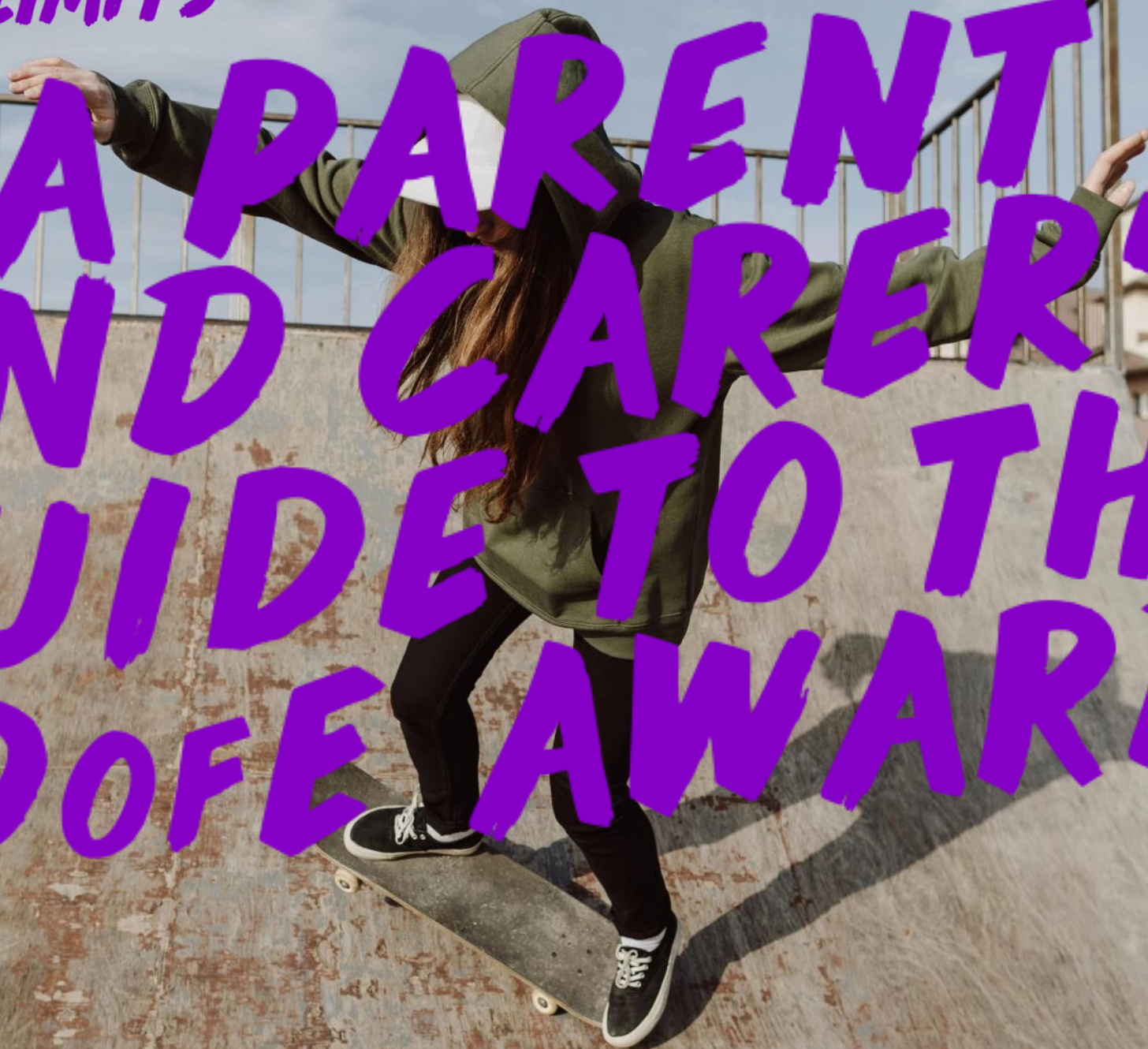




**YOUTH
WITHOUT
LIMITS**

A PARENT AND CARER'S GUIDE TO THE DOFE AWARD



Why do the DofE?

