

**Urmston Grammar School  
Duke of Edinburgh Award 2022  
Silver**



## Silver Training Programme

All meetings are on Tuesday lunchtimes 1.20-2.10. Please bring lunch with you.

Date	Provisional Agenda
Wb 25/4/22	Introduction to the expedition. Basic map reading and navigation
Wb 2/5/22	More advanced map reading and route planning in preparation for the Practice walk
Wb 9/5/22	Exam Week- no session
Wb 16/5/22	Expedition First Aid
Extra session: Lunchtime and P5 19/5/22	Cooking in the outdoors -demonstration and meal planning for the expeditions. Countryside Code and Safety. Campcraft- How to put up a tent. Route planning for training walk and assessed expedition
<b>May 21st (Sat)</b>	<b>Practice Walk in Macclesfield Forest</b>
Wb 23/5/22	Route-planning for assessed expedition (+ lunchtimes ALL WEEK as necessary for groups to work on route cards and maps) – Wednesday to Friday is the geography residential so all Thursday groups will meet on Monday
Wb 30/5/22	Half Term
Wb 6/6/22	Final route-planning and checking and preparation for Assessed expedition, including what to take.
9/6/22	Issue of Tents, Trangias, fuel bottles, 1 <sup>st</sup> aid kits (and rucksacks).
Wb 13/6/22	Kit return- date tbc
Wb 27/6/22	Bronze group present

**Arrangements for the Practice Expedition – Silver**  
**June 10<sup>th</sup> -12<sup>th</sup> 2022**

The silver practice expedition will take place in the area around Hawes (Wensleydale) and Dent, near Sedbergh, Cumbria. We have booked a coach to take the students to Hawes on Friday June 10<sup>th</sup>. The coach will leave school at 1.30pm. Students should bring their rucksacks into school and leave these in the designated area. Food for the expedition should be left in the large fridge in the food technology room. We have planned a short training walk for Friday evening in the area around Hawes (including, dinner at the fish and chip shop) and, on the Saturday, the students will walk approximately 14 miles to the campsite at Dent with full pack. They will cook breakfast on Trangia stoves in the grounds of the Bunkhouse on Saturday morning and dinner at the campsite in Dent on Saturday evening. They will also need breakfast and lunch for the Sunday. The students will complete a circular walk on Sunday morning in order to complete their silver practice expedition.

Students will need to be picked up at around 1.30 - 2pm from High Laning campsite in Dent on the Sunday. The journey time to Dentedale/Sedburgh is around 1 hour 10 minutes. Come off the M6 at junction 37 and follow signs for Sedbergh and then Dent. The campsite is on the left as you come into the village.

On Friday night we will be staying at:

Green Dragon Inn (Bunkhouse),  
Hardraw  
Hawes,  
Leyburn,  
North Yorkshire, DL8 3LZ.  
Tel: 01969 667392

Tel: Mr McPartland: 07723031006 or Dr Howe: 0788058961  
(there is no landline in the bunkhouse)

On Saturday night we will be staying at:

