

# DofE Bronze and Silver Expeditions 2026

## Information Pack

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DofE Expedition Mobile

**07821 994 397**

Parent/Carer **WhatsApp group**

**TO ADD LINK HERE**

## Duke of Edinburgh's Award – Physical, Skill, and Volunteering Sections (Bronze & Silver)

The Duke of Edinburgh's Award (DofE) is a nationally recognised programme that encourages young people to develop essential life skills through participation in a range of activities. At both Bronze and Silver levels, participants are required to complete the Volunteering, Physical, and Skills sections, each designed to promote personal development and community engagement.

### Volunteering Section

This section encourages participants to give back to their community by offering their time and effort to help others. Examples include assisting at local youth clubs, helping in charity shops, or taking part in environmental clean-ups. The emphasis is on developing empathy, responsibility, and a sense of civic duty.

Bronze participants must volunteer for a minimum of 3 months, while Silver participants are expected to commit for at least 6 months.

### Physical Section

The Physical section aims to improve health and fitness through regular participation in physical activity. This could include team sports like football or netball, individual pursuits such as swimming, or fitness training like running or dance. The focus is on setting personal goals, building stamina, and maintaining a healthy lifestyle. Bronze participants usually engage in this activity for 3 months, while Silver participants are required to do so for 3 or 6 months, depending on their choices in other sections.

### Skills Section

In the Skills section, young people are encouraged to develop practical and social skills and personal interests. This might involve learning a musical instrument, improving cooking skills, or studying photography. The goal is to nurture commitment, organisation, and a spirit of lifelong learning. Like the Physical section, Bronze participants complete this over 3 months, and Silver over either 3 or 6 months.

BRONZE	
Volunteering <b>3</b> months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical <b>3</b> months	
Skills <b>3</b> months	
Expedition <b>2</b> days <b>1</b> night	



SILVER		
Volunteering <b>6</b> months	<i>Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.</i>	
Physical		one section for 6 months, the other for 3 months
Skills		one section for 6 months, the other for 3 months
Expedition <b>3</b> days <b>2</b> nights		



## How to Obtain Assessor Reports – Bronze & Silver DofE

At the end of each section of your Duke of Edinburgh's Award – Volunteering, Physical, and Skills – you must ask your assessor to complete a report confirming your participation, commitment, and progress. This is an essential step to get your section signed off and move towards completing your Award.

### Who is an Assessor?

Your assessor is the adult who supervises your activity. They must not be a family member. They should know about your activity and be able to comment on your involvement. For example, this could be a coach, club leader, charity shop manager or teacher.

### How to Get Your Assessor Report

#### 1. Online (Preferred Method – DofE App or eDofE Account)

Log in to your DofE account via the DofE app or website.

Click on the section you've completed (e.g. volunteering).

Select 'Submit for Approval' and then choose 'Send Assessor an email'.

Enter your assessor's name and email address.

Your assessor will receive a link to complete your report online. Once submitted, it is sent directly to your Leader for approval.

Advantages: it's quick and secure, no paper needed and automatically links to your section.

#### 2. Handwritten (Paper Version)

Download and print an Assessor Report form from the DofE website or ask your Leader for a copy.

Fill in your name, DofE level, and activity before giving it to your assessor.

Your assessor completes the form by hand, signs it, and includes their contact details.

You then scan or take a clear photo of the completed form and upload it to your eDofE account under the relevant section.

#### Tips:

- Always ask your assessor in good time – don't leave it until the last minute.
- Be polite and grateful – this person has supported your achievement.
- Make sure the report includes details of what you did, how often you did it, and what you achieved.

**All three Assessor Reports need to be added to your eDofE account by the date of the practice expedition – 12<sup>th</sup> June 2026.**

## **Bronze Practice Expedition 2026**

### **Friday 12<sup>th</sup> June (pm) - Saturday 13<sup>th</sup> June 2026**

The practice expedition is a vital preparation stage for the DofE Award expedition section. It allows you to develop and test the essential skills needed for a successful qualifying expedition, such as navigation, teamwork, campcraft, and route planning. Supervised by leaders, the practice expedition helps build confidence, ensures safety, and gives you the opportunity to learn from experience in a supportive environment before completing the assessed expedition.

