

All Hallows Catholic College

A Voluntary Academy

Aspire not to have more but to be more

Brooklands Avenue, Macclesfield, Cheshire SK11 8LB | Telephone: 01625 426138 | admin@allhallows.org.uk | www.allhallows.org.uk

Principal - Mr T Beesley

20 March 2024

Bronze Practice Expedition April 2024

Dear Parent/Carer,

The Bronze Practice expedition will take place on Saturday 20th to Sunday 21st April 2024.

Saturday 20th April 2024

Drop off and Collection

We will meet at Tarpley Community Centre at 10am.

Google Maps <https://goo.gl/maps/SA9YC38TzifzLZNm6>

What three words: <https://w3w.co/couriers.suitably.outs>

There are no toilets at the start point and the car park is quite small, so please do your best to car share, and once parents/carers have dropped off the participants and they have signed in, please make space in the car park for others.

Campsite

Campsite: Pitch and Canvas, Broad Oak Farm, Birds Lane, Chester, CH3 9NL. Here we will support students to erect their tents and cook their dinner. They will have some free time until they need to be in their tents by 22:00 and quiet by 22:30.

Sunday 21st April 2024

We will finish at Tarpley Community Centre. Google Maps <https://goo.gl/maps/SA9YC38TzifzLZNm6>

What three words: <https://w3w.co/couriers.suitably.outs>

Students will walk to the finish from the campsite. Our intended finish time is 14:00 but this can change, depending on speed of the group and weather conditions. Participants will be told to phone home when they are 1 hour from the finish.

We will provide all the technical teaching staff throughout the programme, along with tents, rucksacks, cooking stoves, cooking fuel, roll mats and maps.

Participants are encouraged to read “The New DofE Expedition Booklet” in the “Resources” section of their eDofE account for a kit list and overview of the expeditions.

Food

Students are provided with a camping Trangia that they will be using to cook all their food. Everything they bring that requires heating must be capable of being boiled or having water added to it. The DofE website sells camping food at a price less than that of RRP.



Honourable Purpose



Respect



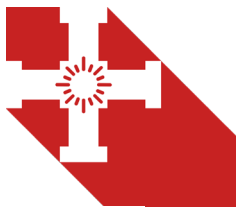
Compassion



Co-operation



Stewardship



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Students are encouraged to bring food that is high energy, not perishable and not heavy/bulky. They are also advised to bring a 2L bottle of water or a few regular bottles of water. They will be able to refill their bottles at the campsite.

Clothes and Equipment

Please ensure that students are fully prepared for the weather conditions expected over the duration of the expedition. Students will need to be self-sufficient in their food, water, clothing, medication, first aid kit, washing up equipment etc.

Resources can be found on the DofE website, visit (<https://www.dofe.org/do/>) for further information. We also recommend students bring a small amount of money with them for use at shops on the way back, and showers etc., during their expedition.

Clothing required:

- Walking boots or strong trainers
- Lots of thick socks
- Light wear trousers/tracksuit bottoms/leggings/waterproofs (no jeans)
- Weather appropriate hats, t-shirts and jumpers
- NO VESTS – Rucksacks will rub against shoulders
- **Coat (waterproof)**
- Underwear
- Sleeping Bag
- Bin bag to store wet clothes in
- Hygiene products: any girls concerned about the use of sanitary products are encouraged to discuss this with Mr Barron or members of the EAST Exped team.

Medicine

Any Medicine outlined in the Form C must be taken and brought in labelled packaging.

Any high priority medicine (i.e. inhalers, insulin or adrenaline shots) which **must be packed at the top of the rucksack or in an easy to access pocket.** Students are allowed to bring painkillers, antihistamines, blister plasters.

Electronics

Students are allowed to bring electronics at their own risk. Phones will have little to no signal during the walks and there will be no access to mains electricity so they must be responsible for conserving their own phone batteries. It is imperative that they have battery power to call you one hour before they are ready for collection. We are camping on a public camp site so use of speakers will be carefully controlled so that noise levels do not disturb other campers. Speakers will not be allowed during the walks.



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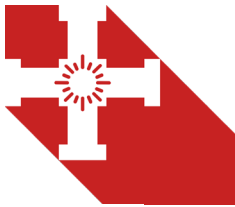
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Behaviour

The students are representing All Hallows and college rules will be in place throughout the duration of the expedition. If anyone fails to meet the standards of behaviour expected, parents will be called and asked to collect their student and they will be withdrawn from the scheme.

Students are to treat the members of the DofE with the same respect and courtesy they would to a member of AHCC staff, as well as any other campers/walkers they meet whilst out on expedition. There will be communal areas in the camping site for our group, students can go into their own tents, but they are not allowed in other people's tents.

Please make sure that you are available and contactable over the weekend. It is very rare that a student has to be collected, though occasionally it does happen.

We hope this letter has been helpful however if you do have any other questions, please email s.barron@allhallows.org.uk.

Kind Regards,
Mr Scott Barron



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CHESHIRE EAST
COUNCIL

DofE Kit List- What we supply

Tents | Stoves | Fuel for Stoves | Maps | Compasses | Rucksacks

You will need to bring the following:

Item	Packed	Item	Packed
• 1 pair of walking boots (broken in)		• Nightwear	
• 2 pairs of walking socks		• Flip-flops/trainers/sandals etc. (optional for campsite use)	
• 2-3 t-shirts		• Warm hat &/or sunhat (as appropriate)	
• Thermal t-shirt (optional)		• 1 pair <u>gloves</u>	
• 2 fleece tops or similar		• Waterproof over-trousers	
• 2 walking trousers (warm, NOT jeans)		• Jacket/coat (waterproof & windproof)	
• Underwear		• 1 pair <u>gaiters</u> (optional)	
• Sleeping bag appropriate for the time of year		• Sleeping mat	
• Waterproof compression stuff sack (5/10/15 litre)		• Whistle	
• Head torch and spare batteries		• Personal first aid kit	
• Expedition food (including emergency rations)		• Water bottle 2 litres minimum	
• Knife, fork, <u>spoon</u> or Spork		• Plate/bowl	
• Mug		• Box of matches (in waterproof container)	
• Wash kit/personal hygiene items		• Small quantity of money (optional)	
• Notebook and pen/pencil		• Watch	
• Sunblock (if appropriate)		• Insect repellent	
• Sunglasses		• Any personal medication	

When packing your rucksack make sure you pack it yourself, so you know where everything is. Remember in your group you will have to share a tent and stoves, so leave room in your bags to put these in. Don't over pack, leave the kitchen sink at home and you'll have a far better expedition!



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