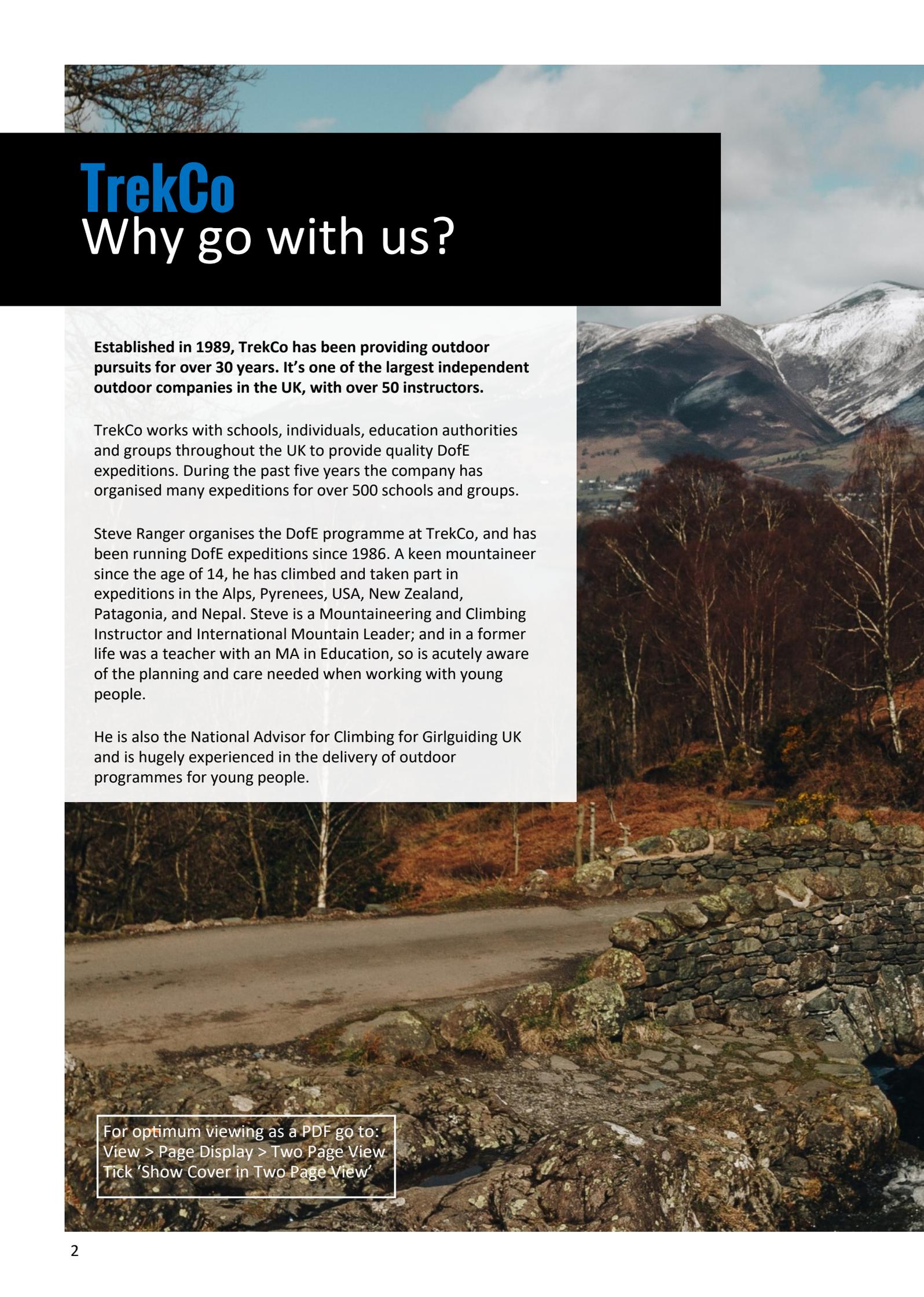


The DofE

A GUIDE TO
DOING YOUR
DofE
EXPEDITION
WITH TREKCO





TrekCo

Why go with us?

Established in 1989, TrekCo has been providing outdoor pursuits for over 30 years. It's one of the largest independent outdoor companies in the UK, with over 50 instructors.

TrekCo works with schools, individuals, education authorities and groups throughout the UK to provide quality DofE expeditions. During the past five years the company has organised many expeditions for over 500 schools and groups.

Steve Ranger organises the DofE programme at TrekCo, and has been running DofE expeditions since 1986. A keen mountaineer since the age of 14, he has climbed and taken part in expeditions in the Alps, Pyrenees, USA, New Zealand, Patagonia, and Nepal. Steve is a Mountaineering and Climbing Instructor and International Mountain Leader; and in a former life was a teacher with an MA in Education, so is acutely aware of the planning and care needed when working with young people.

