

Pre-Expedition Information – OPEN DofE Gold Expeditions

Start and finish location/time:

- Please arrive at **Abergavenny Train Station for 12:30pm** OR at **Golden Grove Campsite for 1pm**. If any issues, please contact H5 Adventure's office, phone number in footer
- Golden Grove Campsite, Llangenny, Crickhowell, Abergavenny, NP8 1HD. 01873 812 061. **Showers cost 20p**. Arriving in Llangenny, drive over the bridge, with the Pub in front of you, turn left and after 10 metres, turn left again through 2 gates, drive through a field, then, between a farmhouse and barn and we are in the next field. We may not be here on your arrival, as we might be at Abergavenny train station collecting other participants
- The Expedition will finish at Golden Grove Campsite, and the participants, if required will be dropped at Abergavenny Train station at the latest after 5:00pm, we recommend you booking an OPEN train ticket. Usually expeditions are finished by 2pm and the participants will be allowed to contact (if they are being picked up) to give a more accurate time
- You can **leave bags/equipment/cars** at Golden Grove Campsite, while on Expedition
- Local Taxi's: Julian's Taxis 07970 182 283 & A to B Cabs 07958 702 208

Accommodation:

- You can stay locally, the night before you join us, in any number of local B&B's or Golden Grove Campsite & Black Sheep Backpackers 01873 859125. You are responsible for this cost and booking

Food:

- Please bring your food for the **entire course**. Your first day, you will be based around Golden Grove campsite, so bring a packed lunch
- You can eat dinner in a lovely local Pub, 100 metres from Golden Grove Campsite on your first night, prices start from £10, and you are responsible for this cost. This does give everybody a boost before they set off on their Expedition the following day
- You will get a chance before the Expedition starts to check and go through the food as a team and potentially poll together participants food to put meals together, rather than cook individual meals during your expedition, so we recommend you bring too much food, as you can leave behind what do not need during the expedition in a locked barn
- The stoves we issue are gas Trangias, similar to gas hobs

On an expedition, participants provide their own food for **breakfast, lunch** and the **campsite meal** in the evening, as well as **all-day snacking**. Water is provided at the campsite and you may have access to water during the day to top up water bottles if required.

During the expedition, you should aim to consume approximately 4000 calories per day, which is much more than usual.

There is a **wide range of food available** and we encouraged to **test and try** a wide range of different foods during training before making the final choice of menu for the Assessed Expedition.

Here are some SUGGESTIONS ONLY for foods which work well on expeditions. Most of the food pictured can be bought in your local supermarket. The specialist Expedition Food should be tried and can be bought as follows: "Wayfarers" 'boil-in'bag meals (ordered from, local camping shops or Army Stores or find Stuckists online

<http://www.westlerfoods.com/Wayfayrer.html>;
 and "Pack'n'Go" online <http://www.bewellexpeditionfoods.com>
www.lookwhatwefound.co.uk

Breakfast

This should provide around 20% of your day's calorie requirement. Here are just **some** ideas....

Using a bowl (the same as you use for breakfast) to measure the correct amount of cereal/muesli you want, add some dried powdered milk (about 2 level tablespoons) add sugar if required and empty the ingredients into a food bag and seal the top. At the camp just pour the ingredients



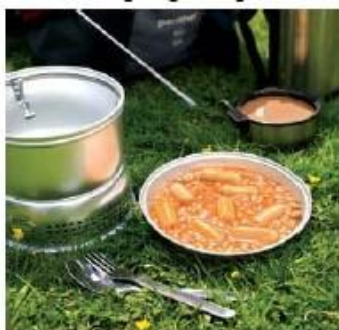
into a bowl, add about 8 fl oz of water and stir.

Porridge ("Flahavans Quick Oats" from Tesco) or Oat So Simple tastes really good with drinking chocolate sachet & hot water.

Pitta bread / tortilla wraps with cheese, chocolate spread or banana.....



Malt loaf and other fruited breads...



