

BRONZE



VALLEY



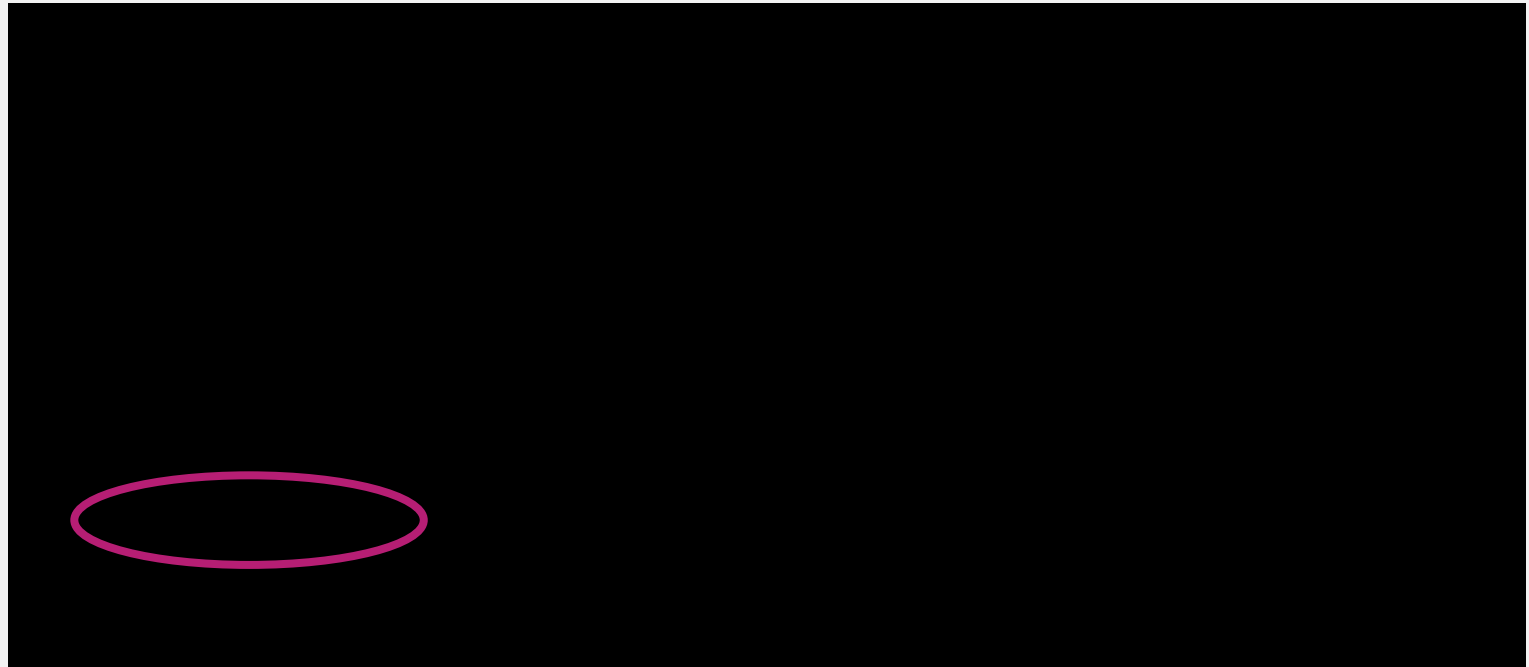
Welcome packs!

