



Participant preparedness for expeditions.

Being properly prepared is one of the twenty conditions (point 13) laid down by the DofE for the successful completion of the expedition section of the award at any level. The twenty conditions form part of the framework that supports the safety of the participants and staff involved. If they are not followed participants will not be able to complete the expedition section of the award.

As a matter of safety and welfare, participants arriving on an expedition inadequately equipped will not be allowed to continue by Sam Sykes Ltd. This also applies to participants who do not use clothing as directed by Sam Sykes Ltd staff to protect themselves from the weather conditions.

As this expedition is taking place at a time of year when the conditions are likely to be colder and wetter it is more important than ever that all the participants come correctly clothed, equipped and with the right kind of food. Sam Sykes Ltd provides group equipment but cannot provide any of the personal equipment for participants (sleeping bags, boots, clothing, food, etc).

If a participant is refused participation on an expedition due to being unprepared, Sam Sykes Ltd is not responsible for repatriation of the participant and any costs incurred.

What should participants bring & be aware of?

The links below provide information on what is required. Please pay close attention to them, as the information given is based on many years of experience and we do not wish to have to deny a participant the chance to complete their expedition. Should you require further advice please talk to you DofE lead at the school.

The 20 Conditions of a DofE expedition.

[20 CONDITONS LINK HERE](#)

Food.

[FOOD TIPS LINK HERE](#)

- Main meals should be of high calorific value and easy to cook. Boil-in-the bag or freeze-dried meals are ideal, as is porridge for a breakfast. A hot meal at the beginning and end of the day makes a huge difference to energy levels and morale.
- Lunches should be able to be eaten cold. Cooking takes a surprising amount of time out of the day at lunchtime, which can cause a safety issue in certain conditions. This is what lunches should be able to eat without cooking.

- Snacks are a great boost throughout the day and on camp at night. Snacks that are pure sugar (sweets and chocolate) will cause a sugar rush and not sustain energy levels. Snacks like biscuits, cakes or nuts provide a better energy release for physically demanding expeditions.
- Cooking is usually done outside. It may be cold, wet and getting dark when this takes place. The quicker participants can prepare and eat their food the better.

Equipment.

[EQUIPMENT LIST LINK HERE](#)

- A waterproof jacket and trousers are essential. Once clothing is wet it will lose much of its insulation value. Insulated jackets are not suitable on their own without a waterproof shell layer on top.
- Well fitting walking boots must be worn and tied properly on expedition. Good walking boots provide support for feet, ankles and legs. They are reasonably waterproof and provide grip on a variety of terrain. The tops of the boots should come up and above the ankle joint.
- Warm hats and gloves are not an optional extra, neither are spare warm layers. They become essential if the group is held up, or as the temperature drops overnight on the campsite.
- Several pairs of warm socks, or at least enough for a clean pair each day.
- Sleeping bags must be adequate for the temperatures on the expedition. A good nights sleep makes a lot of difference to morale and decision making. Thin sleeping bags will not be sufficient in the colder months. Check the temperature rating of the sleeping bag you are bringing.
- Have some spare bin bags to keep clothing dry and to separate wet kit from the rest of their equipment.

Summary

Please ensure you have read and understood the 20 conditions and packed the appropriate food and equipment listed above before you come out on your expedition.

We really want to have a fantastic adventure with you on expedition, and making sure you are bringing all of the food and kit you need is the foundation for that.

Our instructors will show you how to pack it, use it and operate with it effectively whilst on expedition.

We look forward to meeting you!

The Sam Sykes team.