Lunch

This should provide around 30% of your day's calorie requirement. Here are just **some** ideas....
We recommend that you bring a packed lunch on your first day. Then on the other day(s)

Pitta bread /tortilla wraps with cheese or banana or tuna in a sachet or peanut butter



Ready-to-eat meals with crackers or oat cakes.....



Nuts, raisins, chocolate, breakfast bars etc.



Campsite Evening Meal

This should provide 50% of your day's calorie requirement.

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T. 01793 731 068 E. office@h5adventure.com W. www.h5adventure.com
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This meal must be cooked as part of your assessment. Here are just **some** ideas....

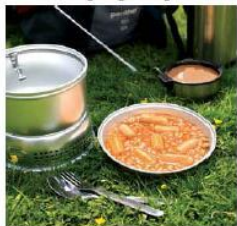
MAIN MEAL



The Look What We Found range is a really tasty expedition meal and can be ordered on line: www.lookwhatwefound.co.uk



Dried pasta meals, rice meals, perhaps add frankfurters or sliced pepperoni sausage...



Pasta & pasta sauces, curry boil in the bag and then just add rice & fresh or dried vegetables,

'My Dolmio' Pasta Range



Delicious, nutritious and ready to serve in 75 seconds. Proper food for proper kids.

FIND OUT MORE

Stir-in Sauce



Stir-in sauces coat the pasta for a truly mouth watering experience.

FIND OUT MORE

Express! Pasta Sauce



These recipes are full of ingredients. Just choose a sauce and pasta, heat in the microwave, and serve.

FIND OUT MORE

When buying rice or pasta for your expedition check the cooking time on the back of the packet. Quick cook rice in sachets & the 3 minute pastas are the most economical when camping.



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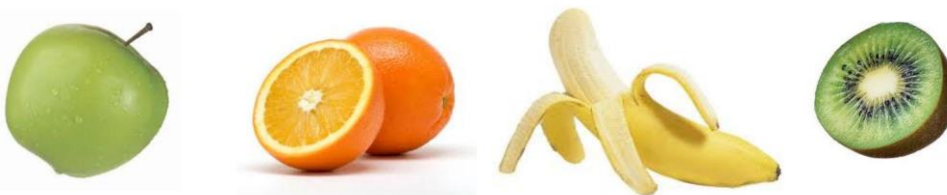
Puddings or Desserts

Here are just **some** ideas....

The easiest pudding to take on an expedition is the instant mix type. Birds Instant custard or Birds Semolina. Other makes available just add boiling water to the mix and stir. Simple and filling. Cake bars and custard...



Fruit....



Chocolate Pudding or Treacle Pudding



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All Day “GRAZING” Snacks

Snacks are good while doing the expedition, they help to keep energy levels high, especially when you are carrying a heavy pack over rough terrain. Trail mixes containing nuts, raisins and dried fruits provide a quick energy boost.

Don't forget to drink plenty of water, if you become dehydrated this will make you feel tired. You should normally drink 1½ liters of water a day but when walking you should drink more.

Chocolate bars are a good source of energy
Tracker bars or muesli type bars are good
Nuts and dried fruits are also a good source of energy



Trail mixes containing nuts, raisins & dried fruits provide a quick energy boost.

And finally, what about a **BED-TIME DRINK**? Drinking chocolate sachets to be made with hot water.



Aim of Venture:

- Qualifying Participants only, please come with some ideas for your ‘Aim of Venture’ that you can discuss and decide with your group on the arrival day. You will be asked to complete a Presentation at the end of your Expedition in front of the assessor

eDofE:

- On successful completion of your Expedition, we will complete your eDofE Assessor report online.

Kit List:

- Please go through the list and your kit thoroughly before arriving
- We suggest you to bring blister kit's for the expedition
- We have you can borrow (free of charge) from us, you do not need to confirm this to us in advance

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Open Duke of Edinburgh Expedition Kit List

Items in **RED** can be provided **FREE** of charge by H5 Adventure. This is to be used as a GUIDE only. Quantities and items depend on time of year, weather etc.