High Laning Campsite  
Dent, near Sedbergh,  
Cumbria  
LA10 5QJ

TEL: 015396 25239



## Arrangements the Silver Assessed - Expedition

July 6<sup>th</sup> – 8<sup>th</sup> 2022

- Arrive in school at 8.30 on Wednesday July 6<sup>th</sup> with rucksack containing your dry tent and/or Trangia for your group. Make sure spare clothes and sleeping bag are wrapped up in a bin bag to prevent them from getting wet.
- Food – you will need lunch and dinner on day 1 (fresh pasta cooks quicker than dry pasta), breakfast, lunch and dinner on day 2 (if you bring frozen bacon or sausages and wrap these in tin foil they should be ready to eat by breakfast time on day 2) and breakfast and snacks for day 3 (bring porridge for day 3 breakfast). Bring money to get lunch in Ambleside on day 3 when you finish.
- On Wednesday July 6<sup>th</sup> we are staying at:  
GRIZEDALE CAMPSITE  
Bowkerstead Farm,  
Satterthwaite,  
Ulverston,  
Cumbria. LA12 8LL  
Telephone: (01229) 860208
- On Thursday July 7<sup>th</sup> we are staying at:  
National Trust Campsite  
Great Langdale,  
Ambleside,  
Cumbria, LA229JU  
Telephone: [015394 32733](tel:01539432733)
- Return- The coach is picking us up from Rothay Holme coachpark in Ambleside - LA22 0EE – at 2.30pm on Friday July 8<sup>th</sup>. We should be back at school between 4 and 5pm – traffic permitting.
- Make sure you bring your own: matches, torch, washing up liquid, tea towel, brillo pads, waterproofs, spare socks, eating utensils/plate etc, emergency rations (high sugar). These are the items that are commonly forgotten. You should refer to your kit list in the D of E booklet to make sure you have everything covered. We will supply fuel, Trangias, first aid, tents, map cases, maps, compasses and fuel bottles.
- Expedition leader phone number : Mr McPartland – 07723031006 or Dr Howe

## **EXPEDITION KIT LIST**

Students will need to have the following pieces of kit for the practice and assessed expeditions. It is hoped that students will already own some of these items but we do recognise that to purchase them all would mean considerable cost. If necessary we do have a few spare pieces of kit (rucksacks, mats etc) that can be lent on request.

### **TO WEAR WALKING**

- 1x pair Walking Boots (broken in)
- 1x pair Walking Socks
- 1x Thermal top / tee shirt
- 1x Sweater (woollen or fleece)
- 1x Walking trousers (warm; NOT jeans)

### **PERSONAL KIT (TO CARRY)**

- 1x Large Rucksack (approximately 55-65litre capacity)
- 2x Strong, large plastic bags (to line your rucksack)
- 1x Sleeping mat
- 1x Sleeping bag (in a waterproof bag)
- 1x Watch
- Small quantity of money (optional)
- 1x Notebook & pen/pencil (for assessed expedition presentation prep)
- 1x Torch & spare battery (e.g. small Maglite or Petzl headtorch)
- 1x Emergency food rations (NOT to be eaten until the end!)
- 2x Water bottle (1 to 2 litres each)
- 1x Knife, fork, spoon
- 1x Pocket Knife (small)
- 1x Plate/bowl
- 1x Mug
- 1x Wash kit (small – no need to bring make-up!)
- 1x Towel (small)
- 1x Gaiters/coat (it must be waterproof and windproof)
- 2x pairs Underwear
- 2x pairs Walking socks
- 2x Tee shirts
- 1x Spare sweater (woollen or fleece)
- 1x Spare walking trousers (NOT jeans)
- 1x pair of trainers/flipflops (optional – to wear around the campsite)
- 1x warm hat (if appropriate)
- 1x pair woollen gloves (if appropriate)
- 1x pair Shorts (if appropriate)
- 1x Sunhat & sun cream (if appropriate)
- 1x Waterproof overtrousers (if forecast is wet)

### **GROUP KIT**

**You need to decide who is going to bring each of the following pieces of equipment that must be divided up and carried between each team**

- 2x scourers for washing pots (brillo pads are good)
- Washing up liquid (decanted into small plastic container)

2x Tea towels  
3x Black bin bags (for rubbish etc.)  
Food (small & lightweight- no tins)  
Mobile phone (with emergency contact numbers stored – camera for project prep)  
Matches – sealed in plastic bag  
Personal first aid – plasters, anti-septic cream, paracetamol

**You will also have to divide up and carry the following pieces of equipment which we will provide:**

2-3 Tents (depending on group size)  
2-3 Trangia Stoves with cooking pots  
Bottle of stove fuel  
Map and map case  
1 Compass  
1x First Aid Kit  
Route cards  
1x Whistle