He is also the National Advisor for Climbing for Girlguiding UK and is hugely experienced in the delivery of outdoor programmes for young people.

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Tick 'Show Cover in Two Page View'



THE DUKE OF
EDINBURGH'S AWARD

WHY COME WITH TREKCO?



**“AN AMAZING WEEK THAT
WAS MADE BETTER BY YOUR
AMAZING STAFF!”**



Excellence of instruction

Our DofE team consists of highly experienced, motivated and friendly instructors. They are Mountaineering & Climbing Instructor award and Mountain Leader Award holders who have delivered many expeditions for young people at the highest standards. Our staff are our greatest asset, and participants constantly comment on their incredibly professional and personable approach.

Recommendation

People are always happy to recommend us to you, and we'll happily put you in touch with a teacher in your area, or from your type of school, who will assure you that TrekCo are the best at what we do.

Experience

TrekCo was one of the early Approved Activity Providers (AAPs) for the DofE, and have been delivering expeditions since the early 1990s – so we have a wealth of experience in the field and have successfully helped many participants complete their expeditions.

Government licensed

The company has held the AALA (Adventurous Activities Licensing Authority) licence for provision of outdoor activities to young people since its inception in the mid-1990s.

Insured

For your peace of mind, TrekCo holds £10 million Public Liability cover, a level which satisfies the requirements of all Local Authorities.

Designed for you

TrekCo plan your expedition specifically for you. We respond to what you want from your expedition, and work with you to achieve your goals, rather than delivering a standard programme.

WHAT IS THE DofE?

The Duke of Edinburgh's Award is the UK's premier youth award, demonstrating resilience, character and planning in young people. The Award has been running since 1956 and was designed by Sir John Hunt (Leader of the first successful Everest expedition) under the auspices of The Duke of Edinburgh.

Millions of young people now complete the DofE around the world.

The Award has three levels – Bronze, Silver and Gold; and in each level participants complete four sections – the best known of these is the Expedition Section, a journey over 2, 3 and 4 days respectively and the section which participants will always remember.

Physical, Volunteering and Skills sections are also common to each level and the Gold Award requires an extra Residential week to be completed.





**“WE FELT CHALLENGED, YET
SAFE AND SUPPORTED”**

We are able to organise expeditions anywhere in the UK using our team of highly experienced and qualified trainers and assessors.

Our principal locations for expeditions are:

Sussex, Ashdown Forest

A beautiful forest location close to East Grinstead, ideal for Bronze and Silver expeditions.

The Peak District, The White Peak

The south of the Peak District is ideal for Silver expeditions, with its farmland, rolling hills and deep dales.

The Peak District, The Dark Peak

Upland 'Wild Country' for Gold expeditions using the moors from Edale and northwards.

OUR EXPEDITION LOCATIONS

The Lake District

The most iconic of English National Parks; the stunning fells of the Lakes are perfect for Gold Expeditions. Silver expeditions can also take place in the southern, lower areas of the Lakes near Windermere.

EXPEDITION PROGRAMME OUTLINE

TrekCo runs expeditions in many areas and with a variety of groups. We know that every group has different parameters, and therefore adapt our scheduling and programme accordingly, within the DofE requirements.



1 Pre-expedition

Training on an Open Expedition is carried out on arrival day as well as during the course of the Training Expedition. The nature of open expeditions is that people won't have met beforehand, and training provides an ideal opportunity to get to know one another and plan for the exciting challenge ahead!

Participants will have different experiences of training; some will have completed Bronze and Silver whereas some will be direct entrants. Training is designed to get everyone to the same level so that the expedition can be carried out as a team with each member contributing equally.

Training covers the aspects of the expedition required:

- ◆ Navigation, mapwork, route choice and planning
- ◆ Equipment – choice and how to use it
- ◆ The Country Code and relevant points of the Highway Code
- ◆ First Aid
- ◆ Emergency procedures
- ◆ Campcraft – tents and their management, choosing your pitch
- ◆ Cooking – safe use of a camp stove, choice of menu, hygiene
- ◆ Packing – what to take, what not to take, how to pack a rucksack

Training for DofE expeditions will vary according to previous training and experience - the training delivered will be adapted for the expedition level and location.

2 Training expedition

The Training Expedition is designed to be as similar to the real thing as possible, but with some guidance and training along the way to ensure that participants are applying their training to the expedition. Participants aren't accompanied, but may be given more frequent checkpoints and helpful advice along the way.

Each group needs a different level of supervision and guidance, and we will make judgements about this as well as identifying key areas requiring reinforcement or assistance.

This expedition should be in an area similar to that of the assessed expedition, in order to give a realistic view of the conditions which may be anticipated on the assessment.