CLOTHING

Got it	Packed it	Item needed	D of E Recommend, but many others are available
		1 pair walking boots (broken in)	Crag hoppers – Tromp Walking Boot, Yomp Trail Shoe
		2 pairs walking socks	Bridgedale – Endurance Trekker, Women's Endurance Trekker
		2 pairs sock liners (optional)	Bridgedale – Coolmax, Women's Coolmax
		2-3 t-shirts	Crag hoppers – Base T
		1 thermal t-shirt (optional)	Crag hoppers – Base T
		2 fleece tops or similar	Crag hoppers – Vector Soft Shell Zip-Neck, Vicona Soft Shell
		2 pairs of walking trousers (warm, NOT jeans)	Crag hoppers – Venturer Trousers, Ventura Trousers
		Underwear	
		Nightwear	
		Flip-flops/trainers/sandals (optional for campsite use)	
		Warm hat &/or Sun Hat (if appropriate)	
		Sun Block (if appropriate)	
		Pair gaiters (optional)	
		Waterproof over-trousers	Crag hoppers – Pokka Plus Over trousers
		Jacket/coat (waterproof & windproof)	Crag hoppers – Venture Shell, Pokka Plus Jacket

PERSONAL KIT

Got it	Packed it	Item needed	D of E Recommend, but many others are available
		Mobile phone (only if you own one)	
		Rucksack	Vango – Contour, Sherpa, Pumori
		Rucksack liner (or 2 strong plastic bags)	Sea to Summit – Ultra Sil Pack Liner, Ultra Sil Dry Sack
		Sleeping mat	Vango – Adventure, Trek, Ultralite
		Sleeping bag	Vango – Nitestar, Ultralite, Supernova
		Waterproof bag for storing sleeping bag	Sea to Summit – Ultra Sil Dry Sack

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		Sleeping bag liner (optional)	Sea to Summit – Premium Silk Liner, 100% Cotton Liner
		Survival bag	Adventure Medical Kits – Emergency Bivvy, Emergency Blanket
		Watch	
		Whistle	
		1 torch (handheld or head torch & spare batteries)	Maglite – LED 3xAA Maglite, Incandescent 2xAA Maglite, Holster Incandescent, 2xAA Combo Pack Maglite
		Personal Medication (antibiotics, inhalers, epi pens etc)	
		Personal first aid kit & blister kit	
		Emergency food rations	
		1 water bottle (1-2 Litres)	Sigg Traveller Bottle 1.0L
		Spoon	
		Small pocket knife/pocket tool (optional)	DofE Pocket Tool by Victorinox
		Bowl (plastic)	
		Mug (plastic)	
		Box of matches (in waterproof container)	
		Wash kit /personal hygiene items (some items could be shared as a group)	All Purpose Soap, Dry Wash Gel, Hand gel
		Towel	Sea to Summit – Dry Lite Travel Towel

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific Items D of E Recommend
		Tent (s)	Vango – Hurricane, Typhoon, Spectre, Apex, Chinook, Banshee, Equinox, Tempest, Cyclone, Halo, Omega, Spirit
		Camping stove(s)	Trangia
		Camping stove fuel in an appropriate & safe container	Trangia – Fuel Bottle 0.5L, 1.0L
		Cooking pans	Included with Trangia stoves
		Scourers	
		Maps (1:50 000/1:25 000)	
		Compass(es)	Recta – Starter, Romer, Elite
		Toilet paper (sealed in a ziplock bag)	
		Tea towels	
		Food (lightweight)	

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		Plastic bags (for rubbish etc.)	
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ADDITIONAL OPTIONAL KIT (for you to consider)

Got it	Packed it	Item needed	Specific Items D of E Recommend
		Pre-packed expedition food	
		After-sun cream	
		Insect repellents	
		Sunglasses	
		String/spare bootlaces/Gaffa Tape	
		Playing Cards	
		Camera	
		Small quantity of money	
		Notebook & pen/pencil	

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