- A life-changing adventure which will help you develop the skills you need for your future life and work.
- Helps you stand out from the crowd when applying for jobs, colleges or universities.



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Who can do it?

-The DofE is open to everyone – No matter what your starting point, it'll be an adventure.

-You set your own goals that are achievable for you.



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What's involved?



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What's involved?

SILVER

Volunteering 6 months

Physical

one section for
6 months, the

Skills

other for 3 months

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



What's involved?

GOLD

Volunteering **12** months

Physical

one section for
12 months, the

Skills

other for 6 months

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

Expedition **4** days **3** nights



Residential **5** days **4** nights

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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Volunteering section

- Helping older people
- Raising Money
- Animal Shelter
- Litter Picking
- Sport Coaching
- Park Run
- DofE Young Leader

Helping people

- ☐ Helping children
- ☐ Helping children to read in libraries
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need
- ☐ Helping people with special needs
- ☐ Tutoring
- ☐ Young carer
- ☐ Youth work

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Peer education
- ☐ Personal safety
- ☐ Promotion & PR
- ☐ Road safety

Working with the environment or animals

- ☐ Animal welfare
- ☐ Environment
- ☐ Rural conservation
- ☐ Preserving waterways
- ☐ Working at an animal rescue centre
- ☐ Litter picking
- ☐ Urban conservation
- ☐ Beach and coastline conservation
- ☐ Zoo/farm/nature reserve work

Helping a charity or community organisation

- ☐ Administration
- ☐ Being a charity intern
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Supporting a charity
- ☐ Working in a charity shop

Coaching, teaching and leadership

- ☐ Dance leadership
- ☐ DofE Leadership
- ☐ Group leadership
- ☐ Head student
- ☐ Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition



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Volunteering section

Ideas and templates on our website here:

[Delivery toolkit - The Duke of Edinburgh's Award \(dofe.org\)](https://dofe.org)

Could you be a DofE Young Leader?

[DofE Young Leaders - information for adult Leaders - The Duke of Edinburgh's Award](https://dofe.org)



DEVELOP LEADERSHIP SKILLS AS A DofE YOUNG LEADER

"Becoming a Young Leader has helped increase my confidence and feel as though I'm part of a community"

Shehbaaz, Young Leader

DE YOUTH WITHOUT LIMITS

We're looking for a Young Leader to help support delivery of The Duke of Edinburgh's Award.



The Duke of Edinburgh's Award
Volunteering to fundraise

Below is a 13 week template to guide you through a remote or socially-distanced volunteering programme to fundraise for a charity.


Be creative, have fun and, if you wish, work with others to scale up your ideas and complete your Volunteering section as a team.

Session	Suggested activity
1	Find out about your chosen charity To make the most of your DofE Volunteering section, start by doing your research. What is the background to the charity you have identified? Identify a suitable Assessor (a.g. someone who works for the charity, or who has a connection to the charity) and contact them to ask for an initial meeting (online or over the phone).
2	'Meet' your Assessor When you first 'meet' your Assessor, talk to them about your goal for this section. What do you want to achieve? Share your project ideas with your Assessor and decide how the end product will look. Some ideas include a virtual or socially-distanced event (a.g. a fancy dress day, online baking lesson, mindfulness activity – be imaginative!), a personal challenge like running a certain distance, or an online campaign.
3	Start working on your project Use your time to find out more about your project – speak to others linked to the issue and the charity you have identified to find out their needs and experiences. Research and set up an online donation page that can be shared in the coming weeks.
4	Start sharing your project more widely Create publicity materials (images, information, videos – anything to share on social media!) and start to share your project with friends and family. Don't forget to share the link to your online donation page too! If you are arranging a virtual or socially-distanced event, speak to those in charge to arrange any necessary logistics such as a headteacher or Scout Leader.
	
