



®



DUKE OF EDINBURGH'S AWARD

Expedition Planning Pack

Bronze 2018

Mendip, Lyncombe Drive, Churchill, North Somerset, BS25 5PQ
Call 01934 834 877, search www.mendip.me or email info@mendip.me



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USEFUL DATES AND DEADLINES



	Date or Deadline
Introduction meeting to DofE	
Training Day 1 (Classroom Based)	
Training Day 2 (Navigation)	
Write Route Cards for Practice Expedition	
Find and pack kit for Practice Expedition	
Practice Expedition	
Write Route Cards for Qualifying Expedition	
Pack kit for Qualifying Expedition	
Decide Expedition Aim for Qualifying Expedition	
Qualifying Expedition	
Finish Project/Presentation	



PLANNING YOUR ROUTE

A key part of the expedition section is planning your route. In advance of each expedition, your group must plan a route and submit a detailed route card.

For each expedition you are provided with a number of compulsory grid references you must use. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

ROUTE CARDS

The route card below can be downloaded from mendip.me/downloads. Plot your route onto one of these route cards. Route cards are vitally important as they are used in order to prove that you are competent to undertake your expedition.

Date:		Day number: (1 st , 2 nd etc.)		Names of team members:								Name of DofE Group:	
												Name of School:	
												Level: Bronze / Silver / Gold	
L e g	Start Location:	Walking Speed (km/h):	General direction / bearing	Distance in km	Height climbed in m	Time Allowed For:			Total Time for leg	Estimated Time of Arrival	Setting out time:		
	Grid:					Walking	Height Climbed	Exploring Rests Meals			Brief description of route to be followed		Escape Route
1	To:												
	Grid:												
2	To:												
	Grid:												
3	To:												
	Grid:												
4	To:												
	Grid:												
5	To:												
	Grid:												
6	To:												
	Grid:												
7	To:												
	Grid:												
8	To:												
	Grid:												
9	To:												
	Grid:												
Totals:										Expedition Aim:			
<p>You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.</p>													

The following pages offer advice on how to write an effective route card. All groups will use the Mendip Hills as their practice expedition. Some groups will use the Forest of Dean for their Qualifying Expedition and some will use the Quantock Hills.



MENDIP HILLS: BRONZE PRACTICE EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**



Compulsory Grid References			
Day 1	Description	Day 2	Description
ST 516 558	Start Hamlet on B3134	ST 431 591	Lyncombe Wood Camp
ST 488 549	Multi-path junction	ST 423 584	Upland Cottages
ST 485 573	Beacon Batch	ST 433 579	Footpath / A38 junction
ST 465 586	5 Way Track Meeting	ST 442 571	Footpath Junction (Winterhead Hill)
ST 446 592	Path/Road junction	ST 423 561	Path / A38 crossing
ST 431 591	Lyncombe Wood Camp	ST 388 558	Crook peak
		ST 392 551	Finish Crook Peak car park

START AND FINISH LOCATIONS

START LOCATION: **Hamlet on B3134, Burrington Combe Road.**

Grid Reference ST 515 559 **Nearest Post Code:** BS40 7XW

Please meet by 10.00am

FINISH LOCATION: **Crooks Peak Car Park, Compton Bishop**

Grid Reference ST 392 551 **Nearest Post Code:** BS26 2HN

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Weston General Hospital (Between 8am and 10pm).

Bristol Royal Infirmary (Between 10pm and 8am).



QUANTOCK HILLS: BRONZE QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**

Quantock Hills
Area of Outstanding Natural Beauty



Compulsory Grid References

Day 1	Description	Day 2	Description
ST 200 329	START Cothelstone Hill Car Park	ST 162 421	Moorhouse Farm Campsite
ST 172 333	Milton Farm Road Junction	ST 158 414	A39 Road Crossing
ST 164 359	Triscombe Car Park	ST 121 425	Path Junction: Perry Combe Plantations
ST 162 382	Dead Woman's Ditch	ST 124 410	Beacon Hill Trig Point
ST 158 414	A39 Road Crossing	ST 140 366	FINISH Crowcombe Car
ST 162 421	Moorhouse Farm Campsite		

