



Shrewsbury Road, Church Stretton Telephone 01694 722209  
Shropshire, SY6 6EX E admin@csschool.co.uk  
[www.churchstretton.shropshire.sch.uk](http://www.churchstretton.shropshire.sch.uk)



**Headteacher:** Dr. A Wood, PhD, NPQH, BSc (Hons)

### **DofE Practice Expedition: 7<sup>th</sup> June – 8<sup>th</sup> June 2025**

The Bronze Practice Expedition takes place over two days and one night, between Saturday 7th and Sunday 8th June 2025. There is no cost to the expedition as this was included into the cost of the Award when launched, which includes; all camping fees, insurance, fuel and kit hire.

#### **Saturday 7<sup>th</sup> June**

Students to arrive at Church Stretton school for around **8:45am** and will meet outside reception.

Students will meet their assessors at 9:00am - we have six fully qualified assessors who will assess the groups, monitor and support them, and ensure students are always safe whilst navigating their planned routes.

Upon meeting their assessors, the students will undergo kit checks. The assessors will hold a briefing with each group before they start their walk, looking at their planned route and deliver training to support each group with their walk.

Students will depart from school from 10:00am at staggered timings. Students are required to follow their routes and will be registered at regular checkpoints along the way. The Assessors will be on hand to monitor and support the students. Throughout the walk the assessors will check on their navigation skills.

Students should arrive at the campsite from 4:00pm onwards where students will set up their tents and cook their evening meal.

Nb: groups have been provided with a series of checkpoints they will navigate through, groups must complete and submit their maps and route cards by **Wednesday 23rd May**, so they can be passed on to the expedition assessors.

#### **Campsite Details :**

Brow Farm Campsite,  
Ratlinghope,  
Shrewsbury,  
SY5 0SR

#### **Sunday 8<sup>th</sup> June**

Pupils will start early, waking around 7:00am and will then cook their breakfast.

Once fed, students will disassemble their tents and pack their bags.



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Students are not permitted to leave the campsite before 8:30am but must have set off by 9:30am. Students will inform their assessor as they set off and will navigate their way back to school passing through the checkpoints identified on their map and route card.

Pupils will return to school for around 3:00pm. We will advise a more accurate time through twitter. Once students are back at school, they will be able to provide parents/careers with a precise time for collection.

Upon arriving back at school, each group will be debriefed by their assessor.

### **Additional Journey Details**

- Students are required to drink plenty of fluids (fizzy drinks are not permitted) and staff will circulate with the minibus and replenish water for students along the route.
- Students will burn a lot of energy walking and should snack regularly to maintain their energy levels (Kendal mint cake is a good source of energy).
- Weather is changeable and students are required to have a set of waterproofs as part of their kits and sun cream should the weather be nice.

### **Food**

Please note meals are **not provided**, and students will need to pack accordingly.

Students are required to have a meal for Saturday lunch (a packed lunch) and evening (must be a hot dinner), breakfast (must have a hot element) and lunch on Sunday.

Below are some examples of food that would be appropriate for each meal:

- Breakfast: Porridge, hot chocolate, tea, cooked meat (must be cooked in advance), bread, cereal & milk, bacon or sausages
- Lunch: Sandwiches, sausage rolls, pasties
- Dinner: Pasta & sauce, cooked meats (e.g. chorizo/ham to go on pasta), soup & bread, meatballs (pre-cooked or cooked packaged), boil in the bag meals can be purchased from most outdoor/camping shops. We do **not** advise tinned foods.

One part of the Duke of Edinburgh assessment criteria is that candidates are required to cook 'two substantial meals for the evening and morning'. The meals must be high energy and filling.

For snacks, foods with high carbohydrate content are ideal. Sweets, cookies and chocolates are allowed but should complement substantial snacks and not replace them.



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### **Clothing and kit**

Please refer to the recommended DofE expedition checklist, students are required to be self-sufficient for 24 hours, certain elements of the kit need to be carried between the team and each group should liaise with one another to determine who is carrying what.

Students should pack suitable clothing, please remember that several thin layers are better for staying warm, rather than one thick layer. It may be cold on an evening, so a suitable sleeping bag is needed, and students are required to walk in a pair of walking boots.

Your child will also require a strong and durable water bottle and should stay hydrated throughout the expedition.

All kit should be packed inside a large rucksack with space for group kit – part of a tent, stove etc. The rucksack will be carried over a large distance so cannot be a holdall or shoulder bag.

### **Medical/Consent**

All educational visits require consent from parents; this can be done by completing the online [consent form](#). Please make us aware of any medical conditions your child may have so we can ensure their safety during the expedition.

### **Equipment Hire**

We have some kit at school which can be borrowed if needed, but stocks are limited, you can let us know your requests when you complete the [consent form](#).

Available to hire are the following:

- Tents (two-person or three-person)
- Trangias and fuel
- Waterproofs
- Whistles
- Rucksacks (65L)
- Rucksack covers
- Survival bags

Each group will be provided with two waterproof maps and two compasses. These will need to be returned upon completion of the expedition.



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Should your child borrow any kit, they will be liable to pay for any loss or damage, in the full amount that it cost to supply them. If group kit is damaged or lost, the cost will be split evenly between each member of the group.