

## Information Sheet For Parents

### Training

Attendance for training is critical, to ensure your child is competent to complete the expedition.

Wednesdays

6.15pm – 8pm (except First Aid, 5.45 - 8)

Bring map and compass for every session

Training includes: Navigation, first aid, safety & emergency procedures, camp craft and equipment, planning day walk routes & Expeditions

Kit Checks essential before expeditions

The training programme runs from November until July and consists of;

5 day walks (Brecon Beacons)

5 training evenings

2 Expedition route planning evenings

2 pre-expedition kit checks

Two practice expeditions in the spring/early summer (2 nights & 2 days)

### Day Walks (Sundays)

We will meet at Llangatwg at 8.15am

Minibus to venue

Be fully prepared (see kit list on website)

Bring full size rucksack (65 litres)

Bring map and compass

Finishing times for day walks are around 4pm/5pm

### Expedition

The final expedition is in wild country – further from civilisation, weather is less predictable, and navigation is more challenging

A four day/four night's expedition in the Brecon Beacons in July

A Journey on foot of four days, and a distance of at least 80 Kilometres

Each team consisting of 4 - 7 members

Each expedition will have a purpose (aim), see website for ideas

All food and equipment is carried by participants

The route is planned by the team

The route will be over unfamiliar countryside

## **Costs**

License - £49.50

Day walks (Sundays) – No cost

Camping for each practice expedition will cost approximately £30 (there are two).

The final expedition costs will be approximately: Total = £100

## **Sections**

**If you have done silver** – Volunteering for 12 months then of the skill and physical sections, you do one for 6 months and the other for 12 months, you choose which. The final expedition is 3 nights and 4 days in a wild country area

**If you haven't done silver** - you have to do one section for 18 months, one for 12 and one for 6 months. The volunteering has to be the 18 or 12 months section

The Gold Expedition is a fantastic, and life changing experience, however it is far more advanced than Bronze or Silver. Therefore it is essential that all the group members have the necessary knowledge, experience and skills before they can undertake the expedition.

We cannot take you on the final expedition if you haven't attended sufficient training, this is a stipulation of the Duke of Edinburgh's Award scheme so please read through the training programme and ensure you can commit to the training. You have to attend all of the day walks and **BOTH** the practice expeditions; it is a big commitment but the rewards are fantastic which makes it all, so worthwhile!

The time we return from the Sunday day walks will vary depending on weather conditions and whether the group navigate effectively! The participants will contact parents when we are off the hill to give them approximately 45 minutes notice of when we will return (we aim to return between 4 and 5pm).

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Development Officer.**

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