



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

Duke of Edinburgh Gold 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



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



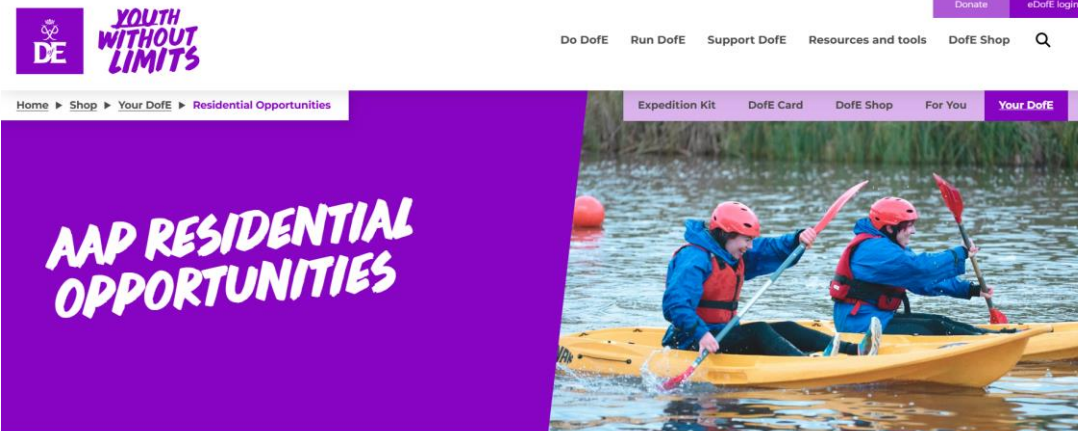
Residential

Aim

- Develop your self-confidence
- Work on your independence
- Accept responsibility for yourself and others
- Develop communication skills and effective coping mechanisms.

What do I need to consider?

- You must be away from home for a minimum of five days and four nights. These should be consecutive but can be split into two blocks within 12 months.
- You should be in an unfamiliar residential setting.
- You must stay in shared accommodation with your group for the entire residential. This shouldn't include staying with friends or relatives.
- Shared activities should take place during the day and the evening and must be purposeful, group-based, and unpaid. The majority of participants should be unknown to you.
- Groups should have at least five people, including you.
- You should research suitable activities, discuss your interests with your DofE Leader, and follow any pre-activity instructions.
- Your Licensed Organisation must approve the planned residential and the named Assessor in advance.



Introduction to Mountain Leadership

Aim

Develop skills to help support others in the outdoors

Develop practical first aid skills

Develop basic leadership skills



What is included

- 5 days instruction
- Accommodation (Bunk rooms and Camping)
- Food
- Nationally recognised 16 hour Outdoor First Aid Qualification
- Practical sessions on the hill developing leadership skills
- Based in the Peak District

£325.00 Per Person

Lowland Leader Formal Qualification

Course Training & Assessment Dates

Course Code: LEL3A
Course Dates: Weekend 1: 15th - 16th November 2025
Weekend 2: 28th Feb - 1st March 2026
Assessment: 14th - 15th March 2026
Location: Peak District
Course Cost: £450.00

Book this Course LEL3A

Course Code: LEL3B
Course Dates: 13th - 17th July 2026
Assessment: 26th - 27th September 2026
Location: Peak District
Course Cost: £450.00

Book this Course LEL3B

Teaching and Assessment

Prior to the course starting candidates will be registered with the Leadership Skills Foundation (£75.00 which is included in your fee) and you will receive the relevant resources which are needed. The syllabus is laid down by the Leadership Skills Council and is accredited on the Required Qualification Framework (RQF)

Once the training has begun you will cover theoretical and practical sessions which cover 72 hours of guided learning time, you will cover the following units:

- Unit 1 – Developing outdoor leadership skills
- Unit 2 – Plan a walk for a group in lowland countryside
- Unit 3 – Prepare for a walk in lowland countryside
- Unit 4 – Lead sessions that impart the knowledge and skills required to walk in lowland countryside
- Unit 5 – Lead a walk in lowland countryside
- Unit 6 – Navigation for the Walk Leader
- Unit 7 – Management of unaccompanied groups
- Unit 8 – Campcraft for the Expedition Leader