#### **Bronze Practice Expedition**

Friday 12 <sup>th</sup> June (PM)	Saturday 13 <sup>th</sup> June 2026
Normal day in school, head home at 3.10, to return promptly ready for DofE**	7am - cook breakfast
Meet at school between 4.30 and 4.45pm with all your kit.	Pack up camp and prepare for day Team briefing, kit check and safety briefing
Team briefing, kit and safety checks 4.50pm.	Training walk – semi supervised. To cover all areas including first aid, countryside code, team work, navigation and map skills
5pm - we will travel by coach to White Hall, Long Hill, Buxton SK17 6SX	Return to Whitehall for debrief and kit return.
6pm - supervised walk from Whitehall Centre and then pitch tents and complete campcraft training.	Parents to collect from White Hall, Long Hill, Buxton. SK17 6SX between 3 to 4pm.
Bring sandwiches and hot drinks as an evening snack.	Exact time will be shared on WhatsApp
Camp overnight at White Hall.	

*\*\* students can bring kit and change of clothes to school to change into, if going home and coming back is not possible.*

#### **Bronze**

Parents / Carers to collect teams from White Hall, Long Hill, Buxton SK17 6SX  
Approximately 3 to 4pm. The exact finish time will be shared from midday via  
WhatsApp

**Qualifying Expedition 2026**Thursday 9<sup>th</sup> July and Friday 10<sup>th</sup> July 2026

For Bronze levels of the Duke of Edinburgh's Award, the expedition requires participants to complete a self-sufficient, team-based journey in the outdoors, carrying everything they need for the duration, which at Bronze is 2 days, 1 night.

Participants must plan their route, navigate independently, and camp overnight. They must be fully self-sufficient—this means carrying their own food, equipment, and shelter, and cooking meals themselves. Buying food during the expedition or visiting shops is not allowed, and mobile phones may only be used in emergencies, not for general contact or navigation. The focus is on teamwork, resilience, and independence in a safe but challenging environment.

**Bronze Qualifying Expedition**

Thursday 9 <sup>th</sup> July 2026	Friday 10 <sup>th</sup> July 2026
<p>Meet at school 8am with all kit, you will be given all your team kit to pack inside your rucksack.</p> <p>Team briefing, kit and safety check.</p> <p>9am - Travel by coach to Fairholmes car park, Ladybower.</p> <p>Follow day 1 route card, via 2 meeting points to the campsite.</p> <p>Pindale Farm, Castleton - pitch tents and cook evening meal, camp overnight.</p>	<p>7am - cook breakfast</p> <p>Pack up camp and prepare for day 2 routes - 6 hours of planned activity</p> <p>Team briefing, kit and safety check</p> <p>Follow day 2 route card, via 4 meeting points</p> <p>End at Sett Valley Trail carpark, Hayfield.</p> <p>Parents to collect - 3 to 4pm from Hayfield.</p>

**Bronze**

Parents / Carers to collect Sett Valley Trail car park Hayfield

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Exact time will be shared in WhatsApp group

## Information for Bronze Participants

### Camping

You will be camping at campsites in the Peak District and at Whitehall Activity Centre. There are showers, toilets and washing up facilities at Pindale Farm campsite. This site is open to other users, and you will be expected to follow campsite rules. There are no showers at Whitehall, but there are washing facilities and toilets.

### Toilets

There are some public toilets on route, you will be told about these in your team briefing at the start of each day.

### Expedition Kit List – Bronze

Clothing (suitable for walking and changing weather). Bronze students need clothing for 2 days

Waterproof jacket with hood (essential) Waterproof over-trousers Walking boots (broken in and waterproof) T-shirts (not cotton – quick-dry recommended) Walking trousers/ leggings (not jeans – lightweight and fast-drying) Warm layers/fleeces Underwear and socks (1–2 changes) Warm hat and gloves (even in warmer months), sun hat/baseball cap Sleepwear Lightweight shoes for the campsite	Rucksack (60–70L, with rain cover) Sleeping bag (suitable for the season) Sleeping mat or roll mat Torch/head torch Watch Personal first aid kit Water bottles or hydration pack (minimum 2 litres capacity) Mug, bowl, plate Knife, fork, spoon (or spork) Small quick-dry towel Personal hygiene items (toothbrush, biodegradable soap, etc.) Hand gel Sunglasses and sunscreen Whistle (for emergency use only) Small repair kit (duct tape, safety pins, etc.)
Plastic bags/dry bags for waterproofing items Food for all meals (including snacks – no shopping allowed) Tea towel and small washing-up liquid (shared item) Notepad and pen Expedition aim materials (if required) Sharpie pen	<b>Kit we will loan to you for the expedition</b> Tents (3 person options) Trangia Stove, 4 to 5 pans and a kettle. Fuel / gas, matches. Maps, compass Basic first aid kit, no medication or painkillers included

### **Important Notes**

Mobile phones must be switched off and kept for emergency use only.

