

BRONZE



VALLEY



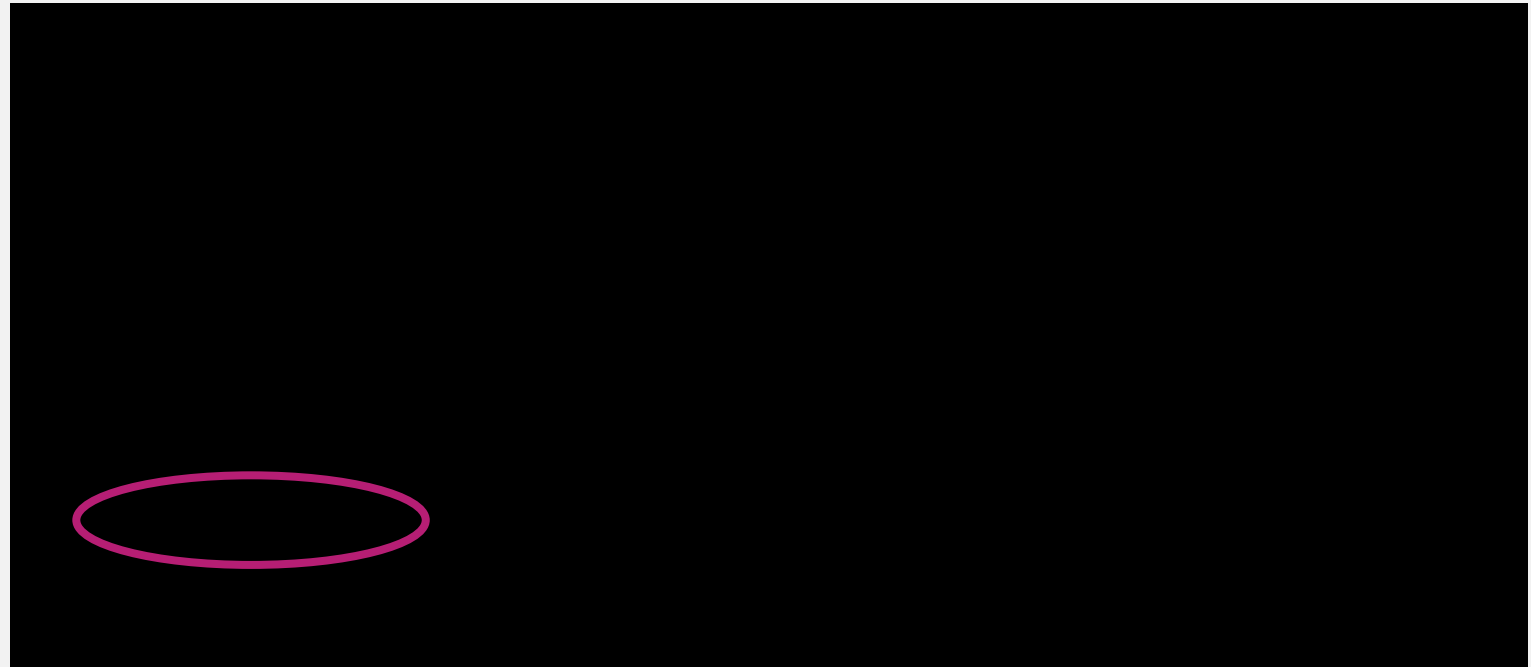
# Welcome packs!