START AND FINISH LOCATIONS

START LOCATION: Cothelstone Hill Car Park

Grid Reference ST 200 329 **Nearest Post Code:** TA4 3DX

Please meet by 10.00am

FINISH LOCATION: Crowcombe Car Park

Grid Reference ST 140 366 **Nearest Post Code:** TA4 4AA

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Bridgwater Hospital



FOREST OF DEAN: BRONZE QUALIFYING EXPEDITION

These compulsory grid references should be plotted on a route card using a 1:25,000 map of the area. **You must also choose additional grid references approximately every 1-2km or at a key decision point.**



Forest of Dean

Compulsory Grid References			
Day 1	Description	Day 2	Description
SO 559 042	START St Briavels Lay-by	SO 549 144	Start Biblins Camp Site
SO 554 056	Road Crossing	SO 564 160	View Point
SO 537 097	PO Lower Redbrook	SO 568 142	Hillersland Phone Box
SO 542 115	Knockalls Lodge	SO 595 142	Eastbachmeend Inclosure
SO 546 124	Brindsey's well	SO 596 134	Road Crossing
SO 551 126	Staunton Church	SO 609 124	Bridge Over Road
SO 557 128	Path Junction	SO 614 120	FINISH Beechenhurst Picnic Site
SO 549 144	Finish Biblins Camp Site		

START AND FINISH LOCATIONS

START LOCATION: **St Briavels Lay-by: next door to the primary school**

Grid Reference SO 559 042 **Nearest Post Code:** GL15 6TD

Please meet by 10.00am

FINISH LOCATION: **Beechenhurst Picnic Site**

Grid Reference SO 614 120 **Nearest Post Code:** GL16 7EJ

Groups normally finish by 3.30pm but please be flexible as they have been known to finish as early as 2.30pm and as late as 5.30pm.

Nearest Hospital: Dilke Memorial Hospital



READING A MAP

In order to plan a route and go on your expedition you will need to be able to understand how to read a map. The following information should be used in conjunction with your DofE training.



			HO	HP		
			HT	HU		
	HW	HX	HY	HZ		
NA	NB	NC	ND	NE		
NF	NG	NH	NJ	NK		
NL	NM	NN	NO	NP		
	NR	NS	NT	NU		
	NW	NX	NY	NZ	OV	
		SC	SD	SE	TA	
		SH	SJ	SK	TF	TG
	SM	SN	SO	SP	TL	TM
	SR	SS	ST	SU	TQ	TR
SV	SW	SX	SY	SZ	TV	

GRID REFERENCES

A grid reference is a way of marking each square on a map.

You will be using Ordnance Survey (OS) Maps with a scale of 1:25,000. This means that 1 centimetre on the map is equal to 25 metres in real life.

Ordnance Survey splits the country into 100 kilometre squares, each of which is given a two letter identifier.

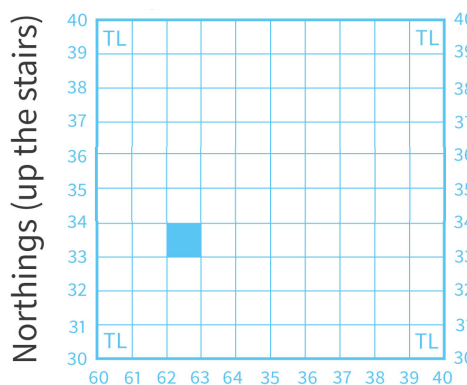
Each of these squares is divided up into further grids of 1 kilometre squares. Within these squares the vertical lines are called the Eastings and the horizontal lines are the Northings.

Your grid reference starts with the two letter identifier.

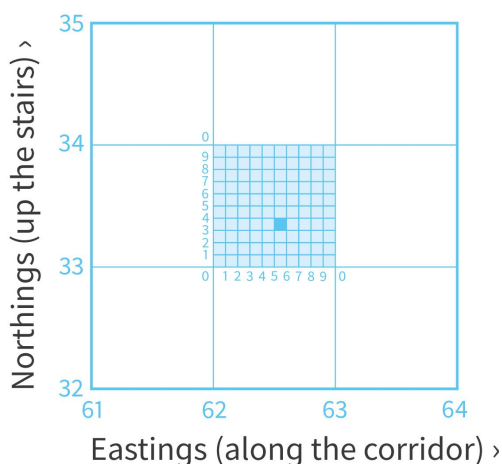
Then you quote the Eastings and then the Northings. The number is quoted from the bottom left hand corner of the square.

