

2021-22 Gillingham DofE
ACTIVITY DETAILS FOR PARENTS AND STAFF



1. Activity Planned	Bronze Basic Training		Location	Carey Camp
	Start Date	Sat 16 October	Finish Date	Sun 17 October
Special hazards	Traffic, Stoves.			
2. Place/Times	Drop off at	Gillingham School	Pick Up Place	Gillingham School
	Drop Off time	8am sharp pls	Pick Up Time	4.15 – 4.30pm
3. Cost	£30 BACs – (Lloyds - Gillingham DofE OAC) sortcode 30.98.97 a/c 47830260	Please don't forget the fee if not already paid as it's embarrassing to have to chase people. Ask me to check if needs be. If money is a temp problem please say in confidence. Finals fees include monies we have to pay to Assessors.		
4. Destination	Carey Camp OE Centre. Carey Rd, Wareham BH20 7PB			
	Site phone Number if possible (Trish) Contact/s on site		Pls use the mobile, reception not great EMER ONLY 07917212390	
5. Contact Number	Trish –		07917212390	
Participants are instructed not to have mobile phones on from the time that they start at the initial team "briefing" to the time that they have been "debriefed". If mobiles are used to contact (or be contacted by) friends/family during this time the whole team will fail their Final Exped. This Award rule is there because using mobiles whilst on Exped is distracting and intrusive, as well as unsafe in undermining the team and centre's emergency procedures, focus and teamwork! Participants are ONLY allowed to use mobiles in a serious, unexpected, & dangerous situation, when contacting the supervisor or even emergency services is imperative.				
6.(Trip) Base Contact	tbc			
7. Accompanying adult staff	1. Trish Walker	5. tbc	9. tbc	
	2. Deb Mactavish	6. tbc	10. tbc	
	3. Tony Baverstock	7. tbc	11. tbc	
	4. tbc	8. tbc	12. tbc	
8. Clothing and Footwear	Please see the Kit List for Carey Camp on page 2. Its specific to Carey.			
9. Food	<p>Saturday – Please bring a packed lunch. Tea will be provided. Something simple like Pasta with Sauce and Mattesons Sausage, plus cake. PLEASE make sure that dietary requirements are emphasised on the medical and consent form, so we can provide for all diets.</p> <p>Sunday – Please bring breakfast – we'll go over choices on 5 Oct and a packed lunch – no meat/fish based foods that would need a fridge to stay fresh!</p> <p>Snacks for both days Food suggestions can be downloaded – look at packed lunches and *breakfast ideas http://www.gillinghamdofe.co.uk/wp-content/uploads/2021/04/dofe-gourmet-meals-2021.pdf</p>			
10. Other items?	See kit list Please ask if you aren't yet able to get what's required. We have some things that can be borrowed You will have tents, stoves, maps, and compasses (see kit list) issued to you You will need to wear appropriate clothing as per the kit list. NO JEANS – please. Cotton based clothes, once they are wet, stay wet and cold. Please try and start to gear up with manmade materials. Top and Bottom waterproofs are essential.			
11. Times when participants will not be directly supervised	All taught/lead activities are directly supervised. There will be free time onsite. Boundaries will be made clear.			
12. Travel	Excelsior Coaches Minibus and MPV	Are OAC Drivers up to date Assessed? Yes		
12. Any other information?	Any problems, contact us via dofegilliac@gmail.com or via eDofE			
Let us know if on any medication or if there has been a recent injury/illness.				

No participant can take part in an offsite organised activity without the written consent of a person with parental responsibility.
Please keep us informed of any changes should there be any from the original form.

There's a great article here to waylay any fears about buying expensive kit! A few things we differ on but some great tips: <https://www.littlestuff.co.uk/teen-dofe-kit-list-budget/>

Please wear:

Adequate footwear – Ideally boots to provide ankle support but, for this weekend only you could use sturdy trainers which will stand getting muddy!

****Waterproof jacket with a hood** – This needs to be windproof and waterproof. Not just a showerproof packamac.

****Waterproof over trousers** ask if you haven't got any.

T-shirt/s as a base and mid layer – Please try to avoid cotton or cotton mix. Manmade materials are also lightweight, dry quickly and wick away sweat. Long sleeves will help you keep warm.

Fleece - Please try to avoid cotton hoodies. Aim to get a couple of fleeces from Primark and Mountain Warehouse

Trousers/Leggings – Must be quick drying. NOT jeans!

Hat and Gloves – Ideally fleece or wind stopper for a hat. Might be cold and wet!

Socks and underwear – Again have walking socks that are NOT cotton. Make sure you carry at least a spare pair of socks for each day you are out.

Watch – A cheap digital one is best, especially if the face lights up. Timing is important and mobile phones need to be off.

To Pack in a small named holdall please

Sleeping bag and mat – A 3 season sleeping bag should be fine. These should be in either a dry bag or a sealed plastic bag (not a bin liner, it's not strong enough). Sleeping mats can be either foam or inflatable (expensive).

Wash kit – **Wet wipes (not the whole pack!!)**, mini toothbrush, mini toothpaste, loo roll in a plastic bag. No makeup - its added weight you just don't need!!! Towel? Just a small dry flannel or tea towel.

Torch – Head torches are best don't forget spare batteries.

Plastic Bags – “For Life” ones – for keeping things dry, compartmentalising, stowing away dirty/wet stuff, rubbish.

Optional Extras – always think about weight and space. **Do you REALLY NEED it?**

Nightwear – NO NEED – use your spare clothes.

Trainers or Sandals – Optional for use at campsite. We like Crocs as they are lightweight and easy to slip on and off.

Day Sac for the Days activities! To Carry

****Waterproofs** – ready to put on if it rains.

Packed lunch, Snacks

Water bottle – At least 1 litre or two half litres. Reusing one from the supermarket is not always a great idea – easily crushed/split

One COMPLETE change of clothing – This only to be worn in the tent or in a real emergency. It must be **ruthlessly packed** to ensure it remains bone DRY!!!!

Personal First Aid Kit – Personal medication (ibuprofen, inhaler etc.) and blister plasters (Compeed). Tell us if you take any meds.

Small Hand Sanitiser – even above and beyond COVID – this is important after a day of being busy outside then cooking/eating

Bowl, Mug and spoon – Plastic is best, you can buy combined forks and spoons- Spork

Mobile phone – Has to be off or it's a distraction, and battery runs down. For emergencies only!! NOT for texting your mates or watching Netflix overnight – you'll need your sleep and not disturb others.

GROUP EQUIPMENT – SUPPLIED

Food – **SOME!** please refer to the activity details

Stove and Fuel – Will be meths Trangia stoves. They come with pots as part of them. They need to be big enough for the group and the fuel will be stored in a safe container. Training sessions will cover their use.

Tent – Will be 2 or 3 person tents. Depending on the make and model of the tent some pitch inner first some pitch outer first and some are integrated. Training sessions will show you how to pitch, use and pack them.

Matches and washing up kit - a scrubber thing. Matches need to **stay DRY!**

Maps

Compass