

The Lochgoilhead Centre



**NATIONAL
ACTIVITY
CENTRE
LOCHGOILHEAD**



DofE expeditions

The Lochgoilhead Centre is a DofE AAP for:

- Walking;
- Canoe;
- Sailing;
- Mountain biking;
- All available at Bronze, Silver and Gold levels.



Expedition Process Bronze

- 1 day pre-expedition training.
- 2 day practice expedition.
- Consolidation period.
- 2 day qualifying expedition.
- Presentation.
- Completion.



Standards

- All expeditions are assessed to the DofE 20 conditions.
- All groups will cover 20 conditions within the training phase and know the standards required for qualifying.
- Groups will plan all qualifying routes with local knowledge of the supervisors

20 Conditions

1. Your expedition must be by your own physical effort, without any motorised or outside assistance.
2. Your expedition must be unaccompanied and self-sufficient.
3. Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.
4. Your expedition must have an aim.
5. You must be properly equipped for your expedition.
6. You must have completed the required training and practice expeditions.
7. You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and in a similar environment to the qualifying expedition.
8. You and your team must plan and organise your expedition.
9. You must be assessed by an approved accredited Assessor to the DofE.
10. There must be between four and seven people in your team (eight people may be in a team for modes of travel which are tandem).



20 Conditions cont.

11. You must be within the qualifying age of the DofE programme level.
12. All the people in your team must be at the same level of assessment.*
13. Your team must not include anyone who has completed the same or higher level DofE expedition.
14. Your overnight accommodation should be camping.
15. Your expedition must be the minimum number of days required for your DofE level.
16. Your expedition should normally take place between the end of March and the end of October.
17. Your expedition should be in the recommended environment for your DofE level.
18. You must do the minimum hours of planned daily activity for your DofE level.
19. You should cook and eat a substantial meal each day.
20. You must create and deliver a presentation after your expedition to complete the section

Safety

- The centre is AALA licensed; L10316/R0243.
- Groups will work with one Mountain Leader qualified instructor during their expedition.
- All staff are DofE trained and hold appropriate supervisor or assessor qualifications.
- Equipment provided appropriate to conditions and terrain.
- Spot 2 trackers during expeditions.



Equipment list

DofE kit list for expeditions

Personal kit

- Walking boots *
- Rucksack*
- Waterproof jacket *
- Waterproof trousers *
- Sleeping bags *
- Roll mats *
- Torch with spare battery
- Midge replant/net
- 2x Spare clothes for expedition (no jeans)
- Spare clothes to leave behind with shoes.
- Wash kit
- Mug
- Small cloth to wash dishes and dish towel.
- Pencil and note book.
- Bin bags to seal and water proof equipment.
- Water bottle
- Spare socks



*All equipment marked can be provided by the centre but participants may be more comfortable using their own equipment. All equipment will be inspected before going on the expedition and any unsuitable equipment will be substituted from our store.

Group Kit (provided)

- Stoves (Trangia).
- Fuel for stoves.
- Spot two satellite tracker (one per group).
- Tents.
- Emergency group shelter (one per group).

Things not to bring

- Electrical equipment.
- Hair dryers /straightners.
- Games systems.
- Lots of money.
- Anything you would be upset to lose.
- Designer clothing.
- MP3 players.
- Heavy things.
- Anything you do not need.



Expeditions dates

Group A 14/15th May Q:11/12th June

Group B 17/18th May Q:14/15th June

