



RIDGELINE ADVENTURES

Silver

Expedition Information Pack



About Us

We are an outdoor education provider specialising in the provision of the Duke of Edinburgh's Award.

We pride ourselves on working with the very best in the business in order to ensure high quality service. Our knowledgeable, friendly and experienced team come from a variety of working backgrounds including DofE coordinators, teachers, activity centre managers and ex-service personnel.

Programme

Our Silver DofE programme consists of two elements*. More detail on each area can be found in this pack. Make sure to read through the relevant information before each element of your Expedition section.

Practice Expedition - 2.5 day, overnight expedition. Focusing on navigation and expedition skills.

Qualifying Expedition - 3 day, overnight expedition.

**Dates, timings and locations will be shared by your DofE Coordinator.*



Proud to be an Approved Activity Provider

"Approved Activity Providers (AAPs) are organisations, whose sectional opportunities have been approved by the DofE, as meeting our sectional conditions and can count towards the achievement of a DofE Award. AAPs are able to provide Assessors to sign off the section."

Practice Expedition

Your practice expedition will cover the key areas for a Silver DofE expedition, giving you all the skills you need if this is your first trip or developing on everything you learnt at the Bronze level. All sessions will be run by one of our instructors and will provide the necessary skills to support you on your expedition including:

- Route planning
- Tents and equipment
- First aid and emergency procedures
- Cooking and safe use of stoves
- Map orientation and bearings
- Pacing and timings
- Countryside code

The sessions will be a mixture of whole group training at the campsite and individual training in your expedition teams.

All the information you will need on equipment, food and our expedition top tips are on pages 5-9.



The prime concern of Ridgeline Adventures when taking participants on expedition is their safety.

Where a staff member believes that an individual's or group's behaviour, fitness or skill level may impact upon the safety of themselves or others they may be withdrawn from the activity. The parent/guardian will be asked to arrange collection at their expense. For your peace of mind we also hold an Adventurous Activity Licence and have been approved by DofE.



Qualifying Expedition

Your qualifying expedition will be your opportunity to explore the countryside as a team, making your own decisions and demonstrating all the skills you have learnt. Throughout the trip you will be remotely supervised (page 5) by our team of instructors and your Assessor will be helping to ensure you follow all of the DofE expedition aims and requirements.

Make sure to have a read through on the DofE website before your trip. But don't worry, the Assessor will explain everything at the start of the expedition!

<https://www.dofe.org/wp-content/uploads/2023/03/Expedition-Aim-and-Requirements-1.pdf>

All the information you will need on equipment, food and our expedition top tips are on pages 5-9.



Mobile Phones

One of the aims of the expedition section is to provide participants with a remote experience, away from the stresses and pressures of everyday life. However, mobile phones can play an important role in the case of emergencies. We ask that participants bring their mobile phones inline with the school's agreed policy*. Please do not expect contact from participants during the day.

**Agreed mobile phone policy to be shared by DofE Coordinator*

The Expedition

The following pages will give you all the information you need to prepare for your expedition. It will last 3 days with 2 overnight stays in a tent at a campsite, each day will include a minimum of 7 hours of planned activity supervised remotely by our team of experienced instructors.

Make sure to check out the top tips on page 9 for advice from previous participants and leaders.

Remote Supervision

As part of all DofE programmes remote supervision will be used. Remote supervision is when the safety and well-being of a group is monitored from a distance, with limited direct contact with the group. All participants will be clearly briefed on emergency procedures as part of their induction.

As part of the remote supervision plan, each team may be issued a small GPS tracker to carry. This device can be used to locate the group in case of emergency and is used alongside remote supervision from qualified leaders.



Insurance

We are fully insured to run all the activities we offer by Activities Industry Mutual. However, this does not include personal items. Should you wish to see a copy of our insurance certificate please contact us on:

info@ridgelineadventures.co.uk



Equipment List

Rucksack (55-70 litre)*

Waterproof jacket*

Waterproof trousers*

Personal first aid kit & Sanitary supplies (to include any personal medication)

Drink container (2 litres minimum)

Sun protection (hat, glasses, cream)

Walking boots/appropriate footwear

Torch (with spare batteries/ second torch)

Sleeping bag

Insulating mat (roll mat)*

Spoon, knife, fork (spork)

Bowl, Mug

Washing up materials

Food

Wash kit (keep to a minimum)

Mobile phone

Camera

1 x spare underwear per day

1 x warm layer

1 x spare top

1 x spare trousers (no jeans)

1 x spare socks

Hat and gloves



Group Equipment Provided by Ridgeline Adventures

Tent

Stove & Pans (Trangia)

Fuel (gas)

Map & compass

Matches

Items marked * can be hired from Ridgeline Adventures and delivered to the start of your expedition with prior notice. We also have a number of expedition essentials available in our store. Check out www.ridgelineadventures.co.uk/store to browse these items and hire options.

Use discount code: PART26 at checkout for 15% off

This list is not designed to be exhaustive. Additional clothing may be required depending on the length of the trip. Please take into consideration when packing your kit any discussions and training you have already received. There are also loads of useful resources on www.dofe.org

Ridgeline Adventures reserves the right to charge participants for any lost or damaged equipment.

