



The Duke of Edinburgh's Award

Key information

Oldfield Silver
Expedition Season
2018-2019



We will cover:

- What is involved in the Expedition Section
- Equipment and hire
- Clothes
- Food
- Dates + Locations



What is each Expedition about?

- Being a team
- Looking after each other
- Undertaking a journey on foot
- Being self sufficient
- Cooking, camping & navigating
- Being in the Outdoors!!





The Training Day

Today

- Planned expedition routes
- Brushed up on navigation
- Considered kit
- Considered food options
- Considered First Aid Scenarios and what to do in an emergency
- Looked at the Countryside Code
- Thought about an Expedition Aim





The Practice Expedition

It is a PRACTICE so we will be using and perfecting all the skills from training.

We will teaching the students to use the skills on the ground:

- Taking bearings
- Orientating the map
- Finding features
- Working out timings

.....moving from close supervision with an Instructor on hand to remote supervision ready for the Qualifying Expedition





The Qualifying Expedition

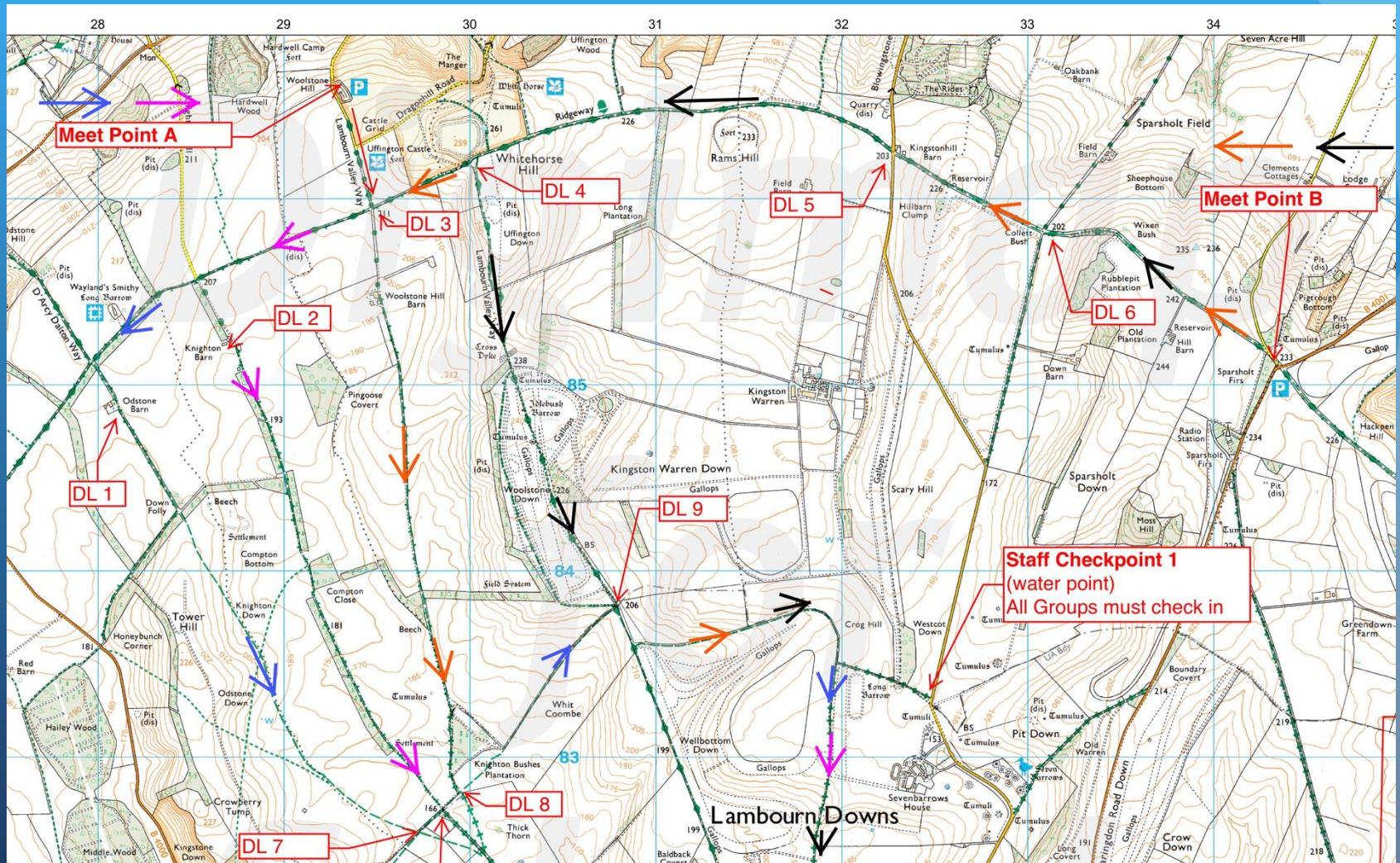
You will be assessed by one of our DofE Assessors

- There are 20 conditions to meet - but by this stage you will have met most of them
- You will need a team aim
- As before Teamwork & attitude are the key to a successful expedition
- Passing is not a given, but your Assessor will give you every opportunity to meet the standard