It's the big day – oversee the collection of any donations if this hasn't already been handled online, and run your chosen activity.	
12	Celebrate! Share your success on social media and thank everyone that has supported you, including anyone you reached out to at the local newspaper, radio station or businesses.
13	Evaluate your project Make a note of your key successes and any challenges you faced during this project. Talk to your Assessor about your achievements during your time volunteering. Hand over to the next participant or group, or share your experiences with the next DofE cohort in your centre.

Note: sessions can be combined or broken into multiple blocks, as long as the total time period (between session 1 and session 13) covers a minimum of three months. As a reminder, you should be doing an average of an hour of activity each week.

Suggestions for evidence:

- Activity log
- Diary entries
- Photographs/short videos
- Screenshots from social media
- Copies of any resources you create

 @DofE
  theDofE
  theDofEUk
  DofEUk

The Duke of Edinburgh's Award is a Registered Charity No. 807895, and in Scotland No. SC038894, and a Royal Charter Corporation No. RC008895.
Registered Office: Suffolk House, Shaftesbury Road, WINDSOR, Berkshire SL4 1WU 29/05/2018

DofE.org

Physical section

**Take part in whatever
dance, sport or fitness
activity you would like**

**Get fitter and have fun
along the way!**



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Physical section ideas

- Swimming
- Rugby
- Gym
- School clubs
- Couch to 5k
- Mountain Biking
- Yoga

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/Aquathlon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampoline
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Cerec
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/breakdancing/hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ Racketlon/Rackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Karate
- ☐ Kendo
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfbal
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby



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Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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Skills section ideas

- Drama, Music
- Computer coding
- Fishing
- Photography, art, craft
- Cooking
- Duolingo
- Reading, Writing
- Driving
- First Aid



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Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at [DofE.org/skills](https://www.dofe.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies
- ☐ Listening to, analysing & describing music

- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

continued over...

Expedition

**Create memories that
will last a lifetime**

**Planning, training for
and completion of an
adventurous journey**



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What Will they Do?

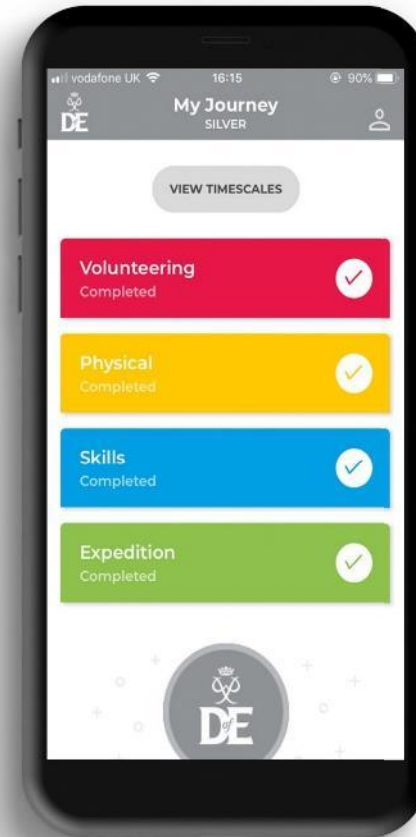
- They will work on each section on average an hour a week
- Record how much time they spend on each activity
- Ask someone with a good understanding of the activity to be their assessor and write an assessor's report at the end



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Welcome Pack and eDofE



Your Role

- Guidance
- Encouragement
- Practical support
- Recognising achievement



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Top Tip

- Remember you can use activities/hobby's you're already doing towards your DofE
- You don't have to do it on your own, you can do it in a group



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Evidence:

Students need to keep an activity log for each section to prove they have spent the right amount of time on each section. A photo of this log will then be uploaded as evidence. We also like to see lots of photo's of what the students have been up to please

[illegible]

vodafone UK

15:30

53%

DE

My dashboard

BRONZE

* Assessor's position:

Teacher

Assessor's email:

Assessor's telephone no:

* My Leader is:

Harry Potter

MANAGE EVIDENCE

The screenshot shows a mobile application interface with a purple header. At the top left, there's a status bar with 'vodafone UK' and '15:05'. Below the status bar, on the left, is the 'DE' logo with a crown. In the center, it says 'My dashboard' and 'BRONZE'. On the right, there's a user profile icon. The main content area has a white background. At the top, it says 'Manage evidence' in large bold letters, followed by 'Volunteering section' in smaller letters. Below this, there are two white rounded rectangular buttons. The first button has a plus sign and the text 'ADD TEXT EVIDENCE'. The second button has a plus sign and the text 'ADD PHOTO OR FILE EVIDENCE'. Below these buttons, there's a link that says 'Back to Volunteering section'. At the bottom, there's a large white box with the text 'No Evidence Found'.