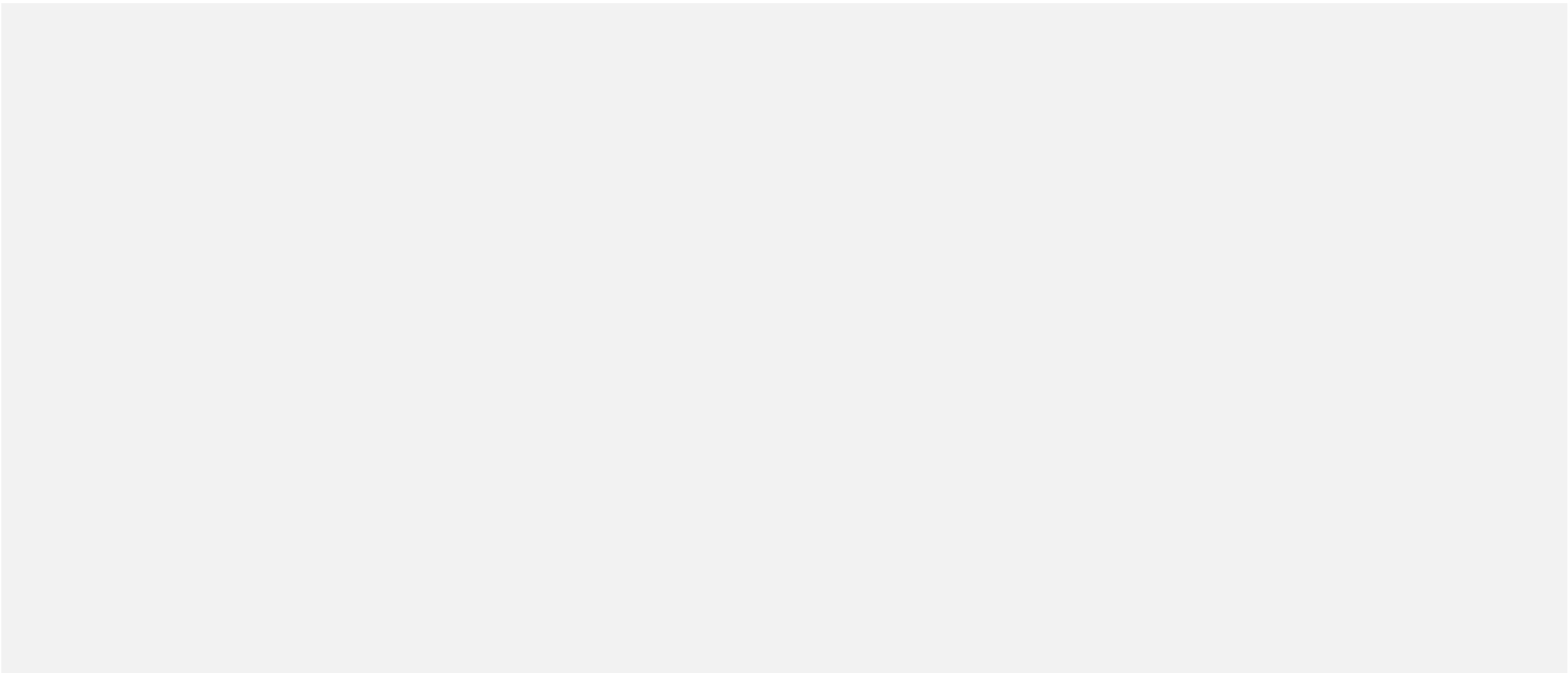
Please email me with your child's name and eDofE number if your child has not received theirs

What have we done so far?

All students are now using the eDofE app to log their activities / evidence.

All students should now be able to access the e-learning (to be completed by April 26th) www.richadventure.co.uk/qegs2023 (password DofE2023)





It's not possible to estimate the exact number of calories in an entire day of eating. For most people, and for

Depending on your activity, you may need between 3,000 and 5,000 calories each day.

Take for example, a person who is very active and has a high metabolism. They may need 5,000 calories a day.

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- Dried, cured, smoked, or fermented foods will generally last well over a year.

Think about how long it takes to make a little bit of food for your family. You can make a lot of food for your

team.

Make sure all food is properly stored. Make sure all food is properly stored. Make sure all food is properly stored.

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Equipment

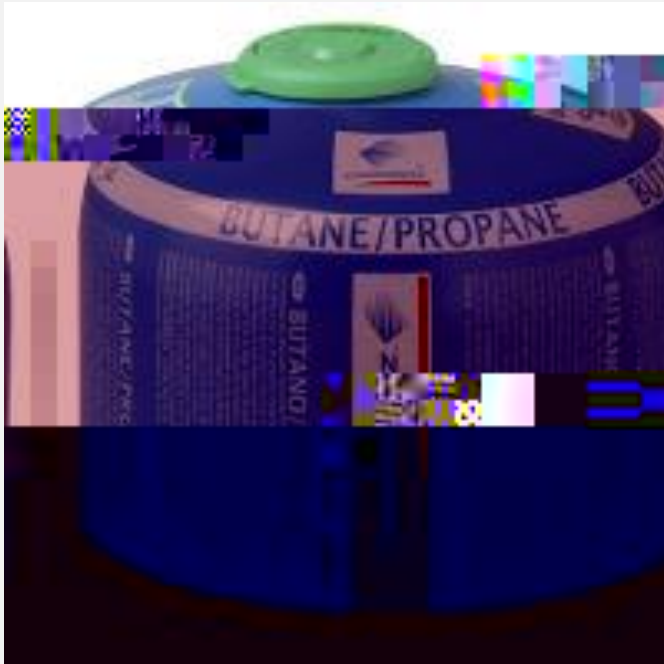
Found on TEAMS

- Personal items (everyone needs)

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The Trangia

Require camping gas (threaded connector)



Packing the bag

Videos and information on the e-

Outline of day 2

7.30am wake up, breakfast, pack down

Leave site by 8.30am

Walking with DofE leader / may just meet them at check points if they have done well on day 1.

Arrive at pick up location ROUGHLY 3.30pm

(Group 1-7 Bakewell Showground, Group 8-

After the practice expedition

Unpack! And dry out equipment!!

Keep all equipment until the assessment expedition.

Assessment expedition

(more independence)

Unpack and clean / dry equipment

Students will be given a time slot to return equipment; it must be returned clean and dry to store away until next year.

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Visit our page on the website for useful info

<https://www.queenelizabeths.derbyshire.sch.uk/learning/clubs-and-co-curricular/dofe/>

For any additional information about DofE at QEGS please email