3 Qualifying expedition

This is the culmination of the previous training and preparation, and we will ensure that participants are prepared. The expedition must take place in the appropriate type of terrain – in general Silver will be in a different area so that it is unfamiliar to participants, and Gold must be held in specified upland wild areas ('Wild Country').

TrekCo provide an Assessor in addition to a Supervisor. The Supervisor, generally the same instructor who will have taken the group through each stage so far, will oversee the logistics, give advice and liaise with the school; the Assessor just observes and assesses and will not be involved with the running of the expedition.

4 Post-expedition presentation

This may be in any format, and is generally delivered back at school once the trip has been 'written up' by the participants as a group.

If you'd like more information about how AAPs (Approved Activity Providers) organise expeditions for you, please see www.dofe.org.



Participant age

15+

Cost

£200 PER PERSON

SILVER EXPEDITIONS

For those who wish to pursue the DofE Silver, this three day trip with two nights camping must be in an unfamiliar area and provides an extra challenge for keen participants.

Silver expedition bookings with TrekCo are for Groups only - schools, or 4+ participants with an accompanying adult

Locations: [Ashdown Forest \(Sussex\)](#); [The Peak District \(south\)](#), [The Lake District \(south\)](#)

Practice expedition (3 days)

Optional pre-expedition training day covering tents, equipment and packing, map skills and route planning, first aid, emergency procedure.

DAY 1

- ◆ Arrival, sort kit, pack and get ready to go
- ◆ Walk for the day, navigating your planned route
- ◆ Shadowed by instructional staff
- ◆ More training along the way
- ◆ Set up camp; cook dinner

DAY 2

- ◆ Strike camp after breakfast
- ◆ Day walk with rucksack
- ◆ Supervision is less direct

DAY 3

- ◆ Strike camp after breakfast
- ◆ Day walk with rucksack
- ◆ Remote supervision
- ◆ Arrival and debrief from your Assessor

Qualifying expedition (3 days)

DAY 1

- ◆ Arrival, sort kit, pack and get ready to go
- ◆ Kit check before departure
- ◆ Walk for the day, navigating your planned route
- ◆ Meet assessors along the way
- ◆ Remote supervision
- ◆ Camp; prepare evening meal

DAY 2

- ◆ Strike camp after breakfast
- ◆ Day walk with rucksack
- ◆ Camp; prepare evening meal
- ◆ Remote supervision

DAY 3

- ◆ Strike camp after breakfast
- ◆ Walk for the day, navigating your planned route
- ◆ Meet assessors along the way
- ◆ Remote supervision
- ◆ Debrief from your Assessor

GOLD EXPEDITIONS

The Gold Expedition is the most memorable and challenging element of the entire DofE experience for many participants. The expedition is for 4 days with 3 nights' camping, and must take place in defined 'Wild Country' areas – upland, remote areas of the country where the terrain is difficult and progress will be a challenge! This is without doubt a most exciting adventure!

Locations: [The Peak District](#) and [The Lake District](#)

Practice expedition (4 days)

Arrival/ pre-expedition training day covering tents, equipment and packing, map skills and route planning, first aid, emergency procedure. Participants arrive during the day prior to the expedition at the agreed meeting point.

DAY 1

- ◆ Check kit and get ready to go
- ◆ Mountain weather check and safety briefing (daily)
- ◆ Walk for the day, navigating your planned route
- ◆ Shadowed by instructional staff
- ◆ More training along the way
- ◆ Set up camp; cook dinner

DAY 2 to 4

- ◆ Strike camp after breakfast
- ◆ Day walk with rucksack
- ◆ Camp; prepare evening meal
- ◆ Supervision is less direct

DAY 4

- ◆ Arrival and debrief from your Assessor

Qualifying expedition (4 days)

DAY 1

- ◆ Arrival, sort kit, pack and get ready to go
- ◆ Kit check before departure
- ◆ Mountain weather check and safety (daily)
- ◆ Walk for the day, navigating your planned route
- ◆ Meet assessors along the way
- ◆ Remote supervision
- ◆ Camp; prepare evening meal

DAY 2 to 4

- ◆ Strike camp after breakfast
- ◆ Day walk with rucksack
- ◆ Camp; prepare evening meal
- ◆ Remote supervision

DAY 4

- ◆ Arrival and debrief from your Assessor

Participant age

Age 16 to 24

Cost

£270 PER PERSON



Open expeditions

At Gold level individuals can take part in 'Open' expeditions. You don't need to have completed Bronze or Silver to take the Gold Award but may be a 'Direct Entrant'.

Gold Open Expeditions are designed for those who need specific dates for a variety of reasons, including if they can't make the dates for their group's expedition. Open participants are like-minded individuals in pursuit of a common goal and groups always have a fantastic time getting to know each other!