Assessor Reports:

- Can't be a family member

 **ASSESSOR'S REPORT
VOLUNTEERING**

Participant: _____
eDofE ID No: _____
Level: **Bronze**

Description of activity: _____

Date started: ____/____/____ Completed: ____/____/____ (____ months)

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.

What progress did they make towards their goals?

What did they achieve, what skills did they learn?

How frequently did they take part in this activity?

Any other comments?

Signature: _____ Date: ____/____/____

Assessor's first name: _____ Last name: _____


Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.

When your child has completed their section they will need to get an assessors report filled in. This can be using the booklet you received in the post or via the online portal

 [Do DofE](#) [Run DofE](#) [Support DofE](#) [Resources and tools](#) [DofE Shopping](#) [Donate](#) [eDofE login](#)

Assessor's Report

As an Assessor you can add your report directly into the participant's online eDofE account [here](#).



All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.


Thank you for supporting young people with their activities. Please read our [Privacy Statement](#) for information on how your personal information is secured.

Note: If you have a problem with the CAPTCHA code, please use a different device/network/browser and this should solve the issue. If not, please contact edofe@DofE.org.

* Participant's ID number: _____

* Level: _____

* Section you are assessing: _____

☐ I'm not a robot 

[Click](#)

What to include in your Assessor's Report

- Download a **checklist** of the information an Award Verifier will look for when reading your report. Please try to include as much of this information as possible in your report.
- Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skill they have developed and mention any memorable things that they accomplished.
- Please include the start and end dates between which the young person undertook their activity.

Expedition Assessors: Please include your assessor accreditation number and (if applicable) the team's expedition notification number in your report.

- Download a sheet showing some **example reports** [here](#)

Adding Assessor Reports:

Manage evidence

Skills section

Aa

ADD TEXT EVIDENCE

+

ADD PHOTO OR FILE EVIDENCE

+

[Back to Skills section](#)

ID: 2789040
Enrolled: 23/03/2022
Katie Jones

Notifications

Offers near me

My Bronze DofE

LifeZone

Resources

Keep safe

DofE Card

DofE Merchandise

Help

Example 2

[Rename](#) [Delete](#) [Download](#)

Submitted

SELECT FOR ASSESSOR'S REPORT

UNSUBMIT

3rd Jan 2023

[Rename](#) [Delete](#) [View](#)

Submitted

SELECT FOR ASSESSOR'S REPORT

UNSUBMIT

Example 1

[Rename](#) [Delete](#) [Download](#)

Submitted

SELECT FOR ASSESSOR'S REPORT

UNSUBMIT

If students are using the booklet. They may add a photograph of this onto edofe. They need to mark it as their assessor report please

Expedition dates and cost Bronze

Participants must be available and attend all dates below:

- ❖ **9th-10th May 26 – Residential Training - 2 days training and 1 overnight camp – Cannock Chase**
- ❖ **4th – 5th July 26 - Qualifying expedition – 2 days walking and 1 overnight camp – Peak District**

Information for all the above days will be detailed closer to the time.

For payment of the DofE we will breakdown the £200.50 into 4 payments

- ❖ Non-refundable payment of the DofE registration fee **£30.50** is to be paid on ParentPay by **17th July 2025**
- ❖ A non-refundable deposit of **£50** is to be paid on ParentPay before **6th October 2025**, this payment goes directly to the expedition providers to book your child's place on the expedition.

- ❖ A second payment of **£90** will need to be paid prior to **2nd February 2026**

Training costs

- ❖ A Final payment of **£30** will need to be paid prior to **6th April 2026** Expedition costs

Payment must be made promptly to avoid participants being withdrawn.

