



The Duke of Edinburgh's Award Scheme Expedition Information

We Will Cover

- Who are we are
- Our qualifications and safety
- The DofE Training, Practice and Qualifying Expedition
- What the participants have to do
- Clothing and equipment
- Food
- Expedition venue





Who we are

A Little Bit About Our Business

- We work with over 5000 students every year delivering DofE Bronze, Silver and Gold expeditions across the UK
- Praised for our organisation, care and professionalism by leading organisations in the outdoor industry





**DENMARK ROAD
HIGH SCHOOL**



**PATE'S
GRAMMAR
SCHOOL
CHELTENHAM**



CLEEVE SCHOOL
AND SIXTH FORM CENTRE OF EXCELLENCE



The High School
Leckhampton



ARMY

TEN TORS



Balcarras
From strength to strength



PARTNERSHIPS



**CHIPPING NORTON
SCHOOL**



ST JAMES
Senior Boys' School



RAMBLERS



St Mary Redcliffe
and Temple School



**Guru Nanak
Sikh Academy**



Severn Vale School
An Academy



Ralph Allen School



Stroud
High School



**OLDFIELD
SCHOOL**



**SIR THOMAS RICH'S
GLOUCESTER**



**JERSEY
COLLEGE
for Girls**



**KATHARINE
LADY
BERKELEY'S
SCHOOL**
FOUNDED 1384



'I wanted to say a huge thank you for all that you did to help make the DCHS, expedition such a success this weekend. I have the pleasure of working with several external providers in my role and I have never encountered a more organised, efficient, supportive and diligent team'

Assistant Head Teacher, Dr Challoner's High School



Qualifications and Safety

Our Qualifications

We have the highest qualifications in the industry for the mountains, the sea and rivers.

Our key staff are teachers who can positively work with young people.



AMI members are highly qualified Mountaineering Instructors who hold the MCI Award



We are British Canoeing Advanced Water Leaders and Coaches in Sea Kayak, Whitewater, and Canoe

Safety

We don't cut corners on anything

The safety of the young people in our care is our main priority.

We have over 20 years experience running DofE expeditions as a business and as teachers.



The Adventurous Activity License is the industry standard and a statutory requirement for working with children



We are an Approved Activity Provider with the Duke of Edinburgh's Award

**We will take care of you -
Our pastoral care is second to none...**



*"Thank you so much for your hard work and effort this weekend.
The students were really happy and had a wonderful and successful time. Parents are
full of praise for you and the team."
- Cleeve School, Cheltenham*

Campsite Life!



Training Day

All participants have been given a booklet at their training day.

It contains the following important information.

DofE Handbook V1 Bronze 2025-2026



Name: _____ Team Number: _____

OceanRock DofE Award Expedition Handbook

www.oceanrockadventure.co.uk

Dates to remember:

- Online Personal Equipment deadline: _____
- Training Expedition:
 - o Date: _____
 - o Drop off time _____ Pick up time _____
 - o Area: _____
- Qualifying Expedition:
 - o Date: _____
 - o Drop off time _____ Pick up time _____
 - o Area: _____



Expedition Section – What is involved?



Bronze

Bronze Practice

- 2-day expedition, 1 night

Bronze Qualifier

- 2-day expedition, 1 night



Silver Foot

Silver Practice

- 3-day expedition, 2 nights

Silver Qualifier

- 3-day expedition, 2 nights





The Practice Expedition

- It is a PRACTICE so we will be using and perfecting all the skills from training.
- We will teach the students to use the skills on the ground
- 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:

- Teamwork and 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.