Qualifying Expedition - Remote Supervision





Expectations

We will do our utmost to make sure you have an amazing experience while on expedition

You will need to come prepared for the challenge -

Behaviour and Attitude are Key

Attitude is key, It's going to be tough, however you don't have to be an Olympic athlete





Equipment

We provide all group equipment;
cookers (Trangia's), fuel and tents

- We have a stock of personal equipment that you can hire from us before each expedition



Personal Equipment Hire Fees 2019



Sleeping Bag: £10

Sleeping Mat: £5

Rucksack: £15

Waterproof rucksack liner: £5

Waterproof Jacket: £10





Waterproof Trousers: £10

Should you wish to hire equipment from us you need to book this with us direct and the booking form will be on line from:

- Bookings need to be made by: Friday 21 June 2019.
- Please note that no refunds can be given after the closing date has passed.

www.oceanrockadventure.co.uk

Click on 'Duke of Edinburgh'



ADVENTURES YOUTH WORK EDUCATION **DUKE OF EDINBURGH** ACCESS SOLUTIONS ABOUT US

Duke of Edinburgh

We are experienced and qualified to deliver the best possible DofE experience for you or your school. With 18 years experience of providing the award at all levels as well as being qualified Mountain Instructors (MIA) and BCU coaches we understand the award. OceanRock provides you with the skills and more importantly the support to help you achieve your Duke of Edinburgh's Award in a fun and adventurous way

[For DofE Schools Equipment Hire please click here](#)

RELATED PAGES

[Adventure Residentials for Gold participants](#)

[DofE School Programme](#)




[Open Expeditions](#)

GET IN TOUCH

Email: info@oceanrockadventure.co.uk

Phone: 07816522646 / 07704558756

OUR LATEST PHOTOS





What to bring and What NOT to bring!

Bring:

Sturdy boots

Good, taped waterproofs, with waterproof fabric

Don't bring

Jeans, cotton hoodies

Vest tops, super short shorts!!

Use your kit list in your booklet







Food - an example day

Breakfast

- Porridge, Croissants or Brioche + Hot Drink (Hot Chocolate, Tea etc)

Lunch

- Naan or Pitta Bread, Oatcakes with nice filling, snacks
- 1 Litre of water minimum (no fizzy drinks/cans)

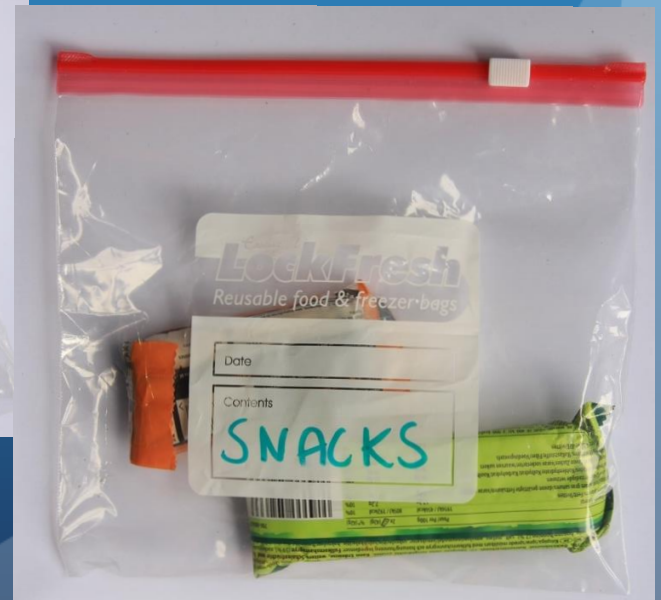
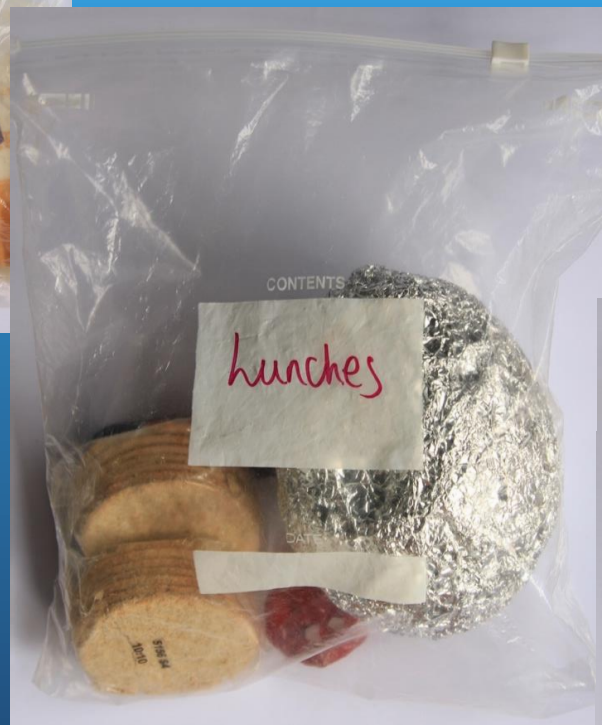
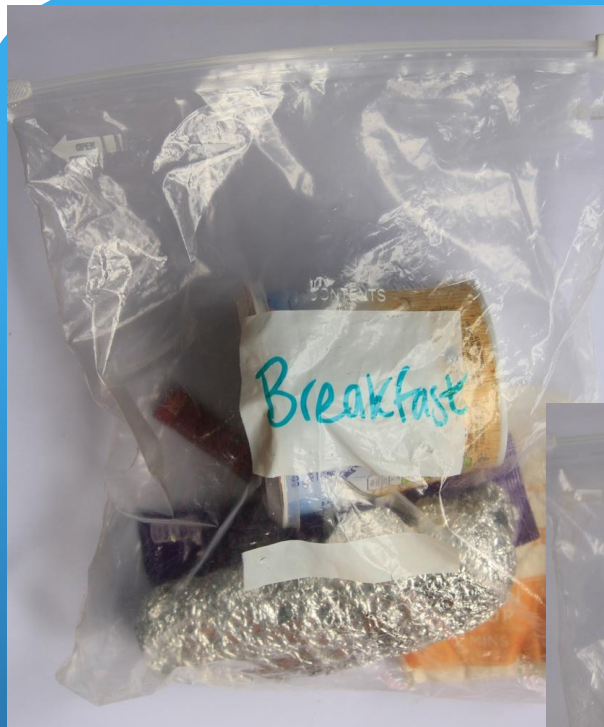
Dinner

