

Duke of Edinburgh Award.

Expedition Information Webinar

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- Matt Passmore – Managing Director. (*Karos Adventure*)



This Evening...

- Progressing your Award....
- The Expedition....



The sections of the Award

A reminder.....



- **Volunteering**
- **Skills**
- **Physical**
- **Expedition**
- **Residential**

GOLD

Volunteering 12 months

Physical one section for 12 months, the other for 6 months

Skills

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

Expedition 4 days 3 nights

Residential 5 days 4 nights

The infographic is a vertical stack of colored boxes. At the top is a brown box with 'GOLD' in white. Below it is a red box with 'Volunteering 12 months' in white. Next is a yellow box with 'Physical' in white, followed by a grey box with 'one section for 12 months, the other for 6 months' in white. Below that is a blue box with 'Skills' in white. To the right of these boxes is a larger brown box containing the text 'Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.' in a smaller, italicized font. The next section is a green box with 'Expedition 4 days 3 nights' in white, featuring three white tent icons below the text. The final section is a purple box with 'Residential 5 days 4 nights' in white.

A Plan!



- Enrolment Date – *September/October 2025*
- Target Completion Dates
– *GOLD – March 2027*

Level	June/July 2026	September 2026	March 2027
GOLD	Completed Sections: ONE EXPEDITION	Completed Sections: THREE	Completed Sections: FIVE

Behaviour Expectations



- The Expedition is *no different to school* and we expect the same standards of Student behavior. This means:
 - Respecting fellow Students across *all* schools.
 - Being sensible and responsible at the Campsites overnight.
 - *Students' Parents (Carers) will be contacted (at any time) and Students will be asked to leave if there are behavioral issues.*

Help and Advice...



...the options....24 x 7 x 365

Independent?

- **Information Pack** - FAQs
- **Visit** the DofE Website.
- **Visit** the School Webpage
- **View** You Tube “DofEUK” Channel.

Face to Face?

- **Book** a One to One Session.

.....Top Tip.....

Email your ASSESSOR for the Report

*How: Send your eDofE Participant Number and specify which **Level** and which **Section**...*



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Karos Adventure

Who are we?



Established in 2016, we are a walking and canoeing Approved Activity Provider for the Expedition Section of the Duke of Edinburgh's Award.

We work with schools and other organisations to deliver all levels of the Award (Bronze, Silver, and Gold).

We primarily deliver expeditions in the East and West Midlands, Peak District, and Yorkshire Dales.

2025 saw us support 1700+ participants.

Our Safety



- AALA license meeting HSE standards for delivering outdoor activities to young people
- £10M public liability insurance
- Ongoing risk assessment reviews
- Emergency procedures in place
- GPS tracking utilised



Our Leaders



All of our leaders hold the following:

- National Governing Body walking and/or canoeing qualifications
- Outdoor first aid qualifications
- DofE Assessor Accreditations
- Safeguarding young people certificates
- Enhanced DBS certificates on the update service
- A wealth of experience delivering outdoor education to young people

Supervision



Karos Adventure Leaders

- Responsible for all expedition related activity
- Directly supervise participants during navigation training and all campcraft activities
- Remotely supervise expedition days

School Staff

- On site throughout entire programme (exception at Gold level if school procedures allow)
- Responsible for all pastoral matters including overnight supervision

All Expeditions - How are we going to get there?



Training Framework

Proficiency in the Mode of Travel - Directly supervised navigation walk or paddle skills training to the required standard

Campcraft - pitching tents and campsite admin

Cooking - safe use of portable gas stoves to make hot drinks and cook evening meals

Outdoor Etiquette - respect for other users and protection of the environment

Safety - how to handle first aid and emergency situations should one arise

Gold Expeditions - How are we going to get there?



In-School Training

- Looking at kit, clothing, and food
- Route + Team Goal planning for qualifier

Training & Practice Expedition

Training - Day 1

All aspects of the Training Framework covered

Practice Expedition - Days 2-4

Remotely supervised 3-day expedition

Qualifying Expedition

- 4 day remotely supervised expedition in line with the DofE Expedition Requirements

Qualifying Expedition Requirements



Qualifying Expedition

(Training put into action!)

