



*An unforgettable experience encompassing breath taking and challenging terrain within
the UKs National Parks*

Duke of Edinburgh Award 2026



Premier Expeditions



L121327 / R2676



Quality Badge awarded by



The First Aid Industry Body



Guiding Principles of DofE

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable





WELCOME
to DofE

What are the benefits of taking part?

- Self-belief
- Self-confidence
- A sense of identity
- Independence of thought and action
- Respect and understanding of people from different backgrounds, cultures and walks of life
- A sense of responsibility
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team



The Sections



Volunteering: undertaking service to individuals or the community



Physical: improving in an area of sport, dance or fitness activities



Skills: developing practical and social skills and personal interests



Expedition: planning, training for and completion of an adventurous journey in the UK or abroad



At Gold level, participants must do an additional fifth **Residential** section, which involves working and staying away from home doing a shared activity

Volunteering

Aim

“To inspire young people to make a difference within their communities or to an individual’s life and develop compassion by giving service to others”

Categories

- ❖ Helping people
- ❖ Community action and raising awareness
- ❖ Coaching, teaching and leadership
- ❖ Working with the environment or animals
- ❖ Helping a charity or community organisation



Physical

Aim

“To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity”

Categories

- ❖ Team sports
- ❖ Individual sports
- ❖ Water sports
- ❖ Racquet sports
- ❖ Dance
- ❖ Fitness
- ❖ Extreme sports
- ❖ Martial arts



Categories

Skill

Aim

“To inspire young people to develop practical and social skills and personal interests”

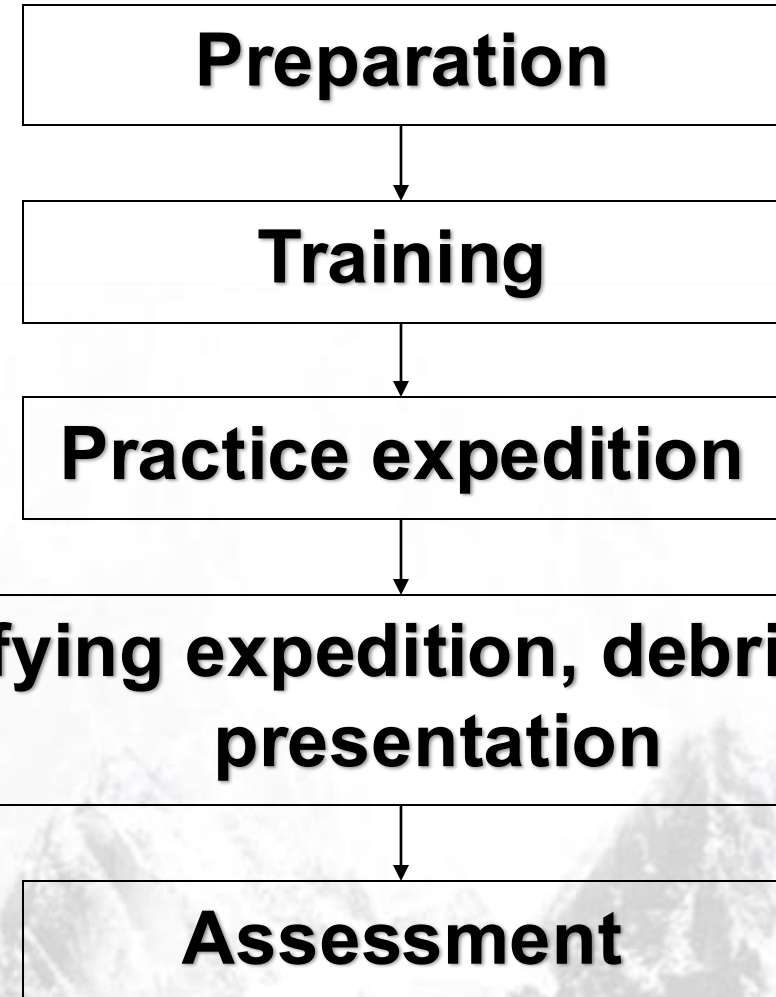
- ❖ Creative arts
- ❖ Performance arts
- ❖ Science and technology
- ❖ Care of animals
- ❖ Music
- ❖ Life skills
- ❖ Learning and collecting
- ❖ Media and communication
- ❖ Natural world
- ❖ Games and sports



Expedition

Aim

“To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team”



Bronze Award



BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night

PLUS a further 3 months in the Volunteering, Physical or Skills section.



Bronze Expedition Section Structure

Training (2 Days on school grounds)

6th & 7th June 2026

Qualifying (2 Days 1 nights based in Derbyshire)

20th – 21st June 2026

What does the training include?

Students attending the training will be undertaking the common training framework. The sessions which are included in this are:

- Camp craft skills
- Cooking & hygiene
- Basic map skills
- First Aid for D of E including emergency procedures, Safe Airway & CPR
- Team Building throughout each session
- In the field navigation training
- A willingness to learn & make mistakes



What to expect on the Qualifying Expedition

Candidates will be expected to:

- Carry full kit including tents & stoves
- Complete a minimum of 6 hours activity away from the campsite
- Routes will be between 12 – 15km per day
- Teams will operate independently without direct adult supervision
- Teams will operate in undulating terrain
- Adhere to the Countryside Code
- Abide by all School & Premier Expeditions policies

Who will be looking after your Child?