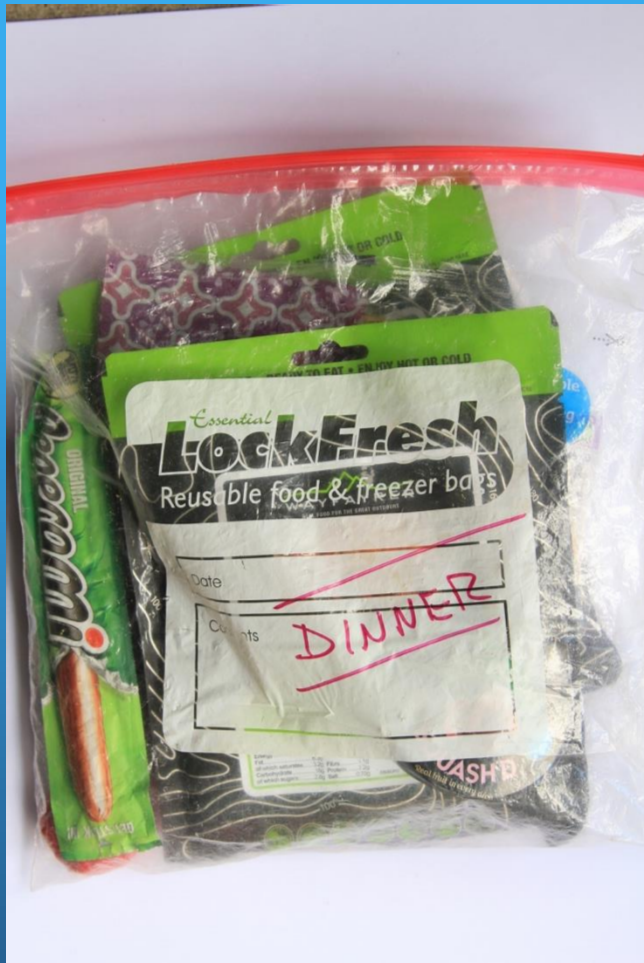
- 1 hot meal (We recommend Wayfarer Meals, for simplicity)
- NO POT NOODLES or sandwiches!
- Dessert can be Wayfayer or custard etc
- Every student must have a hot dinner + dessert

Snacks

- Muesli bars, nuts, dried fruit are best. Not too much Haribo







What Not to Bring.....!





Remember things go wrong!

You could get lost
You could hurt yourself
You will probably get tired
You may get blisters
You may get frustrated

But that is what it is all about, your team
and our staff will be there to support you
from training to qualifying expedition



Timings: Silver Practice Expedition

Drop off: Sat. 6th July 2019


Barbury Castle Carpark, SN4 0QH

At 10.00am

Barbury Castle Car Park, Swindon, Wroughton, SN4 0QH

Barbury Castle Car Park

Back to results



Barbury Castle Car Park

4.2 ★★★★★ (76)

