

Duke of Edinburgh's Award

Gold Practice Expedition

Friday 6th June (15:00) – Tuesday 10th June (17:00)

Friday 6th June

- Come to school in own clothes
- Bring DofE kit for the weekend. Store on The Balcony
- At 14:15, collect rucksacks and meet in The Hub
- 15:00 departure from Sixth Form by minibus
- 17:00 chippy tea in Ambleside (provided by school)
- 18:00 overnight camp at [BaysBrown Farm Campsite](#)

Saturday 7th June

- Walk from the campsite, up Stickle Ghyll to Stickle Tarn.
- Morning: micro-navigation
- Packed lunch
- Afternoon: mountain orientation, Pavey Ark climb (3-4 hours, day bags only). Walking as a single group or 2/3 smaller.

Saturday 7th June

Pavey Ark



Stickle Tarn

Sunday 8th June

- Start of Expedition proper.
- Day bags, extra clothing, trainers etc left on minibuses. All other expedition kit must be carried.
- Walking in Expedition groups with an instructor.
- BaysBrown – wild camp.
- Wild camp as a single group.

Wild Camping

Good or bad?	
Camping next to a drystone wall	★
Camping under a tree	✗
Camping close to a water supply	✗
Camping on a hillside	★
Camping by a tarn side	✗
Camping in bracken	✗
Camping on the leeward side	★
All groups tents close together	✗
Leaving rubbish outside of your tent	✗

- Collect water from upstream of all habitation and don't drink untreated water from farmland with intensive livestock around
- Collect from a source of running water with a reasonable volume
- Boil the water before drinking or use sterilising tablets, solutions or filters
- Always wash vegetables and salads in boiled water
- Don't be casual about toilet functions – do it away from water sources and camping areas. See the Mountaineering Scotland advice leaflet on sanitation [Where to 'GO' in the Great Outdoors](#)
- <https://www.mountaineering.scot/safety-and-skills/health-and-hygiene/camping-hygiene>

Ticks and Lyme Disease



Monday 9th June

- Wild camp – BaysBrown Campsite.

Tuesday 10th June

- BaysBrown Campsite – finish point at Coniston Boating Centre.
- Return to Sixth Form by minibus.



Food

Kit

Weather

Behaviour

- As this is a school trip all school policies and procedures will apply.
- Speakers are a non-essential item, please don't bring them. You also should not be listening to music when walking, with or without earphones.
- Banned items: e-cigs, cigarettes, drugs, alcohol.
- Follow the Countryside Code.

Human influence

Drystone walls
Footpath erosion
Quarrying
Animal
management
Tourism Brochure

Media

Video journal
Advert
Video Event
Scrapbook
DofE A-Z

TV shows

Big Brother
... Get me out of
here
Masterchef/Come
Dine with Me
Other
gameshows

DofE Expedition Team Goal

History

Stately Homes
History of the area

Art

Sketching
Painting
Photography
Textiles

Other ideas

Olympic events
Song/Karaoke