**Duke of Edinburgh Award**

The Duke of Edinburgh’s International Award comprised of three levels each progressively more challenging:

**Bronze** (minimum 1 night campout)

**Silver** (mimimum 2 night campout)

**Gold** (minimum 3 night campout)

Participants are required to complete four sections at each level: Voluntary Service, Skill, Physical Recreation and Adventurous Journey.

The journey can be an exploration or an expedition but must be a challenge. The aim of this Section is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork and health. Participants are taken out of their comfort zone- in an unfamiliar environment but kept within a safe and secure setting, achieved through suitable training and supervision.



**Suggested Food for DOE Program**

**Breakfast**

* Breakfast Bars (take our of box and carry seperatly)
	+ Oats (individual portions)
	+ Dried fruit
	+ Cereal
* Hot drinks
	+ Coffee, Hot Chocolate or Tea with powered milk
* Hot Food
	+ Porridge, Custard, Boil in the bag meal

*Handy Hint! – remove unneeded packaging from your food before you pack it, saving space and weight.*

*Although seen as an easy meal- up and go style drinks add a lot of weight to your pack and are full of sugar that you burn up fast (not long lasting.) Best to have a solid breakfast to give you the energy that you require for all the activities during the day.*

**Lunch**

* Sandwiches or Wraps
* Tuna or pasta lunch kit (found in the supermarket)
* Savoury Snacks
	+ Crackers, Cheese, Crisps
* Sweet Treats
	+ Cake
	+ Fresh fruit
	+ Chocolate

*Handy Hint! – You will be out in the wilderness for lunch so make sure its quick and easy to prepare with minimal rubbish.*

**Dinner**

* Ready to Eat Meals
	+ Freeze Dried Meals (just add hot water)
	+ Boil in the Bag (use the trangia to heat it up)
* One Pot Meals…
	+ Pasta or rice
	+ Sauce (Most supermarkets have a stir and serve sauce that will make your mealtimes quick & easy)
	+ Cured meats like chorizo or salami add loads of flavour and texture- make sure they are vacuumed packed

*Handy hint! 2 minute noodles are a quick meal to prepare. Add some meat and/or vegetables to make it a filling meal and give you energy*

**Dessert**

* Fruit salad pots
* Cake and Custard
* Hot drink
* Sweet biscuits

 *Handy Hint! – Why not try bringing your food already divided into individual meal portions. Saving prep time in camp and helping you keep your bag organised.*

**Suggested clothing for DOE Programs**

**CLOTHING**

* 1 pair of walking boots (broken in)
* walking socks (one for each day)
* 2-3 t-shirts
* Thermal t-shirt (optional)
* 2 fleece tops (preferable not cotton as it takes a long time to dry if it gets wet)
* 2 walking trousers (not jeans as they can cause chaffing especially while wearing a pack)
* Underwear (pair for each day)
* Nightwear (can wear thermals)
* Trainers or closed toe sandals (to wear at campsite to rest feet from hiking boots)
* Sunhat (wide brim for sun protection)
* 1 pair gloves
* 1 pair shorts (if appropriate)
* Waterproof over-trousers (if appropriate)
* Jacket/coat (waterproof & windproof)
* 1 pair gaiters (optional)

**PERSONAL KIT**

* Sleeping bag
* Waterproof compression stuff sack (5/10/15 litre)
* Whistle
* Head torch with spare batteries
* Personal first aid kit
* Expedition food (including emergency rations)
* Water bottle (3 x 1L bottles, unless otherwise advised)
* Knife, fork, spoon or Spork
* Plate/bowl
* Tea towel
* Mug/ cup
* Box of matches (in waterproof container)
* Wash kit/personal hygiene items
* Towel
* Notebook and pen/pencil
* Watch
* Sunglasses
* Sunscreen
* Insect repellent
* Spare boot laces