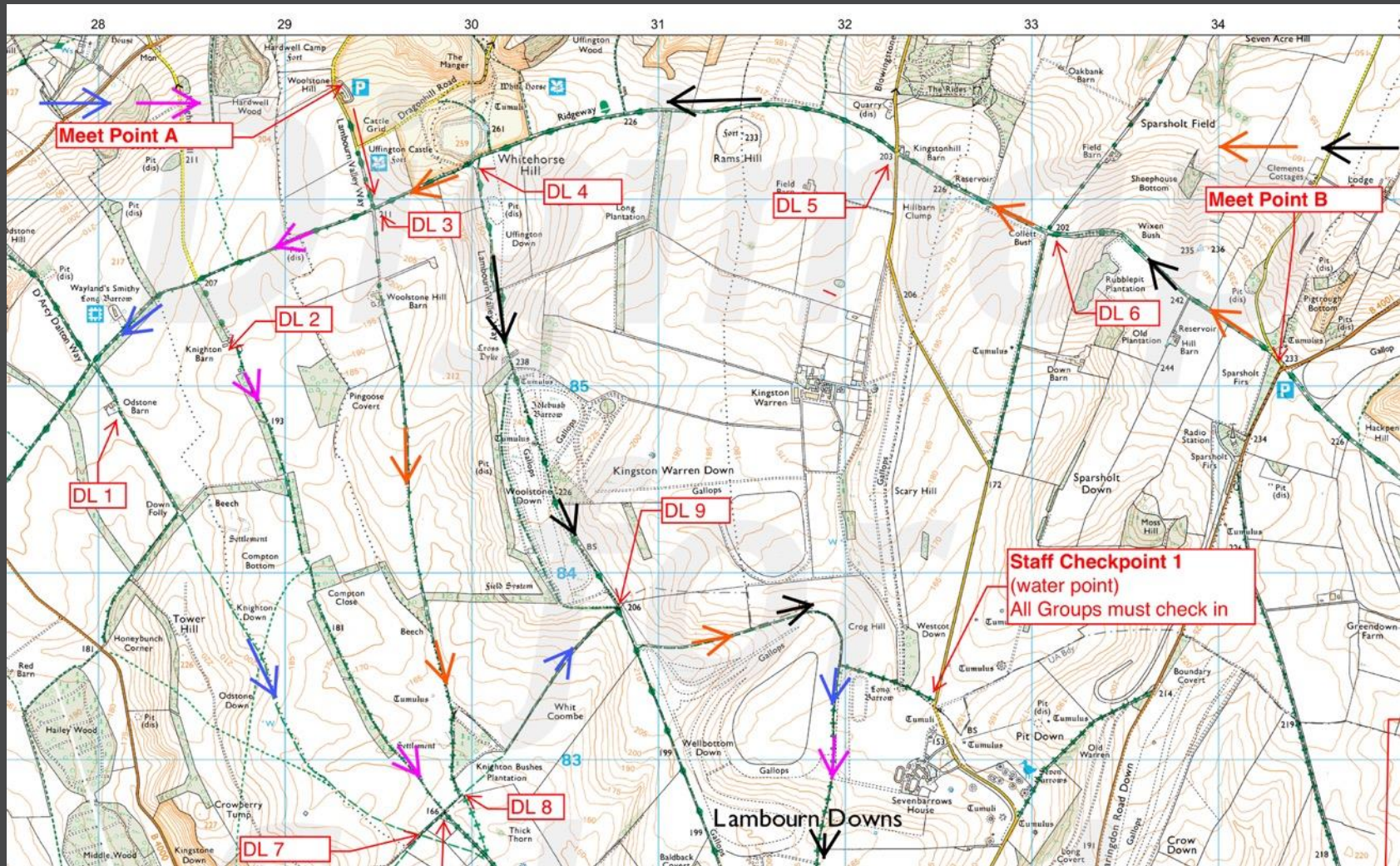
Pass = Self Sufficient and Organised

As a group you will:

- Walk / Paddle with your team
- Camp with your team
- Cook with your team
- Take care of your team
- Be self-sufficient

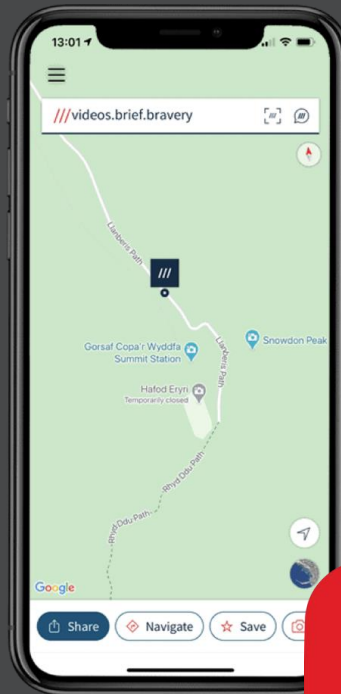


Remote Supervision: Foot



Download Before Your Expedition

what3words



Equipment for Your Expedition



Equipment

- We provide all group equipment such as stoves, fuel, maps and tents.
- We have a stock of personal equipment that you can hire from us for your expeditions.
- We will ask you on the training day what you need.