Car Park

Directions

Save

Nearby

Send to your phone

Share

Swindon SN4 0QH

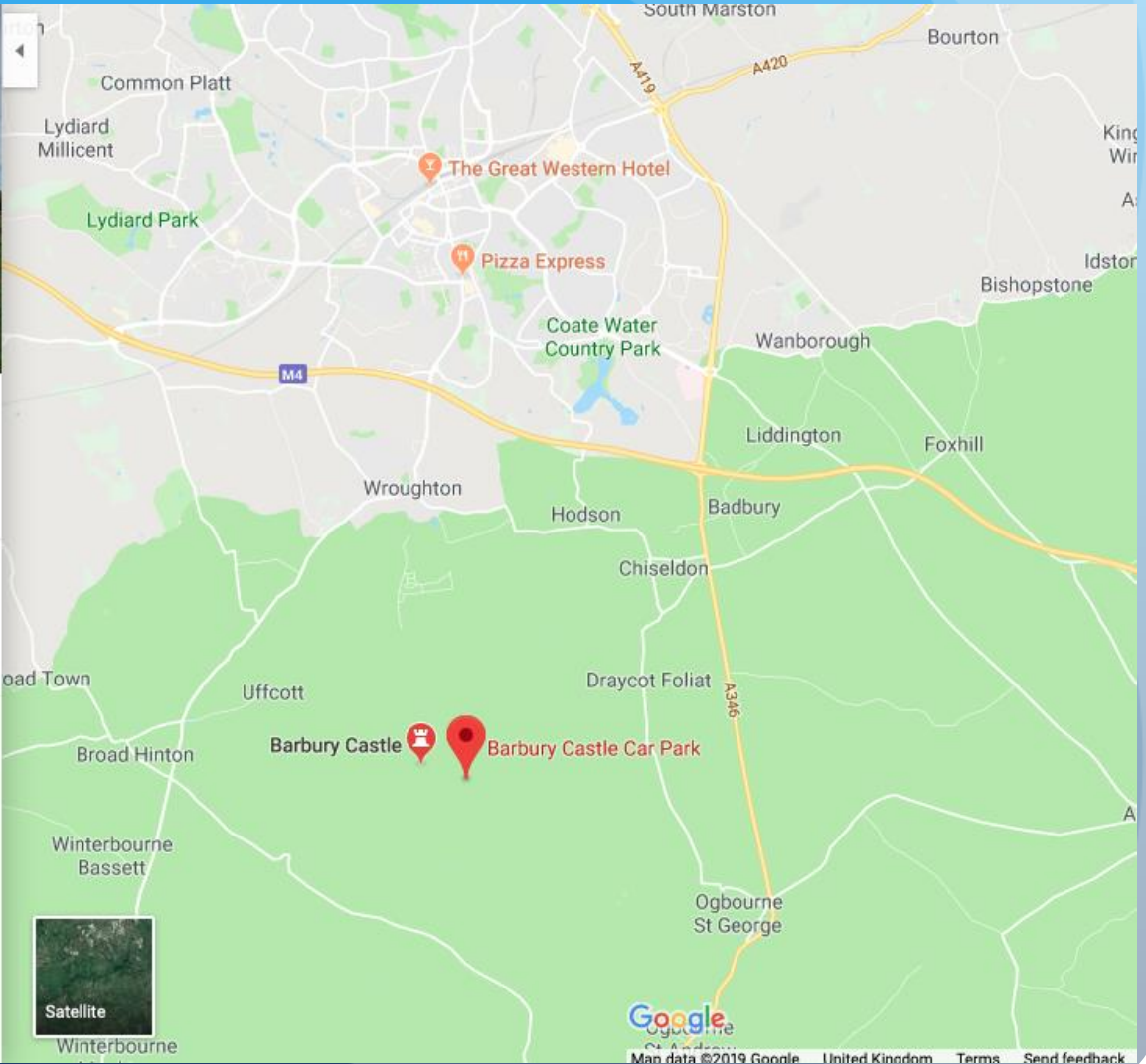
F6MF+CF Wroughton, Swindon

swindon.gov.uk

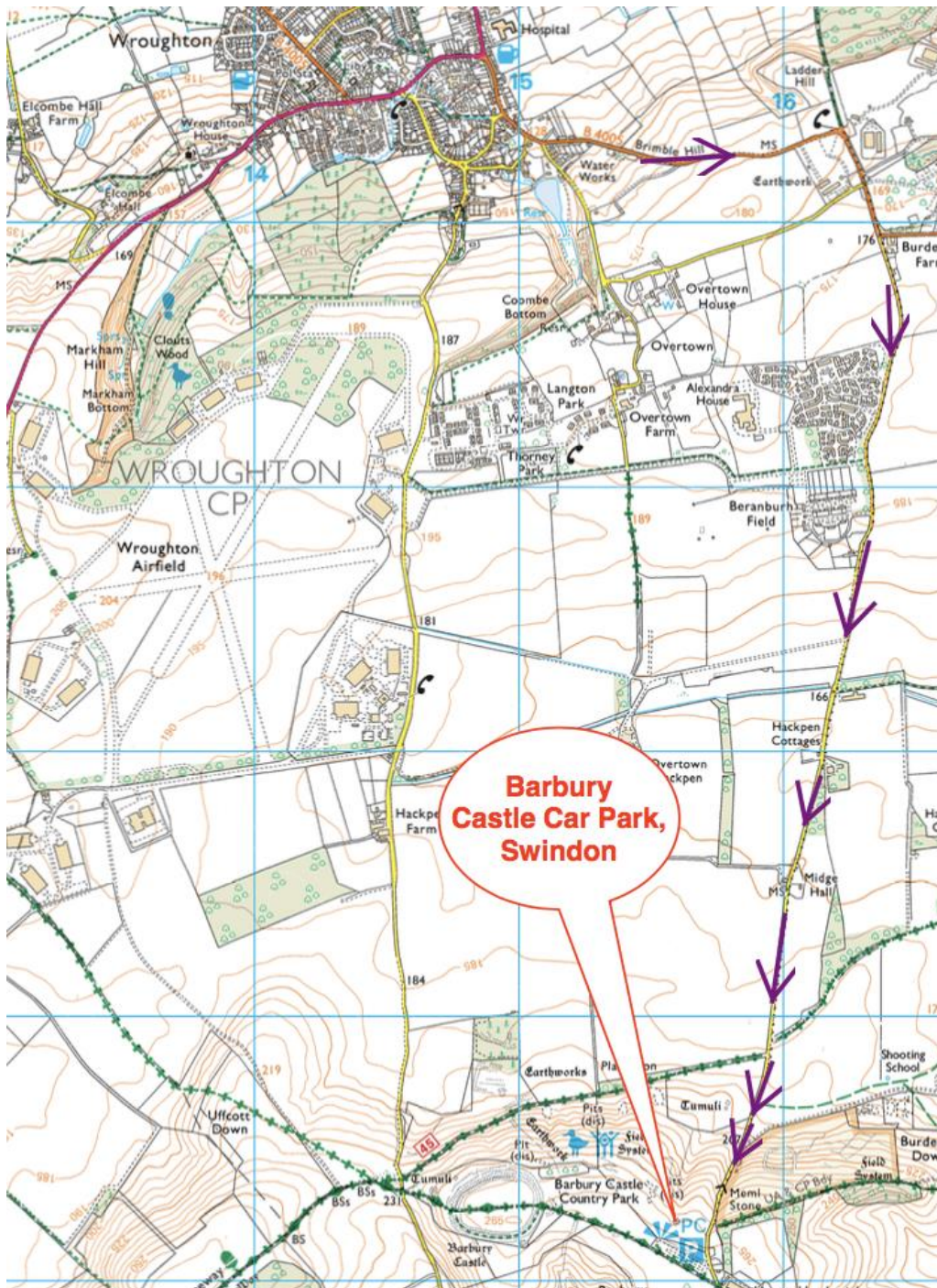
Claim this business

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Suggest an edit



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Barbury Castle
Country Park,
Swindon,
Wroughton,
SN4 0QH
(Postcode works
on Google Maps)