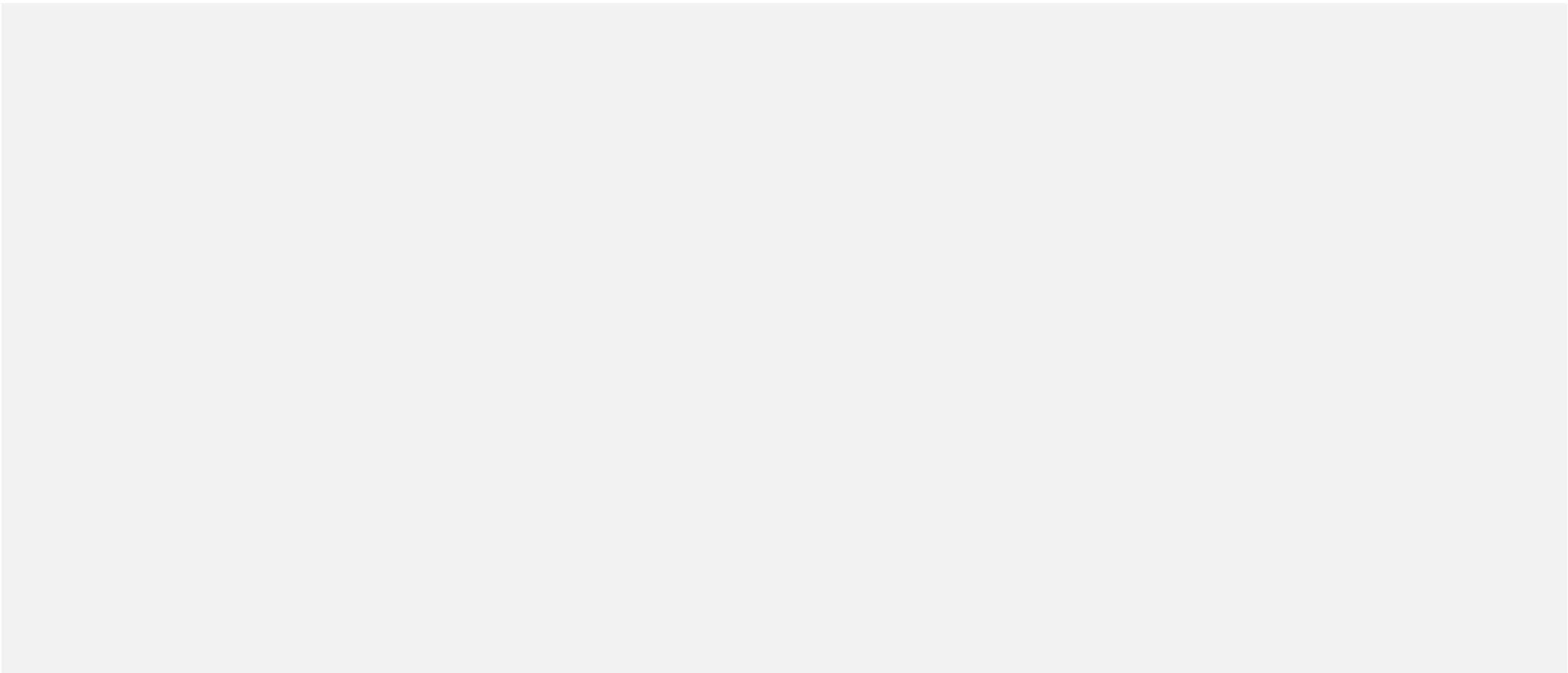
Please email me with your child's name and eDofE number if your child has not received theirs

## 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 26<sup>th</sup>) [www.richadventure.co.uk/qegs2023](http://www.richadventure.co.uk/qegs2023) (password DofE2023)





It's not possible to estimate the exact number of calories an entrepreneur can or should eat, and it varies.

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

It's important to eat a variety of foods to get all the nutrients you need.

Take care to eat a variety of fruits and vegetables to get all the vitamins and minerals you need.

Don't forget to drink plenty of water to stay hydrated.

– Dried, cured, smoked, or fermented foods will generally last a long time.

Think about how long you want your food to last and how much you want to eat.

team.

It's important to eat a variety of foods to get all the nutrients you need.

Don't forget to drink plenty of water to stay hydrated.

# Equipment

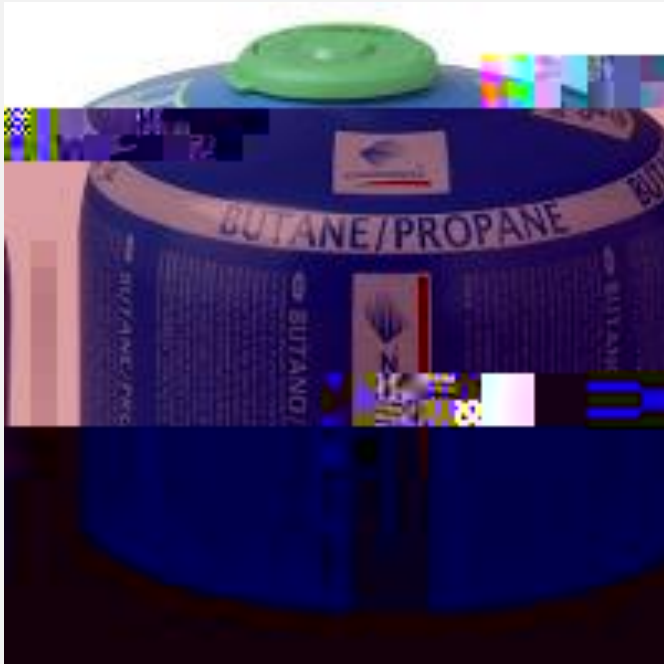
Found on TEAMS

- Personal items (everyone needs)

-

# 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.

Follow us on twitter for updates  
@QEGS\_DofE