Hiring Equipment



Personal Equipment Hire

<i>Price covers practice & qualifying</i>	Bronze	Silver	Gold
Rucksack	£18	£27	£32
Sleeping bag	£14	£21	£25
Sleeping mat	£8	£12	£14
Waterproof rucksack liner	£8	£12	£14
Waterproof jacket	£14	£21	£25
Waterproof trousers	£14	£21	£25
Large Paddle dry bag (MM included)	-	£30	£34
Small Paddle dry bag	-	£8	£10
Walking Poles	£5	£7.50	£12.50



The deadline for
equipment hire is **3
weeks before your
practice expedition**

Equipment Hire on our Website

To hire equipment from us, go to our website:

www.oceanrockadventure.co.uk



Hire Your Expedition Kit

Need equipment for your expedition? We hire high quality expedition kit at affordable prices.

[HIRE HERE](#)



To Look After Yourself

- Toothbrush, travel size toothpaste and deodorant
- Minimum toiletries
- Sanitary/hygiene products including toilet tissues, nappy sacks etc
- Hand gel
- Water bottle (2 x 1 litre water bottle)
- Mobile phone - sealed
- Small camera – your choice

To Keep You Warm

Come to your expedition wearing:

- Thermal top + fleece jumper
- Trousers/leggings/Tracksuit bottoms
- 1 x extra Fleece / Down Jacket
- **CHANGE OF CLOTHES**
- **Hat + Gloves x 2**
- **Cap / sunhat**
- NO Jeans/ NO Strappy tops/ NO short shorts... Why is this?
 - To protect you from heat & cold
 - To reduce the likelihood of ticks



To Keep You Dry



**Waterproof Jacket with
hood and Waterproof
Trousers**

**Seams must
be sealed**



Carrying Your Equipment

Walkers:
Rucksack 60L



Mixed Mode:
Rucksack 60L
Paddle Dry Bag 100L



Paddlers:
Paddle Dry Bag 100L





Keeping Your Equipment Dry

Rucksack liner – not a bin bag!

Looking After Your Feet

- **Walking Boots/ shoes** (they must give adequate ankle support)
- **Compeed Blister patches** (Compulsory)
- **Crocs/sliders** to wear around camp (Flip Flops are not acceptable)
- **Walking socks** – 1 x spare pair (Thick socks or football socks)/
- 1 x spare pair of **thin liner socks**