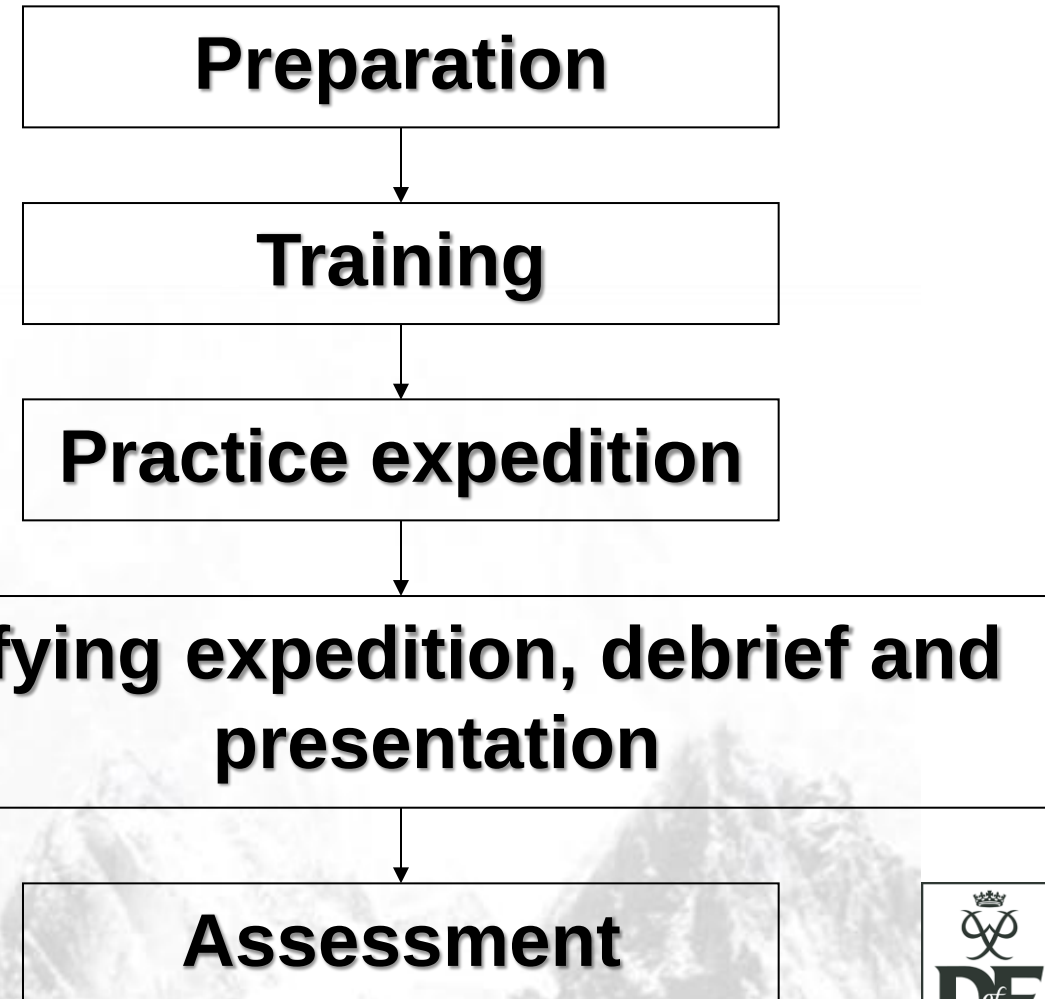


First Aid: The LEL3 does not include a first aid qualification which is needed to work with groups. It is recommended that a 16 Hour first aid course is attended prior to achieving the qualification. Course information can be [found here](#)

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”



Gold Award



GOLD		<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>
Volunteering 12 months		
Physical	one section for 12 months, the other for 6 months	
Skills		
Expedition 4 days 3 nights		
		
Residential 5 days 4 nights		

Gold Expedition Section Structure

Training 1: In School Training Day

Date: Saturday 14th November 2025

Training 2: Dark Peak

Date: Saturday 20th March – Sunday 21st March 2027

Practice: Yorkshire Dales

Date: Thursday 22nd April (PM) – Sunday 25th April 2027

Qualifying: Lake District

Date: Wednesday 30th June – Sunday 4th July 2027

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 Practice & 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