No shopping is allowed during the expedition – all food must be carried.

Keep weight to a minimum – only bring essentials.

All kit should be packed waterproof using dry bags or bin liners inside the rucksack.

If you are likely to struggle to get hold of big items such as boots, backpack etc please let us know.

## Packing your rucksack

All the group kit must be stored inside your rucksack - you can split items like the tent and share it among team members. Nothing should be strapped to the outside of your bag except the roll mat, which can go at the bottom of your pack.

Packing your rucksack properly is essential for comfort, balance, and quick access to important items during your expedition. A well-packed rucksack should be stable, weatherproof, and evenly balanced.

### 1. Bottom of the Rucksack (lightweight, bulky items)

Sleeping bag (in a waterproof bag or compression sack)

Roll mat (if not attached to the outside)

Night clothes

Camp shoes or flip-flops

These items won't be needed during the day, so store them securely at the base.

### 2. Middle of the Rucksack (heavier items, close to your back)

Food supplies for the day and evening

Stove and fuel (in a secure container)

Tent (or shared tent components)

Spare clothes and warm layers (in dry bags)

Keep heavier items in the centre and close to your spine to maintain good balance and posture.

### 3. Top of the Rucksack (lighter, frequently used items)

Waterproof jacket and over-trousers

Lunch and snacks

First aid kit

Map, compass, notepad

Hat and gloves (as weather can change quickly)

Items at the top should be easy to grab without unpacking the whole bag.

### 4. Side Pockets (quick access items)

Water bottles

Torch/head torch

Tissues or toilet paper (in a waterproof bag)

Sunscreen, insect repellent, sunglasses

Personal hand gel or sanitiser

Side pockets are ideal for small items you may need throughout the day.

### 5. Outside of the Rucksack

Roll mat (if too large to fit inside, secure it underneath or on top)

Avoid attaching too many items outside the bag – they can throw off balance and get lost.

### Additional Tips

Use dry bags or bin liners inside your rucksack to keep contents waterproof.

Distribute group kit (e.g. tent parts or stove) evenly between team members.

Pack the night before to avoid rushing.

Aim for a packed weight of no more than 25% of your body weight.

A well-packed rucksack will make your expedition much more manageable and enjoyable.

## Food and menu planning

During the expedition you must be self-sufficient, you cannot shop for food / snacks or buy food or drinks from cafés or other refreshment providers. This is part of the expedition requirements. As per the information provided in your training session, you will need to provide food for the following meals.

Day 1 Bronze	Day 2 Bronze
Breakfast at home	Breakfast at campsite
Snacks for enroute Lunch – Packed lunch	Snacks for enroute Lunch packed lunch
Team to cook a meal, 2 courses at the campsite	Bronze - Evening meal at home

## Suitable Snacks and Meals for Bronze or Silver DofE Expeditions

### Meals

- Instant Noodles (not pot noodles) or Pasta Pots – lightweight, easy to prepare with boiling water.
- Pasta - fresh cooks quickest, sauces in plastic pots (not glass), grated cheese
- Boil-in-the-Bag Meals or Camping Rations – Long shelf life and quick to heat.
- Tortilla Wraps with Tuna or Chicken Sachets – High protein and no need for refrigeration.
- Couscous with Mixed Vegetables – Quick-cook and energy-rich.
- Instant Rice with Packet Sauce or Tinned Beans – Quick and filling, especially for evening meals.

### Snacks

- Cereal Bars or Flapjacks – Long-lasting and calorie-dense.
- Trail Mix (Dried Fruit, Seeds, Chocolate Chips) – A good energy boost while walking.
- Cheese (Hard Types like Babybel or Cheddar) – Keeps well over a day, especially in cool weather.
- Fruit Leather or Dried Fruit – Lightweight and nutritious.