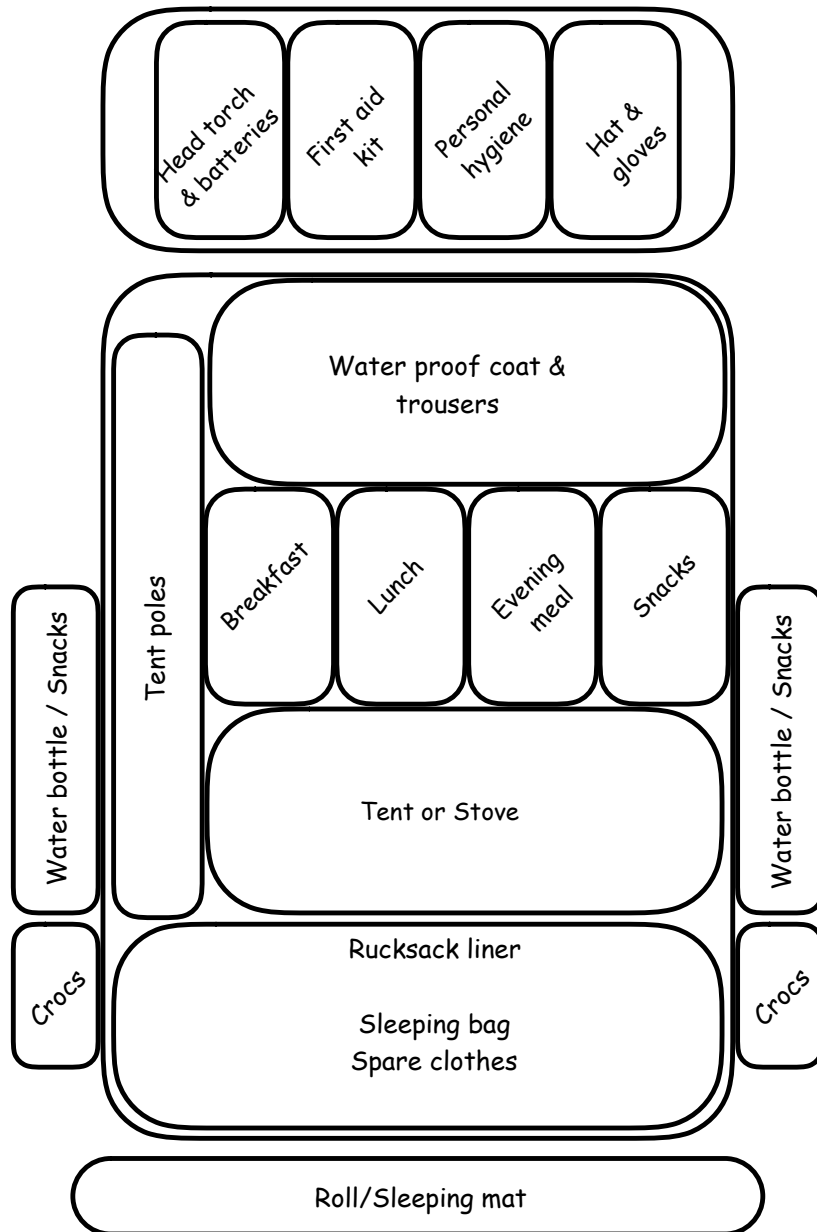
At Camp

- Headtorch (and spare batteries)
- Spork, Mug (PLASTIC)
- Matches (windproof/waterproof) and Lighter
- Sleeping Bag (Hire available)
- Sleeping Mat (Hire available)

To Help With Navigation

- Permanent Pen x 2 (black)
- Compass – Silva Classic
- Watch (Not a phone)





Packing Your Rucksack

Food

Breakfast

- Porridge, Croissants or Brioche + Hot Drink (hot choc, tea etc).

Lunch

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

Snacks

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



Dinner

- 1 hot meal – Wayfayrer or Dehydrated (eg. Firepot)
- No pot noodles or cans
- Dessert (Wayfayrer/Hot Chocolate)

Every participant must have a hot dinner and dessert.





What Not to
Bring!



Hazards

Traffic

Hi-Vis & single file



Ticks

Check every evening



We frequently review forecasts to keep everyone safe



Expedition Venues



How Can Parents/Carers Help?



First point of contact is the DofE Manager at school.



Bring any specific medication listed. All medication needs to be clearly labelled inside a ziplock bag with the original box and dosage required.



If this expedition is not free, your DofE manager will let you know



Make sure participants are healthy and prepared

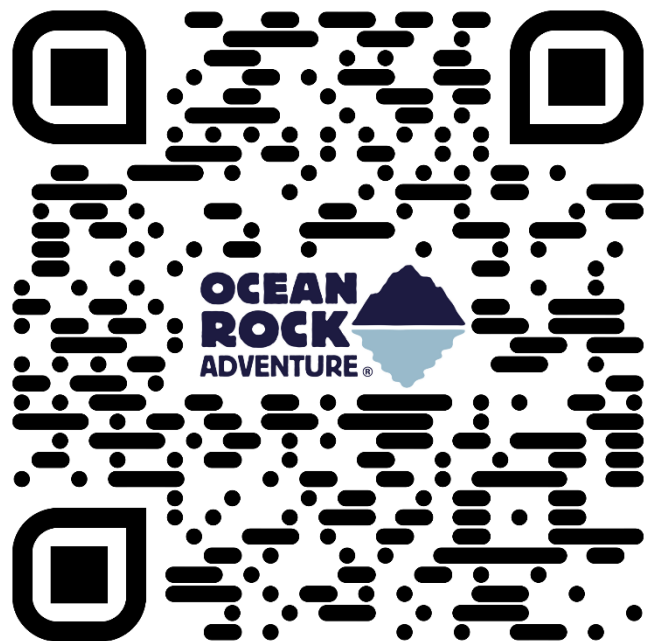


Please don't call the young people - call school/then us if you have concerns.

Medical Consent Form

Use the QR code or link here and fill out the medical consent form.

<https://ormedgate.paperform.co>



Failure to fill this out before the submission deadline will require a late submission form to be filled out, which will incur a £50 + VAT admin processing fee and penalty charge.

WHAT'S NEXT?



Complete the medical consent form online



Get Fit!



After a successful pass, we will complete your eDofE assessor's report online.



Remember you have to complete ALL of the sections to get your award!



HAPPY ADVENTURES!