Remember the line: you go “along the corridor and then up the stairs”.

This example demonstrates how to find a 4 digit grid reference for a 1 kilometre square: **TL 6233**



Eastings (along the corridor) ›



Now imagine this square is split into 100 tiny squares with 10 squares making up each side.

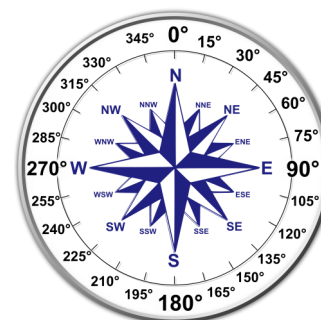
This is the way to find a 6 digit grid reference: **TL 625 333**

This 6 digit grid reference represents a 100 metre square.



DIRECTION

To record the direction you will be walking you can use a bearing or the general compass direction. E.g. 90° or East (E)



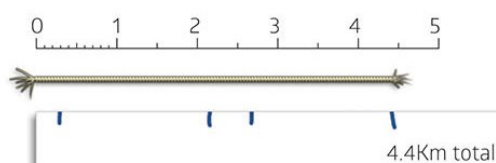
The string method



DISTANCE

- Measure your distance carefully on a map. If the leg is not in a straight line you will need to use string and then a ruler to measure the distance.
- Measure distance to the nearest 0.1km and height gain to the nearest 10m.

Measure against the map's scale



TIMINGS

- Your DofE route should last a minimum of 6 hours each day, of which at least 3 hours should be spent journeying.
- Your group should start walking at a realistic time each morning– e.g. 9.30am– and arrive at your

campsite at a reasonable time.

- Make sure that you plan breaks in sensible places and at sensible times.
- William Naismith created "Naismith's Rule" in 1892. It says that the average person walks at 5km per hour. The average DofE walking speed when wearing a heavy pack on uneven ground is 3 or 4 km per hour.
- According to Naismith's Rule, for every 10m of height climbed, 1 minute should be added to your timings.

Distance	We recommend 3km per hour for Bronze. (using timing information such as in the table below)
Height Gain	Add 1 minute for each 10 metres climbed (count the number of 10 metre contours climbed and add 1 min. for each)
Example	At 3 Km. per hour : a distance of 1500 metres with 200 metres of height climbed = 30 mins (distance) + 20 mins (height gain) = 50 minutes total.

Walking at 3km/hour produces the following timings:

Time (mins)	2	5	10	20	40	60
Distance (km)	0.1	0.25	0.5	1	2	3



ROUTE DESCRIPTION

- Being able to effectively describe each leg of the route will help you on your expedition
- There are several ways to write an effective route description. Imagine you are telling a story or describing how to walk to the shops. Be as efficient as possible and follow some of the below guidelines:

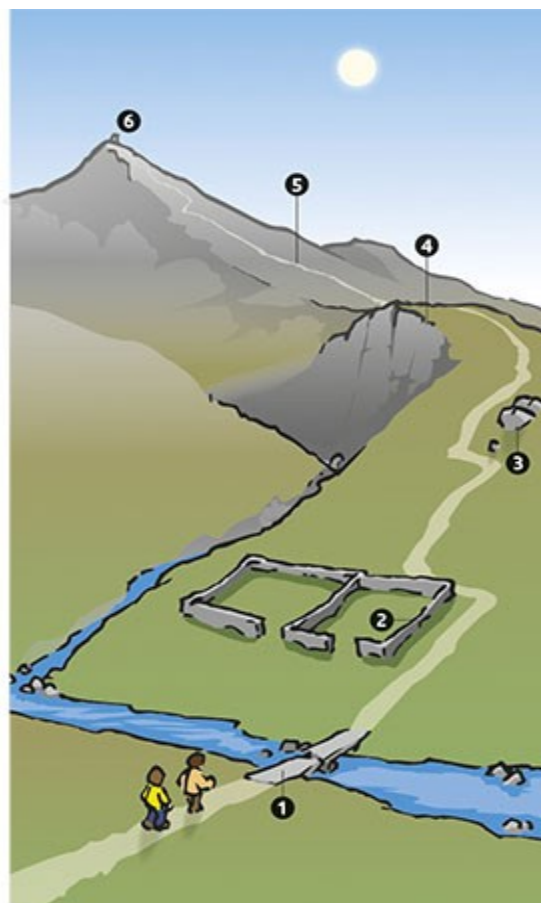
The “Ds” of Navigation: Direction, Distance, Duration, Description, Dangers

Tick List: Write a list of features that you will see along your leg or that you will follow as “handrails”.