Equipment Continued

Participants are expected to arrive with appropriate equipment for the expedition. Should items be deemed unfit for use Ridgeline Adventures reserves the right to refuse participation on the grounds of safety. Please get in touch to discuss items if you have any doubt over their suitability. We have experts on hand to advise you.

Minimum footwear standard:

- ✔ Good grip
- ✔ Laced, closed toe footwear
- ✔ Sturdy
- ✔ Well fitted

For wild country expeditions walking boots are essential.



The above is our recommended kit list for individuals. However, please note this list is not intended to be exhaustive. A list of group equipment provided by Ridgeline Adventures is also provided on page 5. Any equipment hired from Ridgeline Adventures by prior arrangement will be ready for collection at the meeting point. Please ensure there is enough space in the rucksack to accommodate any hired equipment. Rucksacks should weigh no more than $\frac{1}{4}$ of the participant's body weight.

All equipment should be sufficiently waterproofed using either dry bags or bin liners.

Expedition Food

Eating and drinking well can make the difference between enjoying or hating your expedition. Take time to plan your meals and have a look at the resources on the DofE website to help you create a tasty and filling menu.

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

You will need to bring enough food for 3 days including: 3 lunches, 2 dinners, 2 breakfasts and snacks. As part of your expedition requirements you will need to cook a hot meal for dinner both nights. Below are some suggestions to help get you started:



Expedition Food Top Tips

Pack Light: leaving things like tins, glass jars and excess packaging at home will save lots of weight.

Pre-Pack and Prep: For convenience, pre-package ingredients (like couscous, pasta, or snacks) in resealable bags. This makes cooking quicker and more organised and will save on rubbish you will need to carry home.

Keep it Simple: Less is more when it comes to a DofE expedition— work together and choose meals that require minimal prep and clean-up!

Expedition Top tips!

Here are a few ideas from last year's participants to help get you started with your expedition preparations.

Pack Light but Smart

Only bring essential items. Pack lightweight, weather-appropriate clothing and gear. Avoid over packing, carrying unnecessary items can slow you down and tire you out

Eat!

Make sure to pack plenty of food and snacks, it's better to have too many than not enough. Try to pick snacks that are light weight but high in calories.

Do I need this?

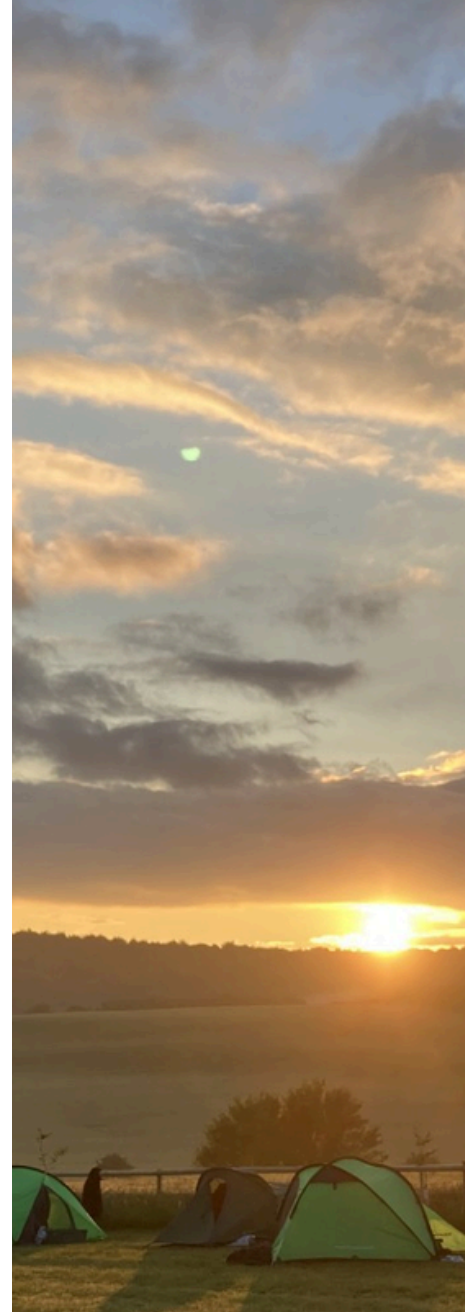
Leave expensive items like headphones and speakers at home, they're easy to lose and you don't really need them.

Keep the water out

Try to pack your belongings in dry bags or thick bin bags to keep them dry. It can also help to organise your packing if you use separate bags.

Stay warm

Packing layers to walk in rather than one big jacket will help you to stay a comfortable temperature while walking. When the sun goes down (even in the summer) it gets very cold at camp make sure you have enough to stay warm.



Staffing and Emergency Contact

All staff present on the trip will be vetted by Ridgeline Adventures to ensure they are suitably qualified and have appropriate safeguarding clearances. Please be aware it is not always possible to provide a mixed gender staff team. This expedition will also be supported by School staff/volunteers responsible for pastoral care.

In case of an emergency or you need to contact a participant during the event please contact the duty manager on: 07928932709