AAP Technical Staff

Pastoral Staff



Who will be looking after your Child?

International Mountain Leader (IML) MLT

Winter Mountain Leader (WML) MLT

Summer Mountain Leader (SML) MLT

Hill & Moorland Leader MLT

Lowland Leader Level 3 Sports Leaders UK / MLT

Assistant Lowland Leader Level 2 Sports Leaders UK / Lowland Leader MLT





How many staff are on Expedition?

The amount of staff on expeditions are influenced by factors including:

- Minimum guidance ratios as set out in the DLC's Policies & Procedures
- Specific needs which have been risk assessed
- The type of terrain (Countryside, Moreland or Mountainous)
- The number of candidates
- The group make up (male vs female)
- The stage of the award (training or qualifying expedition)

About our Expedition Leaders

Our expedition leaders are:

- Fully qualified with NGB Awards
- Have in date DBS / Safeguarding training / First Aid
- Over 50% have worked within education
- Many lead on overseas expeditions



Levels of Supervision

There are 3 different levels of supervision which are employed over the awards:

DIRECT SUPERVISION

During the training phase when teaching
During cooking at the practice phase
In areas of high Risk

IN - DIRECT SUPERVISION

During the Practice phase
During the Qualifying Phase



REMOTE SUPERVISION

During the Qualifying Phase

Medication & PMH

- It is important that we are aware of all medical issues
- We also need to know about current medications
- We need to know about any allergies
- Medication needs to be available on all expeditions



Expedition Kit



What do candidates need to provide?

All candidate need to provide personal equipment. Before you panic consider:

- ✓ What kit do you already have?
- ✓ Have you got any brother / sisters who have already done the award?
- ✓ Have you got any friends who have done the award?

Kit & Equipment needs to be fit for purpose. Candidates without adequate kit may not be able to take part

The main items which you need to provide are:

**3 Season Rated
Sleeping Bag**



**Waterproof Jacket
& Trousers**



**Walking Boots with
Ankle support**



**Food for each
expedition**



A full information is available on our website & via School

Expedition Kit & Food

Students will need all of the following clothing & personal kit for the Qualifying.

Got it	Packed it	Item needed	Specific tested items we recommend
		1 pair of walking boots WITH ANKLE SUPPORT (broken in)	Berghaus: Expedito Trek, Expedito Ridge and Explorer Trek and Explorer Ridge boots
		2 pairs of walking socks	Bridgedale: WoolFusion Trekker, WoolFusion Trail
		2 pairs of sock liners (optional)	Bridgedale: Coolmax Liner
		2-3 t-shirts	Craghoppers: Fusion and Vitalise Base T-shirt
		Thermal t-shirt (optional)	Craghoppers: Fusion and Vitalise Base T-shirt
		2 fleece tops or similar	Craghoppers: Fleece: Vector and Ionic Hooded Jackets, Vector and Ionic Half Zip Tops
		2 walking trousers (warm, NOT jeans)	Craghoppers: Traverse Trousers
		Underwear	
		Nightwear	
		Flipflops/trainers/sandals etc (optional for camp site use)	
		Warm hat &/or sunhat (as appropriate)	
		1 pair gloves	
		1 pair shorts (if appropriate)	
		Waterproof over-trousers	Craghoppers: Ascent Overtrousers
		Jacket/coat (waterproof & windproof)	Craghoppers: Waterproof Shell: Reaction Lite and Apex Jackets
		1 pair gaiters (optional)	

Personal Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		Rucksack (65 – 70L)	Vango: Contour, Sherpa, Pinnacle rucksacks
		Rucksack liner	Lifeventure: Dry Bags (2/5/10/15/25/35/55/70 litres)
		Sleeping bag (Minimum 3 Season)	Vango: Nitestar, Latitude, Venom, Ultralite, Ultralite Pro and Stratos (Cotswold Outdoor exclusive) sleeping bags
		Sleeping mat	Vango: Single Adventure and Trek mats
		Waterproof bag	Lifeventure: Dry Bags and Compression Bags
		Sleeping bag liner (optional)	Lifeventure: Polycotton sleeping bag liner
		Survival bag	Lifeventure: Light and Dry Survival Bivi
		Whistle	Lifeventure: Survival whistle, Safety whistle



Web: www.premierexpeditions.co.uk

Email: info@premierexpeditions.co.uk

Premier Expeditions is owned and managed by Premier Ski & Snowboard Ltd. Company No. 07314474