AAP Manager
Expedition Co-ordinator

Bronze Technical Staff
Minimum Lowland Leader
Level 3

Silver Technical Staff
Minimum Lowland Leader
Level 3
Hill & Moreland Leader

Gold Technical Staff
Hill & Moreland Leader
Summer Mountain Leader

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

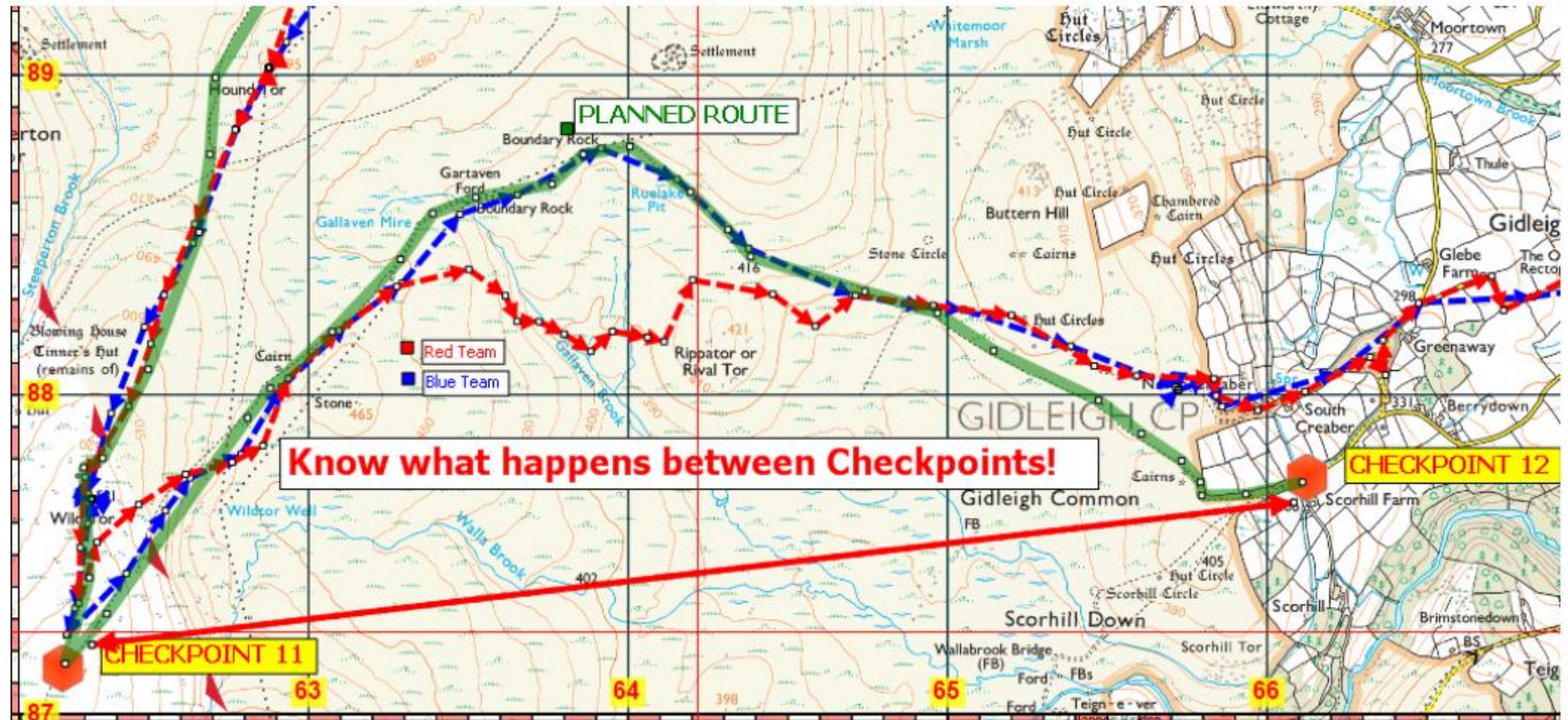
Safety Management on Expedition

- When students are on expedition Technical Staff are responsible for all safety
- Route selection / route changes / camp locations / dynamic risk assessments
- All teams will carry Spot 4 Trackers satellite trackers
- 24 Hour – 365-day Emergency Back up