Reminder emails will be sent out. Please ensure the school has the correct contact information for you.



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Expedition dates and cost Silver

Participants must be available and attend all dates below:

- ❖ **Route Planning – 14th July 26 TBC – 1 morning – in school**
- ❖ **Fri 11th – Sun 13th Sep 26 – Navigational Training & Practise Expedition – 3 days & 2 overnight camp – Peak District**
- ❖ **Sat 26th – Mon 28th September 26 - Qualifying Expedition – 3 days walking and 2 overnight camp – Peak District**

Information for all the above days will be detailed closer to the time.

For payment of the DofE we will breakdown the £273 into 4 payments

- ❖ **Payment of the DofE registration fee £28 is to be paid on ParentPay by 30th September 2024**
- ❖ **A non-refundable deposit of £50 is to be paid on ParentPay before 20th October 2024, this payment goes straight to the expedition providers to book your child's place on the expedition.**
- ❖ **A second payment of £110 will need to be paid prior to 29th April 2025 Training costs**
- ❖ **A Final payment of £85 will need to be paid prior to 1st September 2025 Expedition costs**

Payment must be made promptly to avoid participants being withdrawn.
Reminder emails will be sent out. Please ensure the school has the correct contact information for you.



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Kit List



Expedition Clothing

Item	Additional Information	Got It	Wear It
• Walking Boots	MUST have padded ankle cuff to reduce risk of sprains or broken ankle. NOT TRAINERS (increases risk of severe injury!)		
• Walking Socks	Thicker walking socks with padded heels and toes will help to reduce blisters.		
• Underwear	Made from either synthetic fibres such as polyester, acrylic, or merino wool, to reduce chafing. NOT COTTON.		
• Top / T-Shirt	Made from either synthetic fibres such as polyester, acrylic, or merino wool, to reduce chafing. NOT COTTON.		
• Activity Trousers / Leggings	Made from synthetic fibres such as polyester or acrylic to reduce chafing. NOT COTTON.		
• Fleece / Thin Jumper	Multiple thin layers help regulate body temperature. Avoid thick tops & hoodies which are heavier to carry.		
• Windproof Jacket	To help keep warm, especially on the campsite in the evening.		
• Waterproof Jacket	Waterproof (not showerproof) with taped seams.		
• Waterproof Overtrousers	Waterproof (not showerproof) with taped seams.		
• Warm Hat	Essential, even in the summer when temperatures drop.		
• Necktube or "Buff"	Multi-purpose for protecting the neck and lower part of the face.		
• Sun Hat / Baseball Cap	Especially if it's sunny to help reduce sunburn.		
• Warm Gloves	Should be both warm and waterproof.		
• Gaiters*	*Silver & Gold Walking Expeditions only. These help to protect the lower part of legs and top of feet from getting wet and muddy.		

Where to buy expedition clothing & kit

Participants can save at least 10% with their DoFE Card at DoFE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso. Other local independent suppliers may also offer discounts. The DoFE card is included in the participant's DoFE Welcome Pack. A personalised digital DoFE Card can also be downloaded from eDoFE or the DoFE app. Go to DofE.org/shopping/card for full details.

Karos Adventure Rucksacks & Group Kit

Karos Adventure has a small supply of expedition rucksacks available for hire on a "first come, first served" basis. If you would like to hire a rucksack, please discuss this with your DoFE Teacher who will arrange this with us. We will provide each team with tents, stoves, fuel, maps, a compass and a group first aid kit. All items of kit will be delivered to the start and collected at the finish. A replacement fee is charged for any kit that is lost, not returned, or is damaged through negligence whilst in use on the expedition/training.

For further information on equipment, clothing and food, including how to pack your rucksack, please refer to the factsheets and videos on our website: www.karosadventure.com/factsheets-videos/preparing-for-your-expedition.



