




YOUR BRONZE DOFE EXPEDITION

Advice on Food, Kit and some general tips



Food

- The right kind of food is really important for a successful expedition, you need food that will fill you up, keep you warm and give you lots of energy
- A hot and sufficient breakfast is important, it will warm you up and give you lots of energy for the day. Boil in the bags are good, they have all day breakfast ones and beans and sausage ones, these take very little effort to make and have been designed to give you lots of energy. We also would recommend a quaker oats, just add hot water pots. Porridge is very high energy but don't get the plain, we recommend the syrup ones as you need a high sugar content.
- For Bronze DofE, we recommend sandwiches for lunch, because it is unlikely to go dry, normal bread is fine but sometimes pitta bread or warbies thins last longer. Also have snacks on the side. Fillings can include things like ham or chicken (on the first day) as again it won't go off and it is important to have protein.
- For tea, again we would recommend a boil in the bag. If you're not someone who likes these pasta with tomato sauce or pesto is also recommended. If you do choose to have pasta, bring some pre-cooked bacon lardons wrapped in foil to mix in for extra protein.

Food- our tips

- High sugar snacks including sweets, chocolates and biscuits are good in moderation as they will give you energy and are a good pick me up for the group in a tough moment
- Don't just snack on sweets though, things like dried fruit and nuts are a better source of energy
- Make sure you bring food that you actually like- i.e. don't just go for the boil in the bag that's left if you're not 100% sure you will like it, you will need to eat all your food and you don't want to be feeling nauseous
- Don't bring crisps as they take up a lot of room and are difficult to eat on the go
- Don't bring pot noodles- although easy they do not have enough energy content for an evening meal

Kit

- It is very important you follow the kit list as this has been designed for your expedition and has everything you need
- You may find you still have room in your rucksack but don't be tempted to fill it with unnecessary items, the likelihood is you will regret making your rucksack heavier
- Be very minimal with clothing, you will sleep in your normal clothes and only bring one change
- Good waterproofs are essential, you won't dry off in a tent
- Good boots are really important- blisters will put a real damper on your expedition so get boots properly fitted and don't go with brand new ones, if you don't have the right boots be sure not to spend too much on new ones as you don't know if you will continue with DofE and even if you do, your feet are likely to grow
- Dry bags are an effective way to organise your kit- these will come even more in handy if you do silver and gold

Our general advice

- Be sensible with layers, don't over-do it in the morning as you will find you warm up very quickly, keep spare layers in the top of your rucksack
- Make sure things inside your rucksack are kept in dry bags or polyethene bags to keep them dry if it rains- a waterproof cover on your rucksack can also help
- Wear little clothing to bed- just a T-shirt will suffice, you warm up in your sleeping bag and keep warm all night as the bag traps the heat, if you wear lots of layers you won't warm up
- Extra socks are important in case your feet get wet

Year 9 Camp- what have you learnt

- Ask yourself:
- How was your bag fitting?
- Was your bag too heavy?
- Did you have enough food and water?
- Did you have too much food?

Rucksack fitting

- Having a correctly fitted rucksack is important and will make your expedition a lot pleasanter as your rucksack won't feel too heavy
- <https://www.youtube.com/watch?v=X258hs7HHaw>
- Watch this clip carefully and repeat it before you leave for your expedition when your bag is fully packed
- Remember when packing heavier stuff goes at the bottom