
**BRONZE EXPEDITION TRAINING
BOURNVILLE SCHOOL & SIXTH FORM
8th & 9th April 2017**

The training will take place at Bournville School & Sixth Form with a navigation training walk on the Sunday around the Lickey Hills Country Park.

We will meet at Bournville School at 09:15hrs on Saturday 8th April 2017, finishing at 15:30hrs. On Sunday 9th April, we will meet in the main car park at Lickey Hills Country Park (Warren Lane, Rednal, Birmingham. B45 8ER) at 09:30hrs, finishing at the same location at 16:00hrs. **It is your responsibility to arrange transport to and from each of the venues.**

The attached Parent/Medical Consent Form is to be completed and returned to Mrs. Tully no later than Wednesday 5th April 2017.

Bring a suitable lunch for cooking on camping stove, i.e. 'boil in the bag', dehydrated food, etc., as well as snacks and drinks.

Further guidance on suitable food for expeditions can be found at the following websites:

www.dofeshopping.org/expedition-kit/expedition-food/

www.mountainwarehouse.com/expert-advice/dofe-expedition-food-tips-and-ideas

On Saturday, most of the day will be spent indoors, however, a couple of the practical sessions will be held outside, including cooking lunch, therefore, please ensure you bring a warm and waterproof coat.

The following items of clothing and equipment will also be required on the Sunday:

- Outdoor clothes
- Warm top/fleece
- Waterproof jacket
- Hiking boots or shoes with stiff sole and laces
- Water bottle
- Hat and gloves
- Small Daysack/Rucksack
- Compass (if you have one)
- Packed lunch, including snacks (the Lickey Hills Visitors Centre does have a café if you wish to purchase hot/cold drinks and snacks)

During the weekend, you will complete the DofE Expedition Training Framework for the Bronze Expedition section, enabling you to be prepared for the practice expedition on 20th – 21st May and the qualifying expedition on 8th – 9th July 2017.

If you have any questions regarding the weekend, please contact me using the details below.

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BOURNVILLE SCHOOL & SIXTH FORM BRONZE EXPEDITION TRAINING PROGRAMME

8th April

(09:15hrs – 15:30hrs)

Expedition Clothing, Equipment & Rucksack Packing

Preparatory Map Skills (Grid References; scales, symbols, etc.)

Food & Cooking (practical with camping stoves – students will cook their own lunch)

Emergency Procedures

Route Planning

Campcraft (practical – pitching tents)

9th April (09:30hrs – 16:00hrs)

Practical Navigation

Countryside Code



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