SPOT 4 Trackers

- Position
- Timing & Speed
- Distance Travelled
- Bearing
- Email Messages
- Text Messages
- Screen Messages
- Support
- Peace of mind
- Knowledge
- Back-up systems
- Time Saving
- Improved Safety
- Emergency Back-up



Gold Training 1 In – School Session

Gold Training 1

Day 1:

Arrive at school 09.00 start

Meet Technical Staff

Depart 15.00



Content to be Covered

- Expedition Aim
- Team Building
- Expedition Kit Check
- Nutrition for Expeditions
- Expedition First Aid
- Cooking Systems
- Tents
- Qualifying Planning

A scenic view from a rocky mountain peak. The foreground is dominated by dark, layered rock formations. In the middle ground, a bright blue lake is nestled in a valley, surrounded by green hills. The background shows a hazy, distant landscape under a clear sky.

Gold Training 2 The Dark Peak

Gold Training 2

Day 1:

Arrive Edale CP

Meet Technical Staff

Undertake a training walk

Arrive Camp

Day 2:

Training Walk

Meet parents at Edale CP

Content to be Covered

- Navigation 1:25.000 & 1:50.000
- Map Skills: setting the map, northing map, Hand rails, catchment features, Tick off features etc
- Compass skills – bearings, back bearings, pacing & timings
- Countryside Code

Direct Supervision Throughout



Gold Training 2





Gold Practice Yorkshire Dales



Gold Practice

Day 1: Depart School Thursday
PM and travel to Horton
in Rib

Meet Technical Staff

Arrive Camp

Day 2: Practice Day 1

Day 3: Practice Day 2

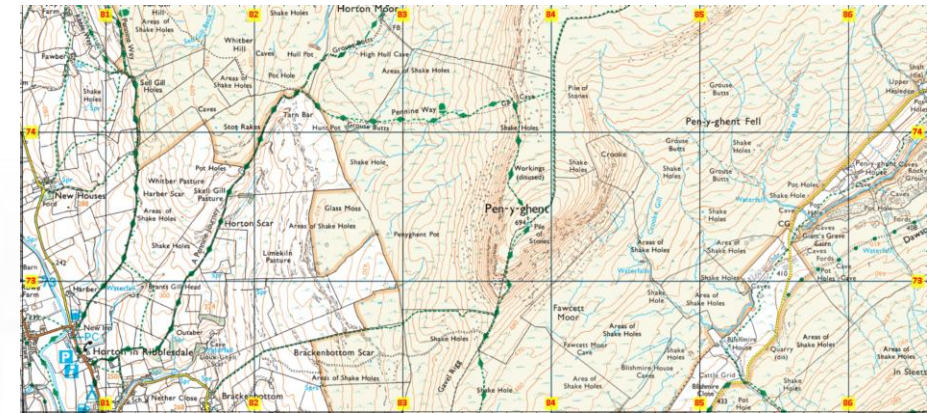
Day 4: Practice Day 3 and
Return home

Content to be Covered

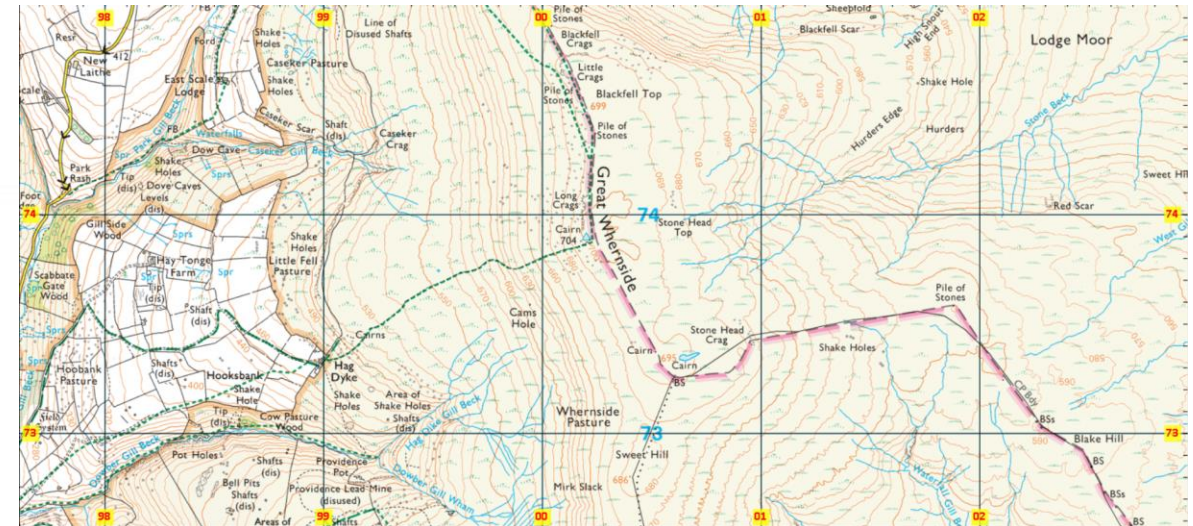
- Working as a team
- Team navigation and problem solving

