

Outdoor Activities

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Bronze DofE Expedition Overview

Practice Expedition 17th – 18th May 2025

Start Location - 17th May 2025

Watermead Open Space Car Park, Pewsham Way, Chippenham, SN15 3GF

What3Words ///reach.gave.grabs

Arrival Time: Teams 1-6 @ 09:30am Teams 7-12 @ 10:00am W. www.h5adventure.com

Overton Hill Car Park, Ridgeway National Trail (Google Pin) Marlborough SN8 1QG What3Words ///replays/composers.originate

Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Campsite

Blackland Lakes, Stockley Lane, Calne, SN11 0NQ What3Words ///vent.quietest.comply

Qualifying Expedition 14th – 15th June 2025

<u>Start Location – 14th June 2025</u> Barbury Castle Car Park Swindon, SN4 0QH

Barbury Castle Car Park Swindon,

Finish Location – 15th June 2025

SN4 0QH

What3Words ///brand.visa.bronze

Arrival Time: Teams 1-6 @ 09:30am Teams 7-12 @ 10:00am What3Words ///brand.visa.bronze

Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Campsite

The Lake, Upper Ham Farm, Thornhill, Royal Wootton Bassett, Swindon, SN4 7RX What3Words ///unpacked.hurricane.subplot

Mobile Phones & Contacting the Safety Supervisor

During the Expedition, the participants will be **unaccompanied in their teams**. We allow them to carry **mobile phones**, but we ask them to not use them and keep them switched off, in the sealed dry bag provided at the start of the expedition. Students will be trained, that in the unlikely event of an incident they can access their phones to contact the safety supervisor of the expedition. We advise them **not** to contact anybody else during the expedition/incidents, as this can create hysteria and clog up phone lines which may be required for incident management.

If you do not bring all equipment, i.e., Waterproofs, drinking water, etc, then we may not allow you to complete your Expedition due to safety issues.

H5 Adventure Ltd 19 Thornhill, Royal Wootton Bassett, Wiltshire SN4 7RX









Top Tips for your DofE Expedition

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<u>Equipment</u>

- 1. Your rucksack size should be between 55 and 75 litres.
- 2. Make sure your boots are waterproof and fit before arriving for the expedition.
- 3. Bring the appropriate clothing for the weather (Woolly hat or sun hat?)
- 4. Bring alternative footwear for the campsite (You will <u>NOT</u> be allowed to walk around camp bare foot or in socks!)
- 5. You need to be able to carry 2 litres of water in bottles or a hydration pouch

<u>Food</u>

- 1. Plan and cook your meals as a team.
- 2. Remove any excess packaging from your food before you leave home.
- 3. Avoid glass jars as these are heavy to carry.
- 4. Don't bring fresh meats or items which would usually be kept in a fridge.
- 5. Bring some washing up equipment within your team.

Packing your rucksack

- 1. Waterproof everything using plastic bags, bin bags etc.
- 2. Ensure you have space in your rucksack for Team Equipment (Tent, Cooker etc.) which will be given to you at the start location of the expedition.
- 3. Everything, other than a sleeping mat <u>MUST</u> go inside your rucksack.
- 4. Pack items such as sleeping bag and spare clothes at the bottom of your rucksack as you will not need these until you get to camp.
- 5. Remember! Waterproof everything using plastic bags, bin bags etc.

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