

DofE Training Syllabus

Updated 3 Apr 2024

Introduction

- Get into groups
- Team building small game (Optional)
- Overview of DofE expeditions (Practice and Qualifier)
- Length of routes, terrain, days, expectations
- What young people might expect

Understanding Maps

- 5 Ds of navigation
- Top tips for route planning
- Comfortable with an OS map
- Comfortable with a compass

Equipment Overview

- What is provided by MY Adventure
- Group equipment
- Individual equipment
- Cooking equipment
- How to pack a rucksack

Behaviour

- Code of conduct

- Countryside Access Code
- Leave no Trace

Camp Site

- Top tips
- Tent building
- Camp rules (Hygiene)

Cooking/How to Use Stove

- Store fuel away from stove
- Fill burner away from stove
- Never pour fuel into burner whilst it is in stove
- Hair and sleeves away from flames
- Please burn off all fuel (don't put too much in initially) so that it doesn't leak out onto equipment

Meal Planning

- Top tips
- What to bring
- What we advise not to bring
- Water
- Cooking / How to use the stoves?

First Aid

- Risk awareness / assessing
- Ticks / Lyme disease
- Minor injuries
- Major injuries
- Emergency procedures (What to do in an emergency)
- Mobile phones electronic devices (Emergency use only)