Overshoot Features An overshoot feature is a feature that you will definitely see if you have walked too far. For example you may decide that if you reach a road, a river or start walking up a hill you have gone too far.



- 1) Walk past the sheepfold
- 2) Use the river as a handrail on your right
- 3) Walk past a group of trees on your right
- 4) There is a steep rocky crag on your left
- 5) Keep walking into the valley



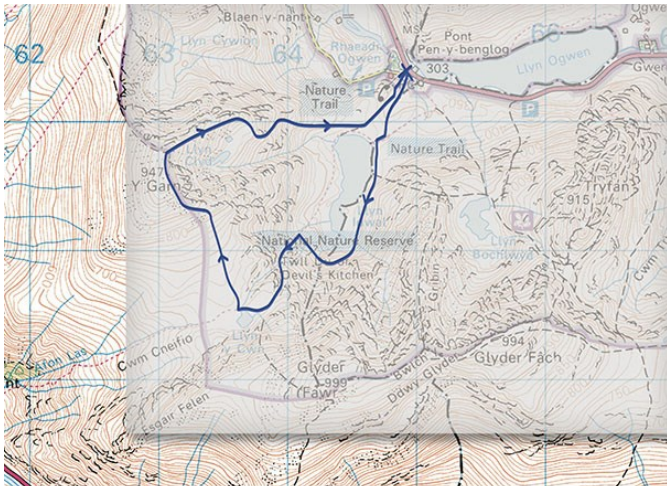
- 1) Cross the bridge
- 2) Follow the edge of the sheepfold on your left
- 3) Pass some boulders on your right.
- 4) Watch out for the edge of the cliff.
- 5) Climb the ridge

ESCAPE ROUTES

- An escape route is vital. It should be an instruction you can use quickly in an emergency.
- It could be to a previous checkpoint or to the next checkpoint if these are places of safety.
- Other places of safety might include places where you can get help and find a telephone to call for help- such as a house, a road, a public house.

TIPS AND TRICKS FOR PLANNING A GOOD ROUTE

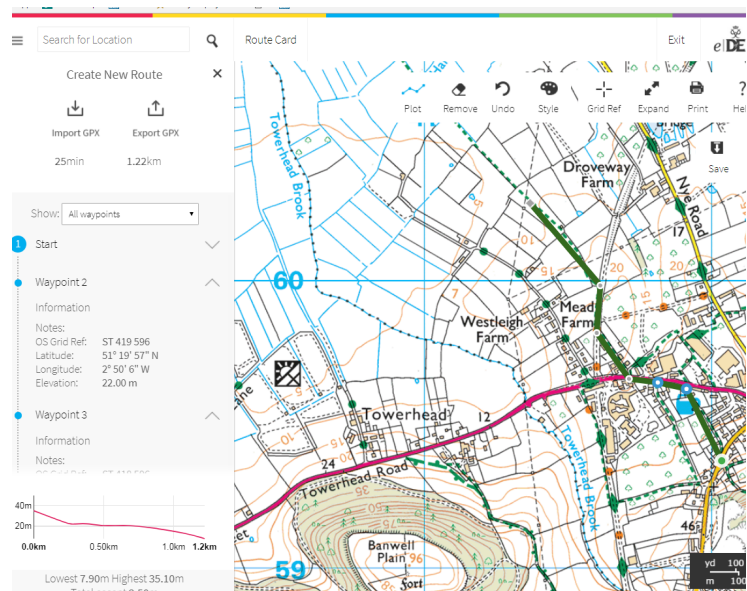
- Stay off roads as much as possible. On the day of your expedition, your instructors will let you know which roads you can cross by yourself or whether you need to meet them.



