



THE DUKE OF EDINBURGH'S AWARD



Silver Expedition Information Set 1

Silver Practice Set 1			
Kit Collection	Exped Drop Off	Exped Pick Up	Kit Return
14 th June (Sun)	15 th June	17 th June	22 nd June
17:00-18:00	07:30	17:21	16:00-17:00
The Edge	Williamwood Train Station	Williamwood Train Station	The Edge
G77 6BB	G76 7NP	G76 7NP	G77 6BB
Silver Assessment Set 1			
Kit Collection	Exped Drop Off	Exped Pick Up	Kit Return
23 rd August (Sun)	24 th August	26 th August	1 st September
17:00-18:00	08:45	~16:00	16:00-17:00
The Edge	St Ninian's High School	St Ninian's High School	The Edge
G77 6BB	G46 6UG	G46 6UG	G77 6BB

Practice drop off time has been chosen to catch our desired train, please arrive promptly.

Pick up times are variable based on the walking speeds of the groups. Young people will be asked to contact you on the day as soon as we can accurately estimate our return train.

Updates will also be posted on the SNHS Instagram Story which will be active during all expeditions.

We operate a strict no mobile phone policy on expedition, both when travelling and when at camp. Any individual using a mobile phone inappropriately will receive a cautionary warning on the first instance, but any further use will result in you failing your expedition and having to redo this part of your award. A full Mobile phone policy will be available to read at the kit issue.

Kit List

<p>Available to Borrow (if providing your own please bring to the kit issue for inspection)</p> <ul style="list-style-type: none"> • Sleeping Bag • Sleep Mat • Rucksack (65-70L) 	<p>Group Kit (Must be borrowed and split between tent group)</p> <ul style="list-style-type: none"> • 3 Man Tent • Trangia Stove and Gas • Map, Compass and Radio (Issued on expedition)
<p>Personal Kit (some items can be shared to reduce pack weight)</p> <ul style="list-style-type: none"> • Waterproof Jacket and Trousers • Hill walking boots • Warm layers • Spare set of clothing • Hat and Gloves • Eating Utensils • Washing up supplies • Food • Emergency Rations (high energy food) • Wash kit and small towel • Matches or lighter • Torch • 2 x 1lt Water bottles • Small personal first aid kit (please advise leader of any medication) • Sun cream • Midge Repellent and head net (Vital) 	

Food

Food should be light, preferably dried. Tins and jars are not suitable.

Evening meals must involve cooking and have to be nutritionally balanced.

Snacks of dried fruit, and packed lunches are suitable meals during the day.

Example Menu

Plan your meals with your tent or walking groups to save weight.

Breakfast x2	Lunch x3	Dinner x2
Porridge pot or sachet (to be cooked with water), fruit for flavour.	Sandwiches, oatcakes, dried meat and cheese. Dried fruit, sweets cereal bars	Couscous or pasta, precooked meat and packets of sauce. (NO tins or jars and NO pot noodles)

Kit Issue

Prior to the expeditions participants will be issued their group kit, some personal kit can also be borrowed, all details are overleaf.

A £50 deposit will be required on the day and will be returned to you when the kit is returned. Please provide this as cash or a cheque made out to ERC in a sealed envelope with name and alpha class on the front. All participants must provide a deposit even if they are not borrowing personal kit.

It is the participants' responsibility to return the kit clean and dry or charges will be made if they fail to do so. Please hang tents and any other wet kit out to dry within 24 hour of returning from the expedition.

Group Kit

Where possible please arrive at the kit issue with the other members of your tent group. If arriving separately please decide before hand who is taking the tent and who is taking the Trangia stove.

Tent groups will be decided at the training sessions.

The Edge

Kit pick up and return is conducted at a youth club called The Edge.

This is located behind Fairweather Hall in Newton Mearns G77 6BB



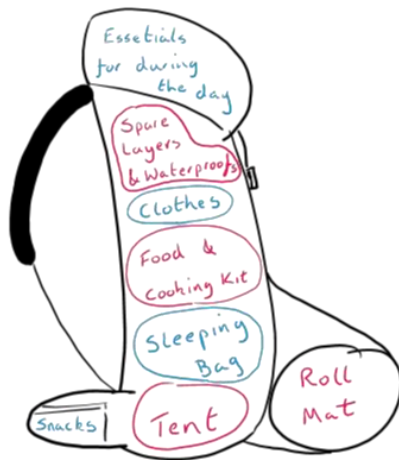
DofE Discount Card

Information on how to receive a DofE discount card can be found [here](#).

Go Outdoors ([Clydebank](#) or [Coatbridge](#)) is an excellent place to find deals on premium kit due to their already low discount card prices and large selections.

<p>Always show your DofE Card or Digital DofE Card.</p> <p>You'll get the best savings and help support young people to do their DofE.</p>	<p>GO Outdoors GOoutdoors.co.uk</p> <p>EXTRA 10% off GO Outdoors Discount Card price</p>	<p>Blacks Blacks.co.uk</p> <p>15% off Current selling price (Includes reduced price items)</p>	<p>millets Millets.co.uk</p> <p>15% off Current selling price (Includes reduced price items)</p>	<p>Ultimate Outdoors Ultimateoutdoors.com</p> <p>15% off Current selling price (Includes reduced price items)</p>	<p>Tiso Gleaned up for the outdoors Tiso.co.uk</p> <p>15% off Retail price</p>
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Rucksack Packing



Due to the unpredictability of Scottish weather and for ease of carrying, all equipment must be inside a dry bag or bin bag within the rucksack.

The only exception is the roll mat which can be attached to the outside with straps. It should however, also be wrapped in a bin bag so that it doesn't get wet.

Following the Expeditions

Updates during and after the expeditions will be posted on the Instagram accounts below



[@Stninians.High](https://www.instagram.com/Stninians.High)



[@dofeeastren](https://www.instagram.com/dofeeastren)