

# **NOTTS** Outdoors Education Service

## Frequently asked questions on Open DofE Expedition Programmes

### **Where do we meet for the training and/or expeditions?**

You will generally need to arrange your own transport to the start and finish points. Full details of meeting points are included within the briefing letter which is sent via email. Please ensure that you check well in advance where you are going. Bronze programs will generally run in Nottinghamshire. Silver programs in Nottinghamshire and the White Peak. Gold expeditions are based in various areas including the Peak District national Park and Scotland.

### **How far do we walk on expeditions?**

As a rough guide for each day, at Bronze level it is roughly 12km over six hours, 16km at Silver over seven hours and Gold could be up to 20km over eight hours.

### **What expedition equipment is required?**

When you book an open expedition with The Mill Adventure Base, an information pack is sent along with further information such as kit required, to help you pack what you need at home. Two sets of clothes, personal items, food, and drink. Walking boots, waterproofs, roll mat, sleeping bag, plastic mug, bowl, and cutlery, first aid kit, torch along with tent, camping stove and pan-set is typical for a two-day expedition.

### **What else do we need to do in order to complete the award?**

You will need to complete the other sections of the award (Physical, skills & volunteering at Bronze & Silver, and the additional residential at Gold) Once the final expedition has finished, you will also need to deliver a presentation to your DofE leader to complete that section of the award. We do not facilitate this presentation requirement and you need to ensure your DofE leader will help with this.

### **What food will we need to bring?**

Lunches, breakfast & evening meal for the expedition duration. Food that has high calorie content that is light & easy to cook is best. Dried foods work well; pasta or rice-based meals are good for the evening meal.

### **Do we have to do all the dates?**

Yes. The dates cover all of the required training framework and is the minimum training needed. All participants must be able to be a safe & competent member of their group in order to be able to complete the expeditions: failing to do all of the training generally means you would not meet the required standard and therefore, would be unable to meet this requirement.

### **Can we choose who is in my group?**

Part of the ethos of the DofE programme is that participants' work with people that they would not normally associate with. Staying strictly in friendships groups is not entering into the spirit of the award. For Open expeditions, if at the time of booking one other person you know is identified who is also attending, we can try and put you in the same group, but we cannot guarantee this.

### **What training do we undertake?**

Navigation, first aid, stove use & safety, emergency procedures, rucksack packing, route planning and camp craft.

### **Can we bring a mobile phone?**

Yes, but it should only be used in the event of an emergency. It needs to be charged, with credit and kept in a tough waterproof bag.

### **Can we bring a media device such as an iPad?**

No do not bring iPods, iPads etc. Participants should not be listening to music during the expedition. It is not in the spirit of the award, can be anti-social and can be dangerous wearing headphones when out walking.

### **Do we need to bring any money?**

Participants must be self-sufficient and therefore are unable to purchase anything on expeditions and there will be no opportunity to spend it in any case, although there is no harm in having some in case of an emergency.

### **Am I insured for lost or damaged personal possession's during expeditions?**

Items may be covered under household insurance, but we would advise taking out a travel insurance policy to cover personal possession's during expeditions. Personal possessions are not insured by The Mill.

### **Will we be charged if we damage or lose any kit supplied by The Mill?**

If the damage/ loss was genuinely accidental, then we would not charge anyone. If, however we believe the damage or loss was caused wilfully by negligence or misuse, we reserve the right to make a charge.

### **Why do we have to wear walking boots?**

During expeditions you will be carrying a heavy rucksack and so to prevent injury, your walking boots must cover your ankles to provide extra support. If you do not have proper walking boots, then you will be unable to take part.