- Pick a sensible route: try and avoid too much climbing. Try to stick to paths.
- Be as clear as possible: "KEEP IT SIMPLE"
- Head for landmarks or obvious natural features e.g. ruins, fence lines, rivers etc.
- When marking up a route on a map it is not good practice to draw with a pen over your intended route. Some groups choose to draw their route on a separate map, use a pencil or to 'trace' the route on overhead projector sheets (see photos). It is up to you to decide which method you want to use.

EDOFE.ORG

- It is possible to map your route out on the EDofE website.
- This is a useful tool but you must also create a route card manually to prove that you understand the route planning process.





EXAMPLE ROUTE CARD

The following are example compulsory grid references and an example route card.

Compulsory Grid References	
Day 1	Description
ST 476 588	Start Burrington Combe North Car Park
ST 489 581	Burrington Combe South Car Park
ST 496 582	Luvvers Lane Footpath Junction
ST 498 586	Finish Blagdon Picnic Spot

The checkpoints on the left are compulsory but the author of this route card has also added the following additional checkpoints at key decision points

High Point: ST 480 586

Path Meets Lane: ST 498 585

NB: This route card only covers 2.45km so is not an exact example.

Date of expedition: 14 March 2022		Day number: 1	Names of team members:			Team Member 1			Team Member 2			Team Name: Example Route Card	
			Team Member 3			Team Member 4			Team Member 5			Name of School: Example School	
						Team Member 6						Level: Bronze	
Leg	Start Location: Burrington Combe North Car Park	Walking Speed (km/h): 3km/h	General direction / bearing	Distance in km	Height climbed in m	Time Allowed For:			Total Time for leg	Estima ted Time of Arrival	Setting out time: 10.00AM		
	Walking					Height Climbed	Aim Rests Meals	Brief description of route to be followed			Escape Route		
1	To: High point		South East 120	0.3km	100m	6 mins	10 mins	2 mins	18 mins	10.18	Walk along road south. Go up steep hill east. Keep going 300 metres until you reach highest point.	Start of route.	
	Grid: ST 480 586												
2	To: Burrington Combe South Car Park		South East 120	1.1km	0m	22 mins	0 mins	5 mins	27 mins	10.45	Follow compass bearing of 120 down a gentle slope past. Will pass a nature reserve. Eventually will reach car park by road.	South Car Park	
	Grid: ST 489 581												
3	To: Luvvers Lane footpath junction		East 90	0.75	5m	15 mins	1 min	0 min	16 mins	11.01	Head north through trees for 100m then turn east onto Luvvers Lane. Follow Luvvers Lane until third footpath junction on left.	Lower Ellick Farm	
	Grid: ST 496 582												
4	To: Path meets lane		North East 25	0.3	0m	6 mins	0 mins	15 mins	21 mins	11.22	Follow path along fence line past small buildings until you reach small lane.	End of route	
	Grid: ST 498 585												
5	To: Blagdon Picnic Spot		North 00	0.1	0m	2 mins	0 mins	0 mins	2 mins	11.24	Walk safely on right hand side of the lane for 100m until reaching the picnic spot.	End of route	
	Grid: ST 498 586												
Totals:				2.45km	105m	51 mins	11 mins	22 mins	84 mins (1 hour 24 mins)	Expedition Aim: To plan an example expedition for students learning about DofE			
You must use the compulsory checkpoints. It will also be necessary to add your own checkpoints. Use at least one route card per day. Start a new route card for each new day.													

This is a simple guide to kit packing. You can download a comprehensive “Dofe Expedition Kit Guide” on <https://www.dofeshopping.org/dofe-expedition-kit-guide/>



GUIDE TO KIT PACKING

- Pack kit yourself
- Check the weight: it should be no more than 1/4 of your body weight
- Spread things out amongst the group: do you really need your own cooking gear or toothpaste?
- Pack your bag so it is evenly balanced
- Make sure the straps are correctly adjusted
- Avoid cotton and jeans
- Avoid **anything** hanging off your rucksack
- Please **do not** bring pen knives

Top of bag

Map and map case (GROUP KIT)
Compass (GROUP KIT)
Emergency Whistle (GROUP KIT)
Snacks & Lunch
Head torch
Gloves
Hat
Sun Cream
Toilet Roll
Water bottle