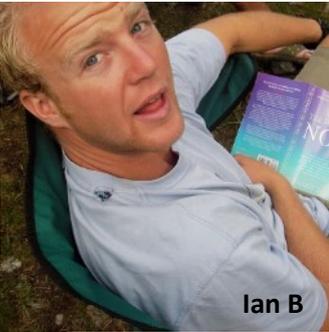
OUR TEAM



Bruce



Des



Ian B



Steve



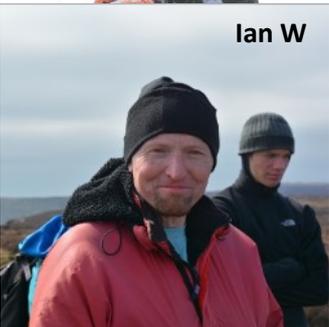
Andy



Vicky



Abhijit



Ian W

Our experienced team is headed by **Bruce Lee**, - a legendary organiser. A former Warrant Officer, Bruce holds the ML, RCI, is a BCU Level 2 Coach and also holds the military equivalent of the MCI. Bruce's organisation is, well, military in its precision, yet he is the friendliest instructor you could hope to meet!

Bruce is supported frequently by **Des Barlow** – Des holds the MCI (Mountaineering Instructor Award) and served for over 20 years in the Parachute Regiment. Des is also a Level 4 Coach. He has led many expeditions around the globe including in the Nepal Himalayas and Africa.

Ian Beach has worked for TrekCo for many years. An experienced instructor with ML and RCI, Beachy hopes to gain his MIA soon and has climbed the Matterhorn as well as peaks in the Himalayas and elsewhere.

Steve Ranger holds the MCI and the International Mountain Leader Award. Founder of TrekCo, he often works in Bruce's team for DofE expeditions – especially in the Peak District, Lakes and North Wales. Steve has led and been on many treks and expeditions in North and South America, New Zealand, the Alps and the Nepal Himalaya. Steve has an MA in Education and is a Fellow of the Royal Geographical Society.

Andy Camis holds the Summer Mountain Leader Award and the RCI as well as being a Level 2 Coach. Andy is a former college lecturer in outdoor pursuits and is also Director of Training at TrekCo.

Vicky Watson is Chief Instructor at TrekCo, and a DofE Assessor as well as holding the RCI. Vicky works on and assesses many of our DofE Expeditions.

Abhijit Rai holds a Diploma from the Himalayan School of Mountaineering in Darjeeling. Having worked as a trek leader and mountain guide in the Himalayas in Nepal for many years, Abhi now assists on DofE at TrekCo. Abhi also holds the SPA and ML and is a Level 2 Coach.

Ian Winterburn is a holder of the Summer Mountain Leader Award, and also a member of the Woodhead Mountain Rescue Team in the northern part of the Peak District. Ian is an accomplished fell runner and assists on DofE at TrekCo. Ian also holds the RCI.

These DofE team leaders and principal assistants are backed up by a strong team of instructors who help train and assess for DofE expeditions.

We have 50 staff and can draw upon a huge wealth of talent and experience to help with your expedition.

INFORMATION

All expedition paperwork is submitted by TrekCo – you don't need to complete any expedition forms. Our Assessors complete all post-expedition reports.

You will receive full trip information prior to departure and will have a single point of contact within TrekCo for your expedition.

All campsites during the expedition are booked and paid for by TrekCo – should you wish to arrive early or depart late, we'll organise that for you and invoice for extra nights.

All group equipment is provided free of charge – tents, stoves, fuel, maps, compasses, trackers.

Any personal equipment loaned to participants such as waterproofs, rucksacks or sleeping bags is free of charge.

Check out our website for full Terms and Conditions and how to book with TrekCo - speak to Harriet in our office to book your DofE Open Expedition.

AAP – TrekCo is an 'Approved Activity Provider' licensed by the DofE to provide expeditions. We were only the 15th company in the UK to become an AAP and therefore are among the longest-standing organisations providing expeditions for schools and colleges.

AALS – We hold the Adventurous Activities Licence, Registration number R0043 – the Government badge of recognition for outdoor companies, administered by the Health & Safety Executive.

Insurance – we hold £10m Public Liability cover.

Learning Outside the Classroom – we are an LoTC badge holder, an assurance of quality outdoor educational provision.

Established company – TrekCo was started in 1989 by teachers, and is run by the same people today. We are highly recommended and can provide references from any type of school or region, dealing with 200 schools.

For more information visit
www.trekco.com



Call Us For:

Expert advice
Friendly staff
Extensive knowledge
Open Gold information



TheTrekkingCompany



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