Timings: Silver Practice Expedition

Pick up: Mon. 8th July 2019

Layby, West of Avebury, SN11 8HS
At 13.30

Google maps: 51.422051, -1.891250

Sat Nav: 51 25 19 N, 15 3 28 W


51.422051, -1.891250

☰

51.422051 -1.891250


🔍

✕




51°25'19.4"N 1°53'28.5"W


51.422051, -1.891250




Directions




Save




Nearby




Send to your phone




Share




Unnamed Road, Calne SN11 8HS




C4C5+RF Beckhampton, Marlborough



Add a missing place




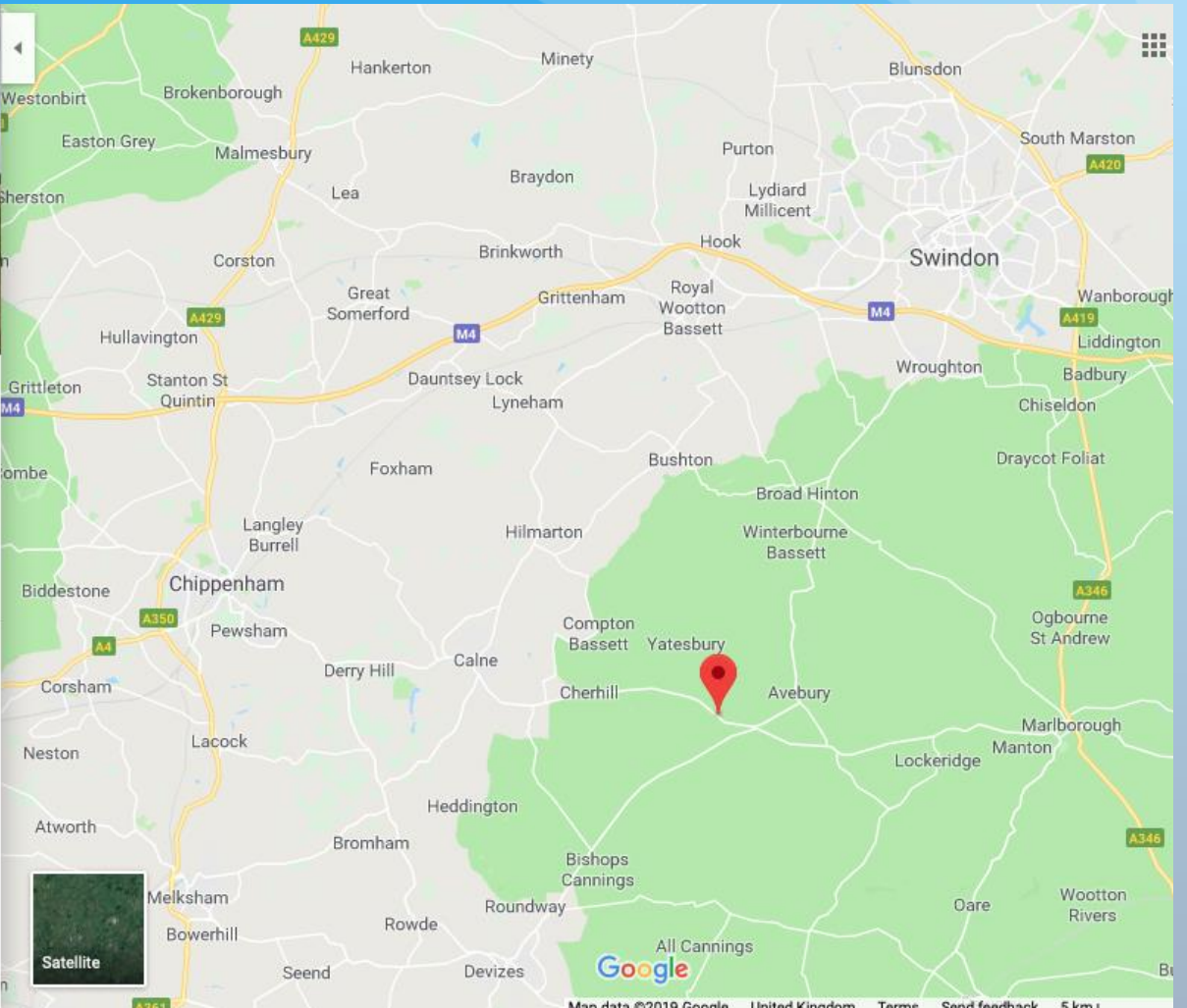
Add your business



Add a label

Photos





Satellite

Google

Map data ©2019 Google United Kingdom Terms Send feedback 5 km