Middle of bag

Waterproof top and bottom
First Aid Kits (GROUP KIT)
Spare Clothes

Bottom of bag:

inside bin bag or dry bag
Tent (GROUP KIT)
Stove and fuel (GROUP KIT)
Sleeping Bag
Sleeping Mat
Breakfast & Dinner
Cutlery, Bowl, Mug
Toothbrush/toothpaste

First Aid Kit

Plasters
Scissors
Tape
Safety pins
Emergency money

Kit you will be wearing

Walking Boots with ankle support
Thick walking socks
Warm trousers (**not** Jeans)
Long sleeve t-shirt or thermal
Warm sweat shirt or fleece



KIT HIRE

Kit can be hired from Mendip Outdoor Pursuits. Normally this is done in conjunction with your teacher.

Item	Hire per Award
Tent (3 man)	£25.00
Rucksack	£5.00
Compass	£2.50
Trangia Stove & fuel	£5.00

If all students hire kit, the whole package is £15 per student per award.

Normally, kit will be given out at the start of your expedition and will be expected to be returned and checked before you go home.



GUIDE TO MEAL PLANNING

You must eat at least one hot meal a day.

- Your food should be high in slow-release energy.
- Take as many calories as possible- 3,000-5,000 calories per day.
- Aim to have food you can snack on as you go, as opposed to one long lunch break.
- Try to bring food which is compact and easy to carry.
- There are lots of variety of ration pack meals available from supermarkets. They are great but make sure you check the calorie count before you buy them as some of them are very low.

HYDRATION: Bring **at least** two 500ml bottles of water. Ideally up to 2 litres.

SOME FOOD SUGGESTIONS

Breakfast ideas

Hot drink
Hot cross buns
Porridge
Cereal bars
Muesli
Breakfast ration pack meals

Lunch ideas

Pies / sausage rolls
Pitta bread/wraps
Crackers
Cheese
Chocolate bars / sweets
Kendal mint cake
Malt loaf
Fruit / nuts / hard boiled eggs

Dinner ideas

Ration pack meals include
chilli, sweet and sour, curry,
meatballs
Pasta & sauce
Rice
Sausage
Custard, chocolate pudding,
rice pudding





On your Practice and Qualifying Expeditions you will be given a copy of the following emergency procedures. Please familiarise yourself with them in advance.

DofE EMERGENCY

WHAT TO DO IF YOU GET LOST?

- 1: PAUSE** - Do not continue blindly walking.
- 2: DON'T PANIC**- sit down and calmly think; use this point as a break, maybe have a little food or water.
- 3: Work together as a team and try and relocate yourselves.** Consider: Are you in a valley? Are you on a hill? Are you in a forest? What kind of path are you on? Are there any buildings or natural features around you?
- 4: Retrace your steps:** If still unsure then retrace your steps to your last known location or checkpoint.
- 5:** If you are still lost at this point use your 'OS locate' app to gain your grid reference and locate your position.
- 6:** If you are still lost and the situation becomes dangerous - e.g. darkness or bad weather- please follow the **CALLING MENDIP PROCEDURE** detailed on the reverse of this card.

IN A MEDICAL EMERGENCY FOLLOW THESE STEPS:

- 1) Ensure your group are in a safe location.
- 2) If necessary perform first aid on any casualties.
- 3) If it is a serious or life threatening emergency call 999 or 112 and ask for Police, then Mountain Rescue **BEFORE** following the Calling Mendip Procedure.
- 4) Collect information which you need to relay to help. Work out if possible:
 - a) Location – either a 6 figure grid reference, use 'OS Locate' if needs be, or a description of the area around you e.g. are you in a valley or on a hill, are you in a forest, what kind of path are you on, what can you see around you.
 - b) Description of accident and time it occurred.
 - c) How many are in your group and if you have split up where you all are.
- 5) Contact Mendip: follow the **CALLING MENDIP PROCEDURE** on the reverse of this card.

DofE EMERGENCY

CALLING MENDIP PROCEDURE

FIND A PHONE SIGNAL: Ideally stay in your current location. If you need to move to get a signal your team should head up hill until you find an area of signal and then stay there. If this is not possible use your 'OS locate' app to find your grid reference and locate your position on the map. The team should remain in this location and send at least two people together to find a phone signal. You must always know where you are before separating from your team and never leave anyone alone.