- Unaccompanied journeys during the day (Gold 8hr)
- Self-sufficient
- Basic accommodation
- Cook an evening meal
- Complete a Team Goal
- Respect each other, the public, and the environment
- Debrief and reflection with assessor

Kit - What does Karos Adventure Provide?



Tent - Sleeps 2-3 participants



Trangia stove - 1 per tent group



Group first aid kit - Must still bring personal supplies mentioned on upcoming slide



Maps, map cases, and compass

Kit - Not Provided by Karos Adventure



- Kit, clothing, and food on the following slides are not provided by Karos Adventure
- Your school may have supplies of some items (see your DofE Leader)
- Look to borrow from friends and family or buy second hand (check quality and functionality)
- If buying new, make use of your DofE discount card in Go Outdoors plus many other retailers



Kit - Rucksack



65-70L capacity







Padded back/hips/shoulders

Adjustable back system

Kit - Footwear



Walking Boots - COMPULSORY

- Padded ankle support 
- Leather or fabric 
- Intact sole with decent tread 
- Waterproof - bonus! 




Unsuitable Footwear

- Sport trainers 
- Walking shoes 
- No ankle support 

Kit - Waterproof Jacket

Rating	Resistance	Weather
0 – 1,500mm	Water resistant / Snowproof	Very light rain
1,500mm – 5,000mm	Waterproof	Light to average rain
5,000mm	Very waterproof	Moderate to heavy rain
10,000mm and above	Highly waterproof	Very heavy rain

Hydrostatic Head (HH) rating of 5k+ 

Taped seams 

Pack down small 



Bulky ski or softshell jackets 

Most mac-in-a-bag styles - check HH rating 



Food - Fuel for your Body



It is super important that you are feeding your body with the right amount of the right stuff.

You will be exerting yourself more than during a normal day at school, so you will need more food than usual around 3-4000kcal per day depending on the Award level.

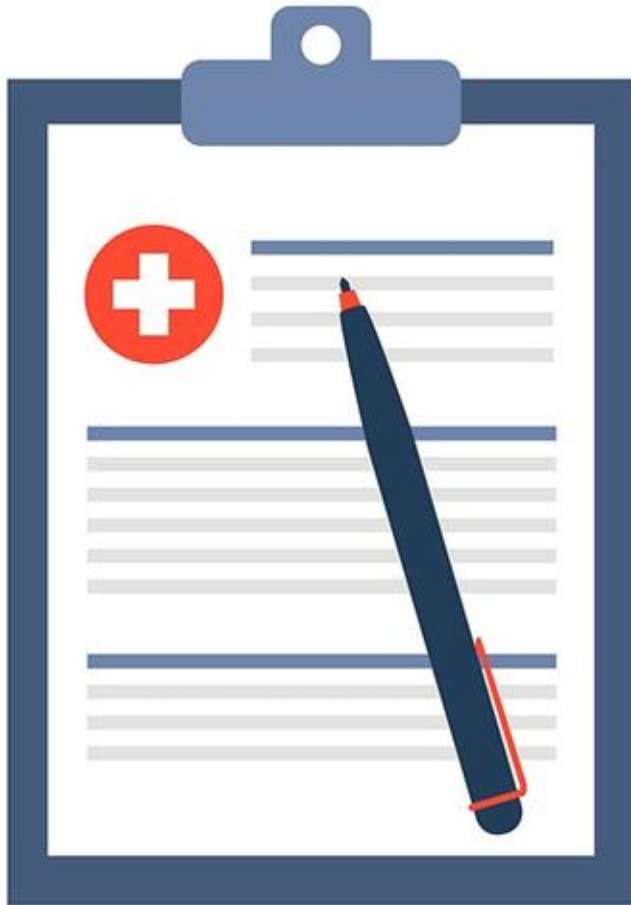
Top Tips

- Do not bring glass jars or heavy packaging
- Bring lightweight, dehydrated options where practical
- Weigh out individual portions at home or club together in tent teams to share meals
- Do not bring items that need refrigerating
- Quick cook and simple are key

Ultimately, you must enjoy it!