51.422051, -1.891250

51°25'19.4"N 1°53'28.5"W

51.422051, -1.891250



Directions



Save



Nearby



Send to your
phone



Share



Unnamed Road, Calne SN11 8HS



C4C5+RF Beckhampton, Marlborough

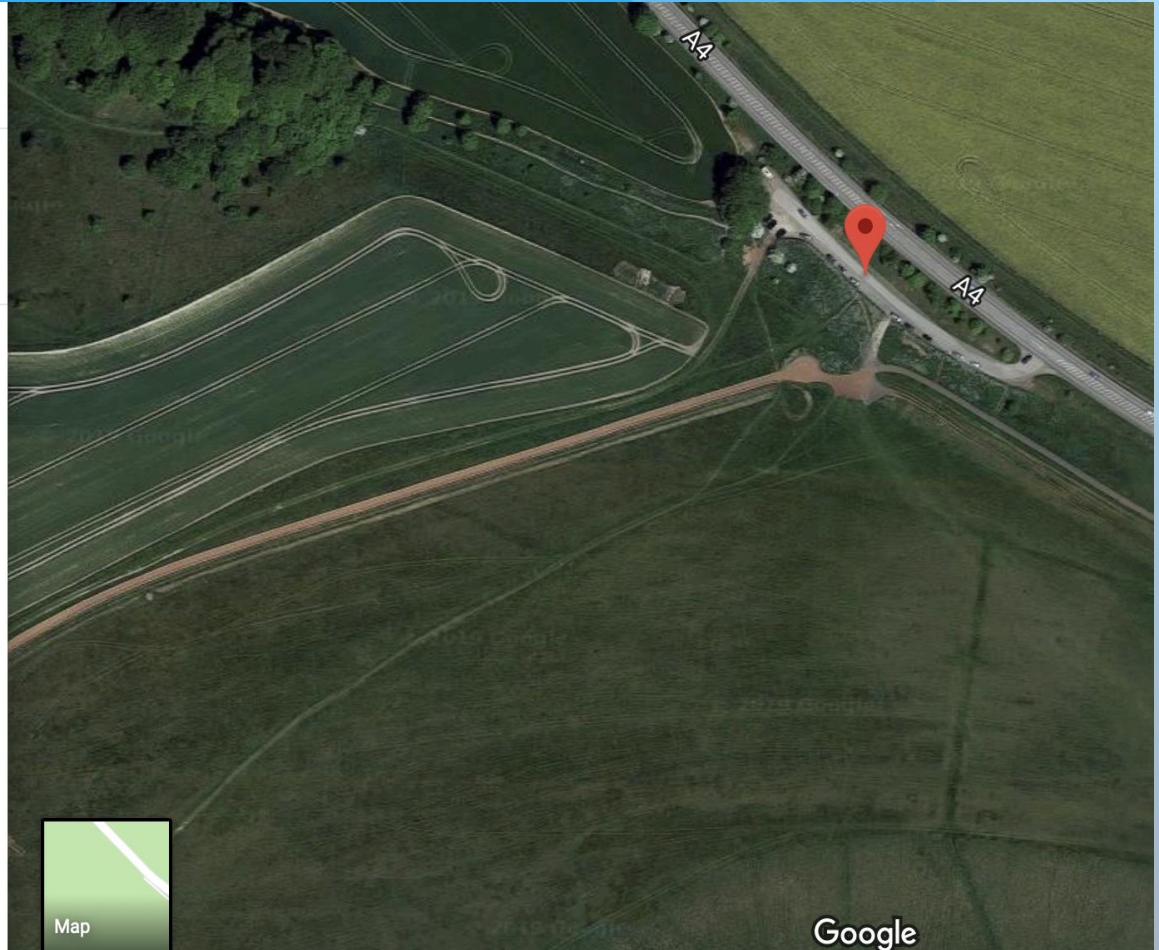


Add a missing place



Add your business

Photos



Timings: Silver Final Expedition

Drop off: Uffington White Horse National
Trust Carpark, SN7 7QJ

Sat. 28th Sept 2019

At 10.00am

Uffington White Horse Car Park, SN7 7QJ

Uffington white horse car park


Rating at least

Any rating

White Horse Hill car park

4.3 ★★★★★ (114)