## Foods to Avoid on DofE Expeditions

These items are best avoided due to spoilage risks, weight, or impracticality during outdoor treks:

- Fresh Meat (e.g. chicken, sausages) – Spoils quickly without refrigeration.
- Milk or Dairy Products that Require Chilling – Risk of spoiling in a backpack.
- Chocolate Bars (in hot weather) – Can melt and become messy.
- Foods in Glass Jars or Cans – Heavy and create unnecessary waste.
- Pastries or Cream-Filled Snacks – Perishable and unsuitable for walking.
- Leafy Salads or Fresh Veg (e.g., lettuce) – Wilts easily and has low calorie density.
- Fizzy Drinks or Cans – Heavy to carry and dehydrating.
- Yoghurts or Perishable Desserts – Not safe without refrigeration.
- Spicy or Rich Foods Untried Before – Can cause stomach upsets on expedition.

## **Valuables and money**

We advise that you leave valuable items such as jewellery or electronic devices at home, we cannot guarantee that they will be safe. Each team can carry one mobile phone to use in emergencies. This phone should have a fully charged battery and credit to make emergency calls / texts. It should be switched off and sealed in waterproof bag. It must not be stored near the compass, as it will damage magnetic readings.

Mobile phones must not be used for playing music, gaming, contacting friends or family, using social media or navigating. If caught using your phone for this, your team is at risk of being deferred.

You may want to bring a small amount of cash however this is not a requirement and you are not permitted to buy items during the expedition. Please see the expedition requirements online for further clarification on these rules.

You can bring a camera on expedition, if you want to use it as part of your project or simply to record your expedition. Take care to keep it waterproof and safe in your rucksack.

## **Contact and emergency procedures**

Parents / carers are asked not to attempt to contact their child during expedition. If there is an emergency or incident please contact Miss Geary in the first instance and we can make arrangements.

The emergency contact for all incidents (students and parents) is **07821 994 397**  
If this mobile does not connect please contact the school reception **01457 862336** and ask the school to contact one of the teachers via their personal mobiles.

## **Staffing qualifications and experience.**

All of the teachers who support the DofE Award at Glossopdale have relevant outdoor qualifications and / or experience, including Mountain Leader, Hill and Moorland Leader, Camping and Expedition Skills, Outdoor 16hr First Aid, DofE induction, Expedition and Assessor training. We are all familiar with the Peak District terrain and weather conditions. We have been running expeditions for 10 years and we ensure all necessary risk assessments are complete and DofE / DCC trips and visits guidance adhered to.

We do all of this voluntarily, so that you can have a fun and memorable experience!

## DofE Expedition Training Framework – Bronze and Silver - Summary

The Expedition Training Framework ensures that all participants are properly prepared, confident, and safe before embarking on their DofE expeditions. Training builds progressively from Bronze to Silver, covering the following core areas:

<p><b>First Aid and Emergency Procedures</b></p> <p>Basic first aid skills (treating cuts, sprains, blisters) Managing emergencies and calling for help Understanding how and when to use a mobile phone (emergency use only)</p>	<p><b>Navigation and Route Planning.</b></p> <p>Map reading (symbols, contours, scale) Using a compass Planning a route with estimated timings (Naismith's Rule) Keeping to planned routes and dealing with errors</p>	<p><b>Campcraft and Expedition Equipment.</b></p> <p>Packing and fitting a rucksack correctly How to pitch and care for a tent Use and safety of stoves (e.g. Trangia) Cooking simple, nutritious meals from carried supplies Waste disposal and campsite hygiene</p>
<p><b>Clothing and Footwear</b></p> <p>Choosing appropriate layers and waterproofs Wearing walking boots correctly (fit and comfort) Understanding how to dress for changing weather conditions</p>	<p><b>Countryside Code and Respect for Others</b></p> <p>Following the Countryside Code Environmental responsibility Respect for landowners and the public</p>	<p><b>Teamwork and Expedition Purpose</b></p> <p>Working together and sharing responsibilities (e.g. navigation, cooking) Developing leadership and listening skills Understanding the expedition aim (e.g. photography, local history)</p>
<p><b>Fitness and Preparation</b></p> <p>Understanding the physical demands of an expedition Importance of personal fitness and pacing Knowing the expectations of self-sufficiency</p>		

Training is delivered through a mix of classroom sessions, practical workshops, and outdoor preparation walks. All materials and information are on Google Classroom. Silver-level training includes the same topics but in greater depth, with higher expectations of independence, decision-making, and distance covered. All training must be completed by 7th July, qualifying expedition.