When you have a signal call the Mendip DofE mobile numbers, in the order below – if there is no answer always leave a message and then try the next phone number in the list:

MENDIP DofE MOBILES

- 1: 07511 509 664**
- 2: 07854 073 825**
- 3: 07511 509 954**
- 4: 07854 073 711**

If you get no answer from any of the mobiles then call the Mendip Activity Centre on **01934 834 877** if you get no answer after being on hold then press **9**, listen to the prompts and leave the following information:

- 1: Name**
- 2: Contact number**
- 3: Group number/letter/name**
- 4: Location (grid reference)**
- 5: Incident or problem**

This message will get through to all our senior team and we will contact you as soon as possible. Meanwhile wait calmly with your group for a call back or assistance.

EMERGENCY: In case of serious or life threatening emergency call 999 or 112 and ask for Police, then Mountain Rescue **BEFORE** following this Calling Mendip Procedure

How to download OS LOCATE

Your team will be allowed **one mobile** which will be sealed and is only to be used in an emergency. If possible, this phone should be a Smartphone and should have **OS LOCATE** downloaded.

On your phone's APP STORE search for "OS LOCATE" and download. It is free and takes up little space. If used, the app gives you a grid reference which you could use in an emergency to let Mendip know where you are.



It is a requirement of the 20 Conditions of the Dofe Expedition that you and your team complete a project called the 'Expedition Aim'.

Your aim should be something personal and interesting to your team.

Think about whether it is suitable for your expedition area and level. Your teachers will give you a copy of this form to help you out before your qualifying expedition.

<p>What is your aim? Please give a brief description (1 or 2 sentences)</p>	<p>Example: We will keep a log of the weather and how it affects our team. In particular we want to record the temperature.</p>
<p>What medium will you use to com- plete this aim? e.g. photography, writing a diary, recording results</p>	<p>Example: We will take photos of the sky every half an hour and write a diary about how we have adapted to the weather. We will take an outdoor thermometer with us and record the temperature every half an hour.</p>
<p>What do you ex- pect your results to be?</p>	<p>Example: We think it will be really cold so we will have to work hard as a team to keep each other in good spirit</p>
<p>How will you pre- sent the results of your aim? e.g. create a video, give a presentation, make a book- let</p>	<p>Example: We will present a report of our findings. It will include photos, quotes from our diary, our temperature recordings and what we have learnt from the project.</p>

Some ideas: Investigate the changes in local agriculture over the last 100 years; Explore an historic place made famous in a film or television programme and document the scenery; Photograph and describe interesting old buildings along your route; Search for forms of fungi, photograph or sketch them and record them; List and film the different kinds of birds that you see; Make a video diary of your team's experiences, from camping and cooking to reaching your destination; Design a team motif and make a badge or accessory for each team member to wear that reflects your journey; Monitor the levels of litter on your route and plan how you could campaign to reduce this; Consider the impact of vehicles on the environment along your route; Investigate the maintenance of footpaths and hedgerow; Record your different emotions over the expedition and relate it to the physical challenge; Monitor what time of day people have the most energy to push themselves harder and improve your journey times; Write a series of poems of your experiences; Write a short ghost story or mystery tale based loosely on your expedition.

As part of your DofE Training you will learn some basic First Aid. Be prepared for all conditions.

- **Keep an eye on each other.** Your team will know you best, so any changes in personality or attitude could be an early warning for something serious.

When it's hot:

- Keep drinking water. There will be opportunities to fill up water bottles throughout the day.
- Wear sun cream (and sunglasses) Just because it's not sunny, doesn't mean you won't catch the sun.
- Take breaks in shaded places.
- Wear clothing to shade the sun: sun hats, light long sleeve tops, light trousers .

When it's cold:

- Wear plenty of layers.
- Wear a hat. In the winter, a hat will keep you warm. Hats are a great idea year round.
- Put on a jacket when you stop for a break as your body will quickly cool down.
- If there are strong winds consider avoiding the highest points of your route.
- Make a hot drink when you stop for lunch.

When it's wet:

- Wear your waterproof top and bottom when it is raining. If you get wet whilst you are moving you won't feel the cold but as soon as you stop you will feel freezing.