Note - Please adhere to any school food restrictions due to allergies of others i.e. no nuts etc

Medical Consent Form



- Complete ASAP by parent or guardian
- Medication including inhalers and EpiPens MUST be brought if condition is declared otherwise participation will not be possible
- Full and honest disclosure - Please allow us to meet your needs
- Complete once and send any updates via email to info@karosadventure.com
- All information is stored, used, and shared with our leaders in accordance with GDPR

Mobile Phone Policy




All participants are to adopt the DofE's principles to develop self-reliance and create moments of solitude by escaping everyday online distractions.

- School policies are to be adhered to
- To be brought at participants own risk of loss or damage
- For emergency use
- Used to contact supervisor as agreed at start of expedition
- To be switched off and sealed in a waterproof bag
- No home contact - Any issues are to be communicated through Karos Adventure or school staff

Joining Instructions

Karos
Adventure

DofE Bronze
Expedition Programme 

[Participant Joining Instructions](#)

These Joining Instructions provide vital information for parents/guardians and participants relating to our DofE Expedition programmes. Sharing and understanding this information helps in the delivery of a safe and successful expedition and reduces the risk of serious incidents occurring which may affect participants' health and safety. Thank you for taking the time to read this information. If you have any questions, please contact the DofE staff at your school.

Start Date: _____ Arrival Time: _____

Finish Date: _____ Departure Time: _____

Training Venue & _____
Website: _____

- Issued to school in the weeks leading up to each activity
- Contain all you need to know
- Details of dates, times, locations, equipment, and contact details
- Please read thoroughly and keep handy

Useful Links -
www.karosadventure.com

Karos
Adventure



The link above to view online training resources and factsheets including kit lists and menu planners.

(<https://www.karosadventure.com/participant-area>)

Logistics...

Students can borrow RUCKSACKS....



- Rucksacks are issued and collected at the beginning and end of each Expedition.
- Pack the recommended personal belongings in strong **Bin Liners**, sometimes called "**Rubble Sacks**" or a **60 Litre Dry Liner** (*Amazon £16.50*). Please label with your name and tutor group.



Collection and Drop Offs....

- **GOLD** – Everards Meadow, Fosse Park, Leicester.



OPEN FORUM



Questions.....

Kit - Sleeping



Sleeping Bag

2-3 season, comfort rating at least 10°C



Compression sack



Sleeping Mat

Foam



OR

Inflatable - must be light weight and pack away small



Optional

Inflatable pillow

Kit - Eating and Drinking



- Plastic bowl and mug
- 2 x 1L plastic bottles
- Plastic knife/fork/spoon/spork



- Large hard plastic bottles
- Do not fit in rucksack side pockets and crack easily
- ABSOLUTELY NO SHARP KNIVES

Kit - Personal Items



Wash Kit

- Mini versions or decant into smaller bottles
- Decant liquid soap and aftersun lotion etc
- Travel flannel/small towel/wet wipes/tissue - not all campsites have showers
- Sanitary products where required (and JIC!)



Personal First Aid Kit

- Containing at least a variety of normal plasters, blister plasters, and alcohol-free wound cleansing wipes
- Karos Adventure will provide group first aid kit containing larger items

Kit - Personal Items



Compass - Karos Adventure will supply 1 per team, but if you already have one then do bring it along

Whistle - Most modern day rucksacks already have one fitted to the chest strap

Kit - Group Items

Liaise with your expedition team and share the load of some items.

However, do make sure you know who is going to bring what so that your team does not end up completely without!