££ · Car Park




Uffington White Horse

4.3 ★★★★★ (58)

Mountain peak

Famous hill figure & castle remains




Uffington White Horse

4.7 ★★★★★ (64)

££ · Tourist attraction · Dragon Hill Rd

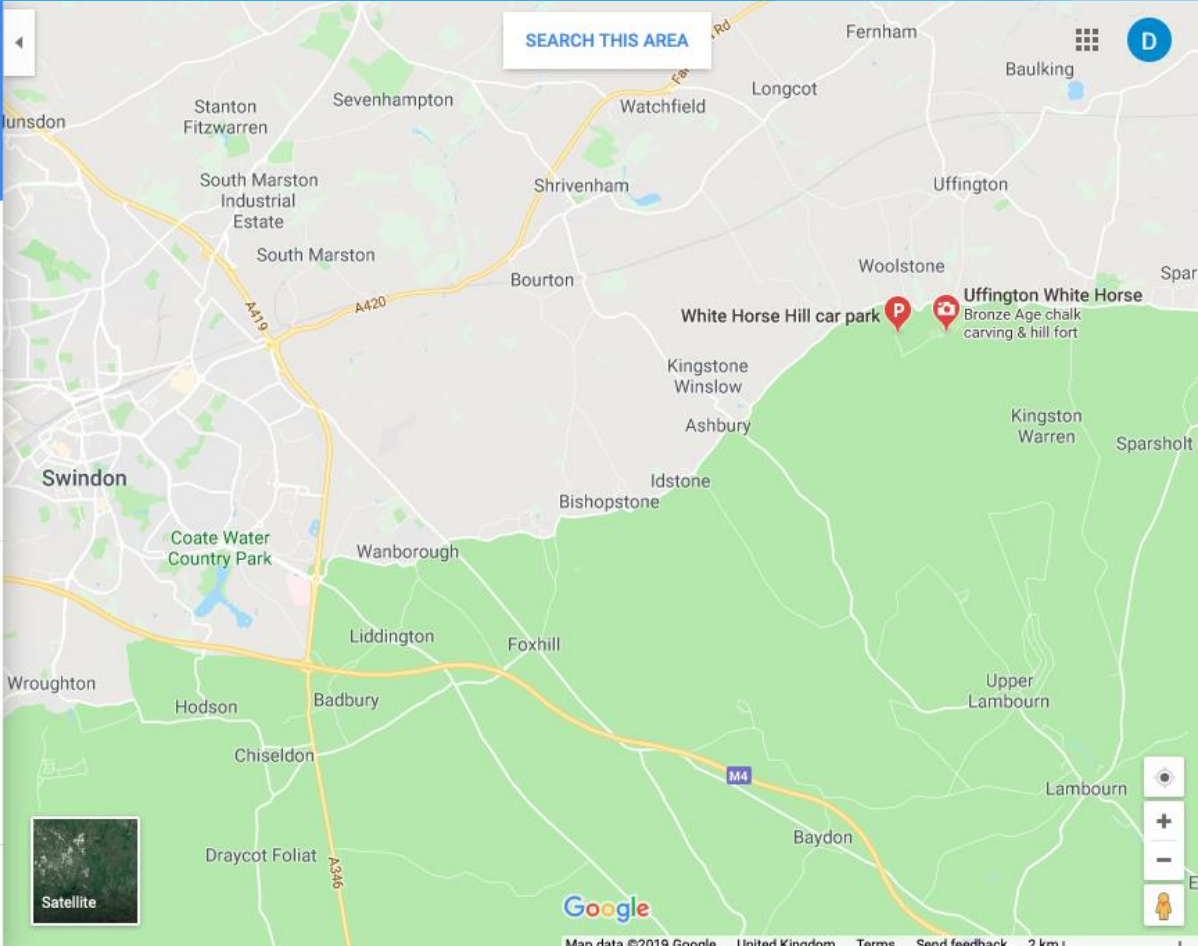
Bronze Age chalk carving & hill fort



Showing results 1 - 3

☐ Update results when map moves

SEARCH THIS AREA



Satellite

Google

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Uffington White Horse Car Park, SN7 7QJ



Timings: Silver Final Expedition

Pick up:

Lattin Down Kiln, Wantage, OX12 8PA


Mon 30th Sept 2019

At 14.00

Lattin Down Kiln, Wantage, OX12 8PA

51.554651, -1.397674

51.554651, -1.397674



51°33'16.7"N 1°23'51.6"W

51.554651, -1.397674

Directions

Save

Nearby

Send to your phone

Share

Bitham Rd, Wantage OX12 8PA


HJ32+VW Lockinge, Wantage

Add a missing place

Add your business

Add a label

Photos



Faringdon

Highworth

Watchfield

Stanford in the Vale

Grove

Didcot

Wantage

Sparsholt

Swindon

Wroughton

Lambourn

Aldbourn

Ramsbury

Marlborough

Donnington

Thatcham

Newbury

North Wessex Downs AONB

Google

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United Kingdom


Terms

Send feedback

5 km

+

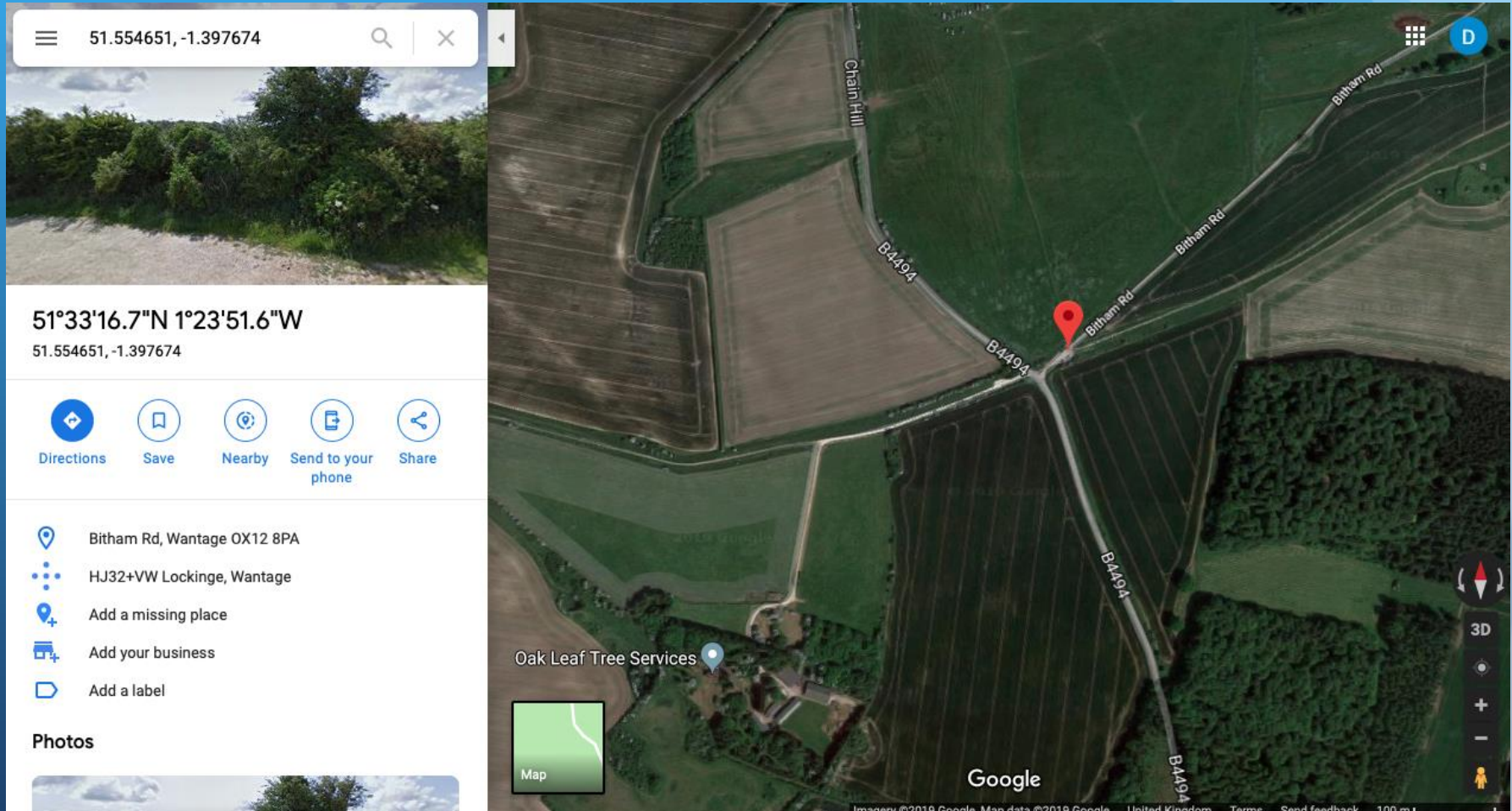
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51.554651, -1.397674

Lattin Down Kiln, Wantage, OX12 8PA

51.554651, -1.397674





How can parents help.....

1. First point of contact is Mr. John
2. Complete the Medical Consent Form
2. *Make sure the participants leave home with medication and kit*
3. Make sure participants are healthy and able for the Award
4. Don't call the young people - call school/ then us if you have concerns



We will really look forward to working with you all and see you complete your Award





What next.....

We will complete your eDofE reports online

Remember you need to complete all sections to get your award

Get Fit!!!!!!!!!!!!

