

Dear Parents/Carers

Thank you for your continued support with Duke of Edinburgh. Pupils are engaging well with the programme and have been successfully completing all training sessions.

As we get closer to the first expedition on the 24th-25th April, I wanted to send out a reminder of the kit required for expeditions. Some of this is supplied by the school through COG Youth Services, however most personal wear needs to be brought individually. In particular walking boots need to be purchased as soon as possible as these need 'breaking in' to prevent blisters.

Below is a list of kit that is required for expeditions, some of the items are supplied by COG Youth Services and these are in italics.

Clothing

- 1 pair of walking boots (these need to be broken in)
- Walking socks
- Waterproof and windproof jacket/coat
- Waterproof over-trousers
- Fleece tops or similar
- Tshirts
- Walking trousers (not jeans)
- Personal garments e.g underwear and nightwear
- Sunhat (as appropriate)
- Gloves (if appropriate)

Personal kit

- *Rucksack (provided by COG Youth Services)*
- Sleeping bag
- Sleeping mat (if applicable)
- Torch and spare battery
- Personal first aid kit
- Plate/ Bowl
- Cutlery
- Water bottle
- Mug
- Wash kit hygiene items/ medication
- Towel
- Safe fire lighting device
- Spare plastic bags

Group kit (to carry between the team)

- *Tent (provided by COG Youth Services)*
- *Camping stove and fuel (provided by COG Youth Services)*

- Cooking pans
- Plastic bags for rubbish
- Tea towel/ cleaning products
- Expedition Food as planned by the team
- Maps

Please use the expedition guide provided by COG Youth Services that provides more details about equipment and recommended specifications. This booklet was given to the pupils and is available on the OMA website. Also available on the website is the Duke of Edinburgh official expedition kit guidance.

Any questions see get in contact via email (JNoble@orchard-tmet.uk) or by phoning the school and I will get back to you as soon as possible.

Kind Regards,

Jess Noble

Duke of Edinburgh Manager

Teacher of Physical Education



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