Kit - Socks



Wool/cotton/nylon/polyester

Medium weight

Cushioned soles and heels

Spares appropriate for the length of your exped



Ankle socks

Fluffy bed socks

Football etc socks

Everyday thin Lycra socks

Kit - Base Layer Clothing



Synthetic sports tops



Leggings or lightweight trousers



Spares appropriate for the length of your exped



Cotton tops



Vests



Jeans and heavyweight joggers



Kit - Shorts



Lightweight



Zip-off trousers



Yoga style

- At least mid-thigh length



Still need one pair of long bottoms for the evening



Very Short - Increased Risks of:

Injury from nettles and brambles



Tick bites



Sunburn and cold exposure



Painful chafing



Kit - Mid-Layer Clothing



Light/medium weight fleece



One spare in case gets wet



Cotton hoodies and sweatshirts



Near impossible to dry once wet





Kit - Additional Clothing

Extra considerations for those cold days and nights!



Set of Thermals



Insulated Jacket

(Does not replace waterproof jacket)

Kit - Protection from the Elements



Hat/Gloves/Snood

Still required in summer as days can still throw poor weather our way and nights can be cold



Cap/Sunglasses/Snood



Kit - Rucksack Packing

Every rucksack is slightly different, but the same smart packing principles apply:



Top/Side/Waist Pockets

- Things required when walking, so hat/gloves/ snood/waterproofs/sun cream/first aid kit/lunch/ snacks/water etc

Middle

- Items required when reaching camp, so tent/ cooking and washing up equipment/all other food/wash kit/spare clothes/head torch etc

Bottom

- Sleeping bag and sleeping mat if not foam

Outside

- Foam sleeping mat

Kit - Keep it Dry!

All kit and clothing MUST be protected from getting wet

All important items need to be protected from moisture

Heavy duty bin liners/rubble sacks are ideal for this

The following items must be individually protected:

- Sleeping bag
- Inflatable style sleeping mats
- Spare clothing
- Electronics i.e. torch
- First aid items
- Food not in sealed packaging





Eat a substantial breakfast before arriving with us.

Mornings on Camp

- Pastries
- Cereal bars
- Hot chocolate
- Club together in your tent teams to create a breakfast buffet!



Notorious for bursting.

Use a sachet emptied into a mug if porridge is your preferred camp breakfast.





Prepare well for lunches as you will be hungry for them!

Complex Carb Based

Rolls, tortilla wraps, pittas, flatbreads etc, pre-made pasta

Fillings

- **Day 1** - Your choice... it won't have been out of the fridge long before you eat it!
- **Day 2** - Non-refrigerated... Jam, choc spread, flavoured tuna sachets etc

Food - Evening Meal



Also prepare well for evening meals as you will be really hungry for them!

Complex Carb Based

Pasta, rice, egg noodles

Toppings

Non refrigerated

Top Tips

- Weigh out individual portions
- Quick cook and simple
- Club together in your tent teams to cook and eat the same meal

Food - Evening Meal



Start - Soup/pasta soup



Main - Pasta/tortellini + sauce



Main - Boil in bag rice + sauce



Main - 2 x egg noodle nest + sauce

Food - Evening Meal



Also notorious for bursting.
Have poor nutritional content.
Please do not bring these or similar.



Expedition Pouches

Benefits

- High in energy
- Only your spoon to wash up!

Disadvantages

- Costly
- Not all taste great
- Wet ones are quite heavy especially if you bring multiple
i.e. main meal + dessert





Extra Top Tip!

Having one of these in your team is a game changer and will make draining pasta etc a dream!

(Collapsible plastic colander)

Food - Snacks and Emergency Rations



Snacks do not replace meals

They are to be distributed throughout the day:

- Whilst walking
- With lunch
- For dessert in the evening

They are great pick-me-ups when morale may need a boost, or you're starting to get peckish in between meals.

Kit - Only Bring Necessary Items



Personal = 9kg max

Food = 1-2kg

Water = 2kg

Group = 1.5kg

Total = 11.5-12.5kg

ALLOW SPACE FOR GROUP KIT

NO MORE THAN ¼ OF BODY WEIGHT

What Next?

Online Training Hub

- Visit our online training hub and watch our videos
- Prepare kit, clothing, and food
- Discuss and review any medical concerns
- Prepare physically:
 - Go to the gym
 - Play team sports
 - Walk the dog
 - Practice walking with a weighted rucksack, break new boots in, and test waterproofs

