

DofE Expedition Joining Instructions

Important Information: Please read all information carefully.

School and Expedition: Nottingham Free School Bronze Walking Qualifying Expedition

Date(s) of Activity: Sat 21 July 2018 - Sun 22 July 2018

Where to meet: Monsal Head Car Park, Monsal Head DE45 1NL

What time to meet: Sat 21 July 2018 8:30 AM

Finish Location: Millers Dale Station Car Park, off B6049, Wormhill SK17 8SN

Finish Time (from): Sun 22 July 2018 2:30 PM

KA Leaders: Howard, Claire, Heather, Patrick

Team B01: Finlay, Enzo, Tom, Zain, Eshaan, Elliott

Team B02: Archie, Euan, Louis, Diallo, Finlay

Team B03: Matthew, James H, Yusuf, Peter, James M, Max, Soloman

Team B04: Isobelle, Olivia C, Ava, Rose, Jasmin, Olivia S, Keira

Team B05: Nathan, Jake, Dylan, Harvey, Seth, Harley, Alexander

Team B06: Taniya, Emily, Ishika, Saira-Beno, Zara, Stella, Manaal

Travel Arrangements

Car: If you are dropping off or collecting participants at the start & finish locations, please can you ensure you arrive at the start & finish locations by the times stated above, and that you are familiar with where to go and the time needed to get there. The time indicated is an estimate and is not an exact time - sometimes teams are early, sometimes they are late. It is very important for the safety and wellbeing of all participants that you are on site when they arrive, especially in bad weather as waiting around in exposed car parks can increase the risk of hypothermia and other safety concerns.

Bad Weather Procedure and General Communication

All our activities will take place in most weather condition, including wet weather. However, in extremely bad weather we may need to postpone this event for safety reasons. We will review in the days preceding the event and make a decision as early as possible. We will liaise directly with the school and details will also be posted on our web site and on our Facebook and Twitter feeds. We will also update our Facebook and Twitter feeds with general progress of the expedition and if there are any changes to start/finish procedures - such as known road closures in the expedition area or changes in times.

Web site: www.karosadventure.com



facebook.com/karosadventure



twitter.com/@karosadventure

Karos Adventure Emergency Contact

Emergency Contact Name and Number: Karen - 07933 861367

This emergency contact is only for the period whilst this activity is taking place. If you have any queries or concerns prior to or following this activity, please can you contact your school initially, as they will then liaise with ourselves where required to respond to your query.

Start and Finish Routines

Please be aware that at the start & finish of the expedition, we do need to carry out certain tasks. These include issuing and collecting group equipment, briefings & de-briefs, and important safety checks, including kit, medical fitness and routes. Whilst it is natural that you will want to see your son/daughter at the start and as soon as they finish, please can you allow our leaders to carry out these tasks without obstructing them so that we can achieve the desired outcome. We would like to thank you for your patience and understanding during this time.

Expedition Details

Sat: Monsal Head Car Park SK185715 - Bushey Heath Farm SK146785

Sun: Bushey Heath Farm SK146785 - Millers Dale Car Park SK139732

Factsheets

We have created a series of factsheets, which provides details of what is involved on the expedition, and what you will need, including kit list and ideas regarding menus. It is important that participants and parents are familiar with the information contained in these factsheets as this will help you to prepare for the Expedition, especially the 20 Expedition Conditions, Kit List and our Code of Conduct.

To access the factsheets on our web site - Username: **Karos** Password: **Award**

Equipment

Personal Equipment

Participants will need all equipment as detailed in our DofE Kit List. For further details regarding clothing, equipment and rucksack packing, please refer to our Factsheets on our web site.

Group Equipment

- We will provide participants with tents, stoves, gas, maps, map cases and a group first aid kit.
- Teams will need to bring group camping items e.g. Brillo pads, long-handle matches/lighter, bin bags.

Participants will be asked to sign our Group Equipment Contract when the kit is issued and are expected to look after all items of equipment issued to them and return them in a good condition to their supervisor at the end. Please be aware that, regrettably, we will have to charge the full replacement cost for any of our equipment is lost or damaged through misuse, and serious misuse may prevent the participant or their team from successfully completing their training or expedition.

Food

Participants must bring food for all meals that they will need during this activity. Please refer to the Factsheet on our web site regarding suitable food. Remember:

- **DO NOT** bring food that needs to be kept in a fridge or freezer (including meat and dairy).
- **DO NOT** bring heavy tins and glass bottles/jars.

We do encourage participants to bring food that is high in energy content. Further details and suggestions of what to bring are on our factsheets.

Expedition Paperwork

All teams will need to bring with them at least 2 copies of their routecards as planned during their Training. These should be laminated to protect them from getting wet and damaged. All paperwork has been sent through to your school's DofE Co-ordinator and it is the responsibility of each team to ensure they have their own copies.

Aim and Presentation

Please remember that these are important parts of the DofE Expedition section. Participants will need to have prepared what they are going to do to achieve their Aim and will need to deliver a Presentation back at their school/college after the Expedition before the section can be signed off.

We wish you the best of luck on your expedition.