Expedition Kit & Food

		Torch (head torch and spare batteries)	Lifeventure: Intensity 220 torch, Intensity 220 head torch
		Personal first aid kit	Lifeventure: Camping first aid kit, Trek first aid kit, Blister first aid kit Visit DofEshopping.org/safety for more information
		Expedition food	Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at DofEshopping.org/food
		Water bottle (2 x 1L)	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		Knife, fork, spoon	Lifeventure: Basic knife fork and spoon set, Folding knife fork and spoon set; Ellipse knife, fork and spoon set
		Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		Mug	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse mug
		Box of matches (in waterproof container)	Lifeventure: Windproof matches
		Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		Sunblock (if appropriate)	Lifeventure: Mountain Formula SPF50, Mountain Combi Stick SPF50
		Towel	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		Small quantity of money (optional)	
		Notebook and pen/pencil	
		Watch	
		Gas Canister Self Sealing C100 / C250	

Group Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		Tent(s)	Provided by Premier
		Camping stove	Provided by Premier
		Scourers	(for cleaning stoves)
		Tea towels	
		Food (lightweight and including snacks)	Get advice at DofEshopping.org/food
		Plastic bags (for rubbish etc.)	
		Toilet paper	
		Maps (1:25 000/1:50 000)	Provided by Premier
		Compass	Provided by Premier
		Map cases	Provided by School



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What equipment do we provide

- Tents
- Stoves
- Gas
- Maps
- Compasses
- 1 Group 1st Aid Kit
- Bag Covers



It is the groups responsibility to look after the equipment which handed out and it should be treated appropriately with the same level of respect as you would treat your own.

Breakages due to maliciousness / careless use will be charged to the team / individual

Where should I purchase the kit?

- ✓ As part of the award registration process you get a Rewards Card
- ✓ Go Outdoors offer a 10 – 15% discount with the card in store



What happens once I have a place?

- ✓ Organise your activities for your Volunteering, Physical and Skill sections.
- ✓ Everything must be recorded on eDofE as soon as possible.
- ✓ School will check and approve the plan for your activities.
- ✓ Without eDofE being filled in, and dates correct, no award!



I've done my sections, now what?

- ✓ Assessor's Reports with correct date and duration are the minimum required
- ✓ Paper copy, scanned and uploaded
- ✓ Electronic submission also OK, links are all in eDofE!
- ✓ School deal with the expedition section except the presentation



Assessor's Report

Assessor's Reports

As an Assessor you can add your report directly into the participant's online eDofE account from here.

All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.

Please remember to keep your comments positive and encouraging. Thank you for supporting young people with their activities.


All fields marked * are mandatory.



* Participant's ID number:

* Level:

* Section you are assessing:



 Assessor's Report
VOLUNTEERING

Participant: 
eDofE ID No: 
Level: Bronze

Activity: Brownies

Date started: 20/4/17 Completed: 20/7/17 (3 months)

Goals set by participant: Learn how to lead an activity, help young children and work as part of a team.

Assessor's comments: as part of a team.

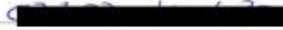
Please write as much as possible, taking about training, teamwork, of qualities and achievements. What you write will describe the achievement of the young person and will form part of their permanent record of their DofE programme.


Caitlin has attended Brownies for 3 months. She has lead small group activities and has helped girls in a one to one basis when they need a bit of additional support with sewing and cutting out. She is a clear communicator & will do anything when she is asked to.

Signature: [Signature] Date: 20/7/17

Assessor's first name: Kate Last name: Cooper

Assessor's position/qualification: Leader

Assessor's phone number: 



























Assessor's email: 

Participants should scan or photograph the page and upload to eDofE as evidence. Please ensure it is saved the right way up.



What happens when I complete my award?

- ✓ Award approval issued
- ✓ Badge and certificate
- ✓ Can start next level without having to do extra!

 Emily 1462918		Bronze 2017	B	 30/03/2017	 06/12/2016	 25/03/2017	 View	n/a	<input type="checkbox"/>
 Lily 1462920		Bronze 2017	B	 Award completed on 20/09/2017					<input type="checkbox"/>
 Samuel 1463140		Bronze 2017	B	 Award completed on 20/09/2017					<input type="checkbox"/>
 Milly 1462922		Bronze 2017	B	 06/03/2017	 06/03/2017	 06/03/2017	 View	n/a	<input type="checkbox"/>
 Oliver 1463134		Bronze 2017	B	 16/03/2017	 05/01/2017	 04/02/2017	 View	n/a	<input type="checkbox"/>
 Joe 1462924		Bronze 2017	B		 03/04/2017	 01/12/2016	 View	n/a	<input type="checkbox"/>
 Chloe 1462926		Bronze 2017	B	 Award submitted to LO on 26/09/2017					<input type="checkbox"/>

Logistics & costs

Training weekend

- 6th & 7th June
- Camping at school

Qualifying expedition

- 20th & 21st June
- Peak District
- Parental transport
- **Full attendance** at both events is necessary

Costs

Not exceeding £245
Paid in 3 installments
PP support is available

Covers:

- Expedition costs
- Enrollment
- Insurance
- Staffing

Next steps

- Sign-up letter linked to tomorrows LiFE at Ashby & on website
- Complete form and pay deposit of £100 (non-refundable)
- No limit on numbers
- In school session to get started on eDofE
- Regular support sessions for evidence logging

A scenic landscape photograph of a calm lake reflecting the surrounding mountains and sky. The word "Questions" is overlaid in large white text.

Questions