Expedition Kit

Item	Additional Information	Got It	Packed
• 65 litre Rucksack	With padded hip belt and shoulder straps - see factsheet & video .		
• Roll Mat	Foam roll mat or self-inflating. This is the only item of kit allowed to be packed on the outside of your rucksack!		
• Sleeping Bag & Liner	2-3 season sleeping bag, wrapped up in a thick ruble sack (available from supermarkets) and a liner inner sheet bag for extra comfort.		
• Spare Clothes	1 top, 1 thin jumper and 1 pair of trousers for the expedition. Underwear and walking socks per expedition day. All clothing must be wrapped in a thick ruble sack to keep them dry.		
• Small Wash Kit	Travel-sized toothbrush & toothpaste, small soap, flannel/hand towel.		
• Small hygiene kit	A few sheets of toilet paper sealed in 2 small "nappy sack" bags. A small pack of wet wipes. Female participants should also pack a small amount of sanitary products just in case of need - see factsheet .		
• Anti-bacterial hand gel	To clean hands before eating, and throughout the expedition.		
• Torch	Head-torch would be best. Bring a set of spare batteries too.		
• Spork or similar	Lightweight cutlery or spork.		
• Plastic bowl & mug	To eat your evening meal and breakfast and for hot drinks.		
• Water Bottle or Hydration Pouch	At least 2 litres capacity (2 bottles are better than 1) or hydration pouch. Water will be provided throughout each day.		
• Expedition Food	Refer to your Menu Planner, factsheet & video for food. Pack your snacks in side pockets so that they are accessible during the journey.		
• A Brillo Pad & T-Towel	To wash up pans, bowls, mug and cutlery after eating.		
• 2 rubbish bin bags	For putting your rubbish in when on the campsite.		
• Watch	Essential - to tell the time and help navigate!		
• Survival Bag	Multi-purpose thick orange plastic bag		
• Personal First Aid Kit	Plasters, blister pads, antiseptic wipes - see factsheet .		
• Personal Medication	e.g. asthma inhaler, Epi-pen, knee support etc. These items MUST be packed if declared on the Participant's Medical Consent Form.		
• Suncream	Factor 50 suncream - which must be used in sunny weather.		
• Emergency Rations	A single bar of Kendal Mint Cake, tube of Dextrose or similar.		
• Whistle	For attracting attention. Often part of modern rucksacks.		
• Equipment Repair Kit	Spare laces, spare batteries, small strip of "duck tape" (wrapped around your plastic water / sun cream bottle).		
• Pencil & Notepad	For recording notes and useful in an emergency.		
• Mobile Phone	Must be switched off, sealed in a bag and only used in an emergency to contact a leader or emergency services - see factsheet .		
• Compass	A Silva Classic Compass is best for expeditions.		
• Camera*	*Silver & Gold Expeditions only. To take photos for your Presentation (you won't be able to use your current mobile phone).		

Support

In order to support students with the cost of equipment for the DofE expedition some equipment is available for hire. 65L rucksack and Compass are available on a first come first reserved basis. A £10 fee will be added to ParentPay on request.

Look to borrow kit items from friends and family or ask if there are spare items you may borrow from the school.

Tents and cooking equipment are provided by Karos

If you have any queries please email dofe@walton.staffs.sch.uk.

Yours sincerely,

Miss K Abrahams

Duke of Edinburgh coordinator

Following on from this evening

Dear Parents/guardians

Thank you for attending the DofE information evening. If your child would like to complete the award with Walton then the following steps are necessary to register your child.

Letters will go out to tutors to take home to parents. On this letter there will be a reply slip for you to sign. Please ensure your child returns the slip to me

Once I have received this slip I will ask finance to set up the Registration fee on ParentPay for you. Please pay the registration fee promptly

Your child will be registered with DofE. I will organise a lunch session to help students get logged in and fill in what they wish to do for each section. Therefore, it would be great if you could discuss sections with your child and decide what they may wish to do for each section. I will provide section planners for all participants. They should bring these to the first meeting.

Resources:

- [DofE YouTube](#)
- [DofE Website](#)
- [DofE Opportunity Finder](#)

Any Questions?



**YOUTH
WITHOUT
LIMITS**