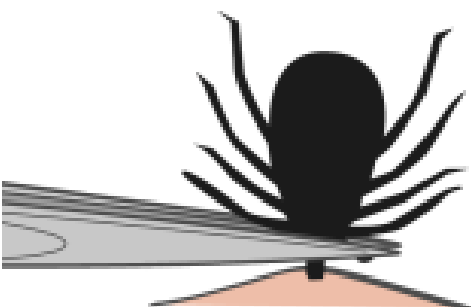
Ticks

Ticks are small animals which can attach themselves to you in some countryside areas. Ticks can transmit Lyme diseases, but providing the tick is located and removed within 24-hours it is very rare.



To remove a tick, use a tick remover and follow the instructions, or grasp the head (as close to the skin as possible) with a pair of tweezers and pull gently away from the skin.

Once the tick has been removed, check that the head has been fully removed to stop infection of the open bite and use an antiseptic. Keep an eye on the area, and if any unusual changes are observed (in particular a red ring looking mark) or lethargy and aches set in, see your GP.



How to reduce your risk of getting a tick

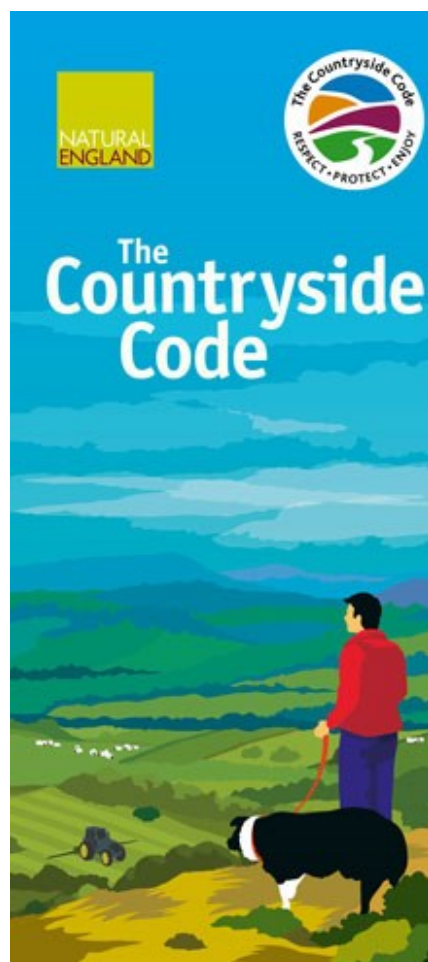
- Wear long sleeves and trousers
- Use DEET insect repellents



The Countryside Code is a series of simple rules to follow in order to look after the environment around us.

RESPECT. PROTECT. ENJOY

- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Leave all gates as you find them.
- Keep your dogs under close control at all times.
- Keep to public paths across farmland.
- Use only gateways or stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take all litter home with you.
- Help to keep all waterways clean.
- Protect wildlife, plants and trees.
- Take special care on country roads.
- Avoid damaging fences, hedges and walls.
- Safeguard water supplies.
- Respect the life of the countryside.
- Avoid making unnecessary noise
- Take only photographs, leave only footprints





The Countryside Code

Respect. Protect. Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



In order to complete your DofE Expedition, you must fulfil all the following criteria:

1. Your expedition must be by your own physical effort, without any motorised or outside assistance.
2. Your expedition must be unaccompanied and self-sufficient.
3. Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.
4. Your expedition must have an aim.
5. You must be properly equipped for your expedition.
6. You must have completed the required training and practice expeditions.
7. At least one practice expedition must be undertaken at each level of the programme, in the same mode of travel in a similar environment to the qualifying expedition.
8. You and your team must plan and organise your expedition.
9. You must be assessed by an approved accredited Assessor to the DofE.
10. There must be between four and seven people in your team
11. You must be within the qualifying age of the DofE programme level.
12. Participants must be at the same level of assessment.
13. Your team must not include anyone who has completed the same or higher level DofE expedition.
14. Your overnight accommodation should be camping.
15. Your expedition must be the minimum number of days required for your DofE level.
16. Your expedition should normally take place between the end of March and the end of October.
17. Your expedition should be in the recommended environment for your DofE level.
18. You must do the minimum hours of planned daily activity for your DofE level.
19. You should cook and eat a substantial meal each day.
20. You must create and deliver a presentation after your expedition to complete the section.

