If any of the requirements are not met, then it could mean you will be deferred and will have to complete the expedition again. Please ensure you have read and discussed all necessary

information regarding your expedition with your team and at home. Remember to look on your DofE Teams page for further support.

Consent Forms are now completed online using ParentPay. You will be required to make a payment for the campsite which will be £15.00. This includes use of gas during the expedition. The deadline for this is 13 April. Please ensure you record on the consent form if there are any specific medical needs, allergies or further information that we need to know about. If we do not receive a consent form and payment, then you will not be able to take part in the expedition.

Further confirmation will be sent out nearer to the time, but please get in touch with your Expedition Leader if you have any initial question.

Best regards,

Mr Vaughan

danielvaughan@seafordhead.org