CHASE TRAINING SOLUTIONS

PARTICIPANTS NOTES

PLEASE READ CAREFULLY!

Lordswood- Bronze DofE Qualifying Expedition: Redditch/Bromsgrove area
17th -18th September 2026

*You will need to fill out the attached medical consent form and hand this into school **BEFORE THE EXPEDITION**. Without the parental medical consent form, you will be **unable** to take part*

Travelling & Arrival times:

The school will arrange transport to your start points for **no later than 09:00hrs** :

- **Teams 1-4** The Vernon Pub, Droitwich Road, Hanbury, B60 4DB - **Grid Ref: SO 966630**
- **Teams 5-7**- Morton Stanley Carpark, off Green Lane, 250M Past golf club Redditch, B97 5PJ – Grid Ref: **SP 021652**

Please liaise with the school regarding departure time ☺

Expedition

Your expedition will commence on the morning of Thursday 17th September 2026 and all being well conclude on the afternoon of Friday 18th September 2026:

Please make sure you are as organised as possible on the morning of your expedition:

- **All items need to be inside your rucksack** (apart from roll mat) and they also need to be put in waterproof bags (drybags or bin bags) for in case it rains. (Rucksacks are not waterproof)
- **Walking boots and waterproofs are mandatory and need to be worn/taken, regardless of the weather**
- Rucksacks need to be a minimum size of 65L
- Please **DON'T BRING** tins, glass jars or food that needs to be refrigerated (raw meat etc)
- Cookers will **only be used in the evening**, not at lunch time

PLEASE NOTE: IF YOU TURN UP TO THE EXPEDITION WITHOUT WALKING BOOTS, WATERPROOFS AND APPROPRIATE CLOTHING, YOU WILL NOT BE ABLE TO TAKE PART

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Shell Manor Barn, Shell, Himbleton, Droitwich, Worcestershire, WR9 7LA

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dofe@chasetrainingsolutions.co.uk

DofE APPROVED ACTIVITY PROVIDER

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Equipment

You must provide all your own equipment and individual food for the duration of the expedition. Chase Training Solutions requires that you carry ALL items included on the equipment list as a minimum. Please see the attached equipment list ☺

Mobile Phones

These paragraphs are taken from the 'DofE Expedition Guide 2026':

The Expedition section is designed to develop self-reliance and self-confidence through isolation and remote supervision, overcoming challenges and managing risk as an independent team of peers.

Mobile phones can seriously undermine these outcomes and compromise the team's attitude and approach to the decision-making processes during their expedition.

The more advanced mobile phones become, the greater their potential impact on effective expeditions, so it is vital that the expedition team, Supervisor and Assessor agree well in advance how they may be used by the team in line with the Expedition Requirements.

Increasingly a DofE expedition is one of the very few times that young people will experience isolation away from mass media and instant communication, working only with a team of their peers. This must be embraced as one of the core principles of the Expedition section.

In the DofE context, mobile phones must be thought of as either additional, unreliable, team safety equipment or as a team evidence gathering tool. It must be made very clear to participants that it is not acceptable to use them for general communication. Persistent or deliberate misuse of mobile phones may lead the Supervisor to defer the expedition.

It should be made very clear to parents that no news is good news and that they should expect no contact at all from their child during the expedition.

In line with guidance given by the DofE, two fully charged mobile phones (ideally, different networks) can be taken by the team for emergency use only. These phones must be switched off, kept in sealed bags and packed with first aid kits.

Additional mobile phones without SIM cards or satellite internet access may be taken by the team for use as cameras, digital video recorders and alarm clocks, etc.

Mobile phones should always be thought of as a team kit item and not as an individual kit item. Mobile phones may never be taken for navigation or GPS purposes.

The expedition team, Supervisor and Assessor must agree their mobile phone use policy in advance of the expedition.

Emergency mobile phones should be kept switched off to remove the temptation to answer incoming calls and to protect their battery life. The emergency phone is there to allow the participants to raise the alarm if there is reception. Supervisors and staff must use alternative means to contact teams as part of remote supervision.

As part of the pre-agreed mobile use policy, it is just as important for parents and friends, as well as participants, to understand that while on expedition they should not expect to have any communication with each other. If any communication is required, it should be through the Supervisor.

Participants with care responsibilities should make arrangements before leaving or ask contact to be made through the Supervisor if necessary.

Under **NO** circumstances, during the expedition, are parents to be contacted, irrespective of the circumstances.
If deemed necessary, this will be undertaken by a Supervisor/Assessor

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Personal Music Players

DofE teams can take personal music devices with them on expedition, but they should not be used during hours of activity and especially when journeying. If using your phone as a music player/ camera you will need to remove your sim card **before you arrive at the start**

Food & Emergency Rations

In accordance with the DofE Qualifying Expedition Conditions, you should cook and eat a substantial meal each day. As you are required to be self-sufficient, this food must be present at the beginning of your expedition and must be carried. You should have no need to go into shops during your expedition.
Guidance for appropriate expedition food can be found on the following websites: https://www.dofe.org/shopping/expedition-kit/expedition-food/ https://www.dofe.org/shopping/eating- on-your-expedition/
https://www.dofe.org/shopping/kitlist/expedition-food-including-emergency-rations/

Additional information can be found by conducting a search on the internet by typing 'DofE expedition food' into a search engine. Please ensure you plan and bring food amounting to 3,500 – 4,000 calories per day, which is the recommended daily intake for a DofE expedition.

RATIONS-Please ensure you have sufficient 'Emergency Rations', as indicated in the following statement taken from the DofE Expedition Guide – *'Every participant needs emergency rations.*
It does not have to be much, but it is an essential part of participants thinking about risk management and preparing for their expedition. A good ration pack should include a favourite high energy snack (Mars bars work well or, in hot weather, Kendal Mint Cake), sweets (such as Haribo, wine gums, fruit pastilles, raw jelly cubes etc.), energy drink powder/hot chocolate sachets and a substantial filling snack like a flapjack. Keep it all in a waterproof bag or container.'

Campsite

Pikes pool campsite, Pikes Pool Lane, Burcot

Early Withdrawal

If you withdraw, (or in exceptional circumstances, are withdrawn) from your expedition early, you will be required to arrange your own journey home, at your own cost, as soon as is reasonably practicable. There is no provision for you to shadow the operational Supervisors or remain at base camp.

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Finish & Departure

You will be able to leave your teams finish point of the expedition at approximately **15:00-15.30hrs on the Friday**, however, please be advised that you may be earlier or later than the time stated, as this is dependent on the time you leave the campsite, your navigation, and speed of walking! **IMPORTANT - INDIVIDUALS CANNOT DEPART UNTIL SEEN BY A SUPERVISOR.**

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Please liaise with the school regarding departure time and transportation ☺

Debrief & Review

Teams will take part in a verbal debrief and review of their expedition to their supervisor prior to departure from the teams finish point.

Questions

We hope that all your questions will have been answered here. Further assistance can be sought by contacting Chase Training Solutions.

Many thanks

Ben Cleverley
DIRECTOR

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