



**YOUTH  
WITHOUT  
LIMITS**

**A PARENT  
AND CARER'S  
GUIDE TO THE  
DOFE AWARD**



# What is the DofE?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work



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# What is involved?

BRONZE AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>3</b> months	<b>3</b> months	<b>3</b> months	<b>2 days</b> <b>1 night</b>
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>6</b> months	<b>6</b> OR <b>3</b> months	<b>6</b> OR <b>3</b> months	<b>3 days</b> <b>2 nights</b>
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
<b>12</b> months	<b>12</b> OR <b>6</b> months	<b>12</b> OR <b>6</b> months	<b>4 days</b> <b>3 nights</b>	<b>5 days</b> <b>4 nights</b>
Physical and Skills sections: one section for 12 months and the other section for 6 months				
If you didn't do SILVER, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

# Volunteering section

Helping others and making a difference to the causes they care about



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# Physical section

Improving their health and fitness and having fun along the way!



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# Skills section

Developing existing skills or discovering new things to love



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# Expedition

Spending time in the great outdoors and creating lifelong memories



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# What they'll need:

## CLOTHING

### Item needed

1 pair of walking boots (broken in)

2 pairs of walking socks

2 pairs of sock liners (optional)

Jacket/coat (waterproof and windproof)

Waterproof over-trousers

2 fleece tops or similar

2-3 t-shirts (thermal optional)

2 walking trousers (warm, NOT jeans)

1 pair shorts (if appropriate)

Underwear

Nightwear

Flipflops/sandals (optional for camp site use)

Warm hat and/or sunhat (as appropriate)

1 pair gloves (if appropriate)

1 pair gaiters (optional)



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# What they'll need:

## PERSONAL KIT

Item needed
Rucksack
Rucksack liner (or 2 strong plastic bags)
Sleeping bag
Sleeping mat
Waterproof bag
Sleeping bag liner (optional)
Whistle
Torch (handheld or head torch and spare batteries)
Personal first aid kit
Expedition food (including emergency rations)
Water bottle
Cutlery
Plate/bowl

Item needed
Mug
Box of matches (in waterproof container)
Wash kit/personal hygiene items (some items could be shared as a group)
Sunblock
Towel
Small quantity of money (optional)
Notebook and pen/pencil
Watch



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# What they'll need:

## GROUP KIT (to carry between the tea

Item needed
Tent(s)
Camping stove(s)
Camping stove fuel in an appropriate and safe container
Cooking pans
Scourers
Tin opener (if required)
Tea towels
Plastic bags (for rubbish etc.)
Toilet paper and trowel
Maps (1:25 000/1:50 000)
Compass
Map cases
Camera (optional)
Tick remover (location dependent – ask your Supervisor)
Survival bag



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# Cooking:

The students will need to demonstrate that they can cook and eat one hot meal per day in order to pass their expedition.

This can be in the morning as breakfast or as a hot dinner.

They will need to carry these around with them in the heat, so they need to make sure it is not something that will go off, no raw chicken!

Also they will always eat more than you think they will, snacks, snacks, snacks!!



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# Clothing:

## NO JEANS

The DofE specifically state that you cannot wear jeans. They do not need to wear walking trousers but make sure they are comfortable and not jeans.

## SUNCREAM

If it is sunny they need to have sun cream as part of their safety equipment.

## WALKING BOOTS

They do not have to have walking boots, however I highly recommend them. If they are new, they will hurt, they need to be broken in or it will end in blisters!



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# What their day will look like?

They will be dropped off by you at the meeting point in the morning.

They will be asked some questions from the '20 conditions' to make sure that they are ready to start with their group.

They will follow their route and be met by staff at various checkpoints along the way.

They will arrive at the campsite, set up their tents and make their dinner.

This is when the groups will be allowed to have their phones back.

We will set off the next day as soon as they have packed up.



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# Your role

Guidance

Encouragement

Practical support

Recognising  
achievement



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# *Expedition dates*

## *Bronze:*

*14th & 15th of July- Banstead*

*9th & 10th of September- Boxhill*

## *Silver:*

*30th of June & 1st of July - Boxhill*

*14th, 15th & 16th of July - Banstead/Reigate*



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# Any Questions?



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