Remote Supervision Throughout

Yorkshire Dales Gold Practice



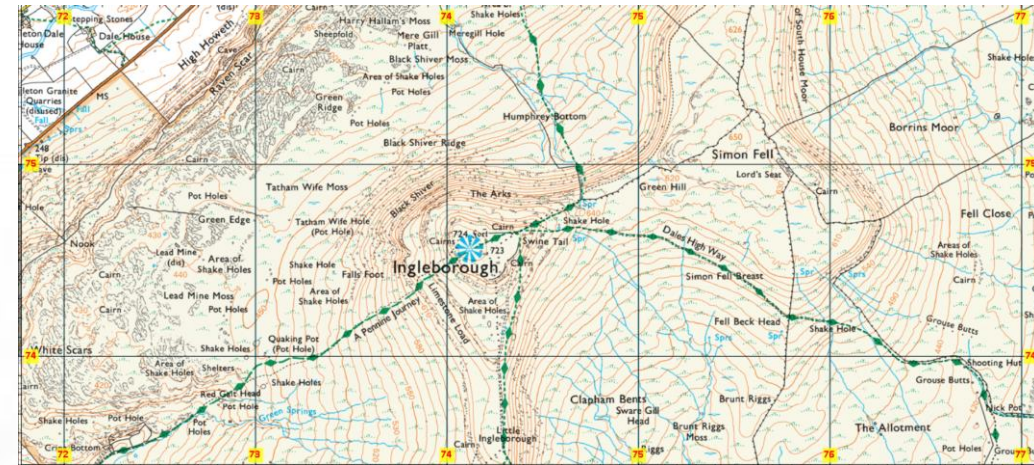
Yorkshire Dales Gold Practice



Wharfedale



Yorkshire Dales Gold Practice



Ingleborough



Gold Qualifying Lake District National Park

A journey in time
Dunelm

Gold Qualifying

- Day 1:** Depart School Wednesday
AM and travel to Keswick
Meet Technical Staff
Arrive Camp
- Day 2:** Qualifying Day 1
- Day 3:** Qualifying Day 2
- Day 4:** Qualifying Day 3
- Day 5:** Qualifying Day 4 and
Return home

Remote Supervision Throughout

Content to be Covered

- Working as a team
- Team navigation and problem solving



Premier
EXPEDITIONS



Gold Qualifying Lake District



Angle Tarn Camp

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	Lifesystems: Light and Dry Survival Bivi
		Whistle	Lifesystems: Survival whistle, Safety whistle



Web: www.premierexpeditions.co.uk

Email: info@premierexpeditions.co.uk

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Expedition Kit & Food

		Torch (head torch and spare batteries)	Lifesystems: Intensity 220 torch, Intensity 220 head torch
		Personal first aid kit	Lifesystems: 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)	Lifesystems: 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)	Lifesystems: 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.

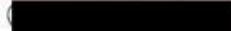
* Participant's ID number:

* 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 enter as much as possible, talking about training, teamwork, qualities and achievements. What you write will help us to assess the achievement of the young person and will form part of their permanent record of their DofE programme.

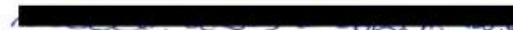
Carli has attended Brownies for 3 months. She has led small group activities and has helped girls in a one to one basis when they need a bit of additional support with sewing and cutting out. She is a clear communicator & will do anything when she is asked to.

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

Assessor's first name: ALYCEA Last name: SOULES

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	☐
 Lily 1462920		Bronze 2017	B	 Award completed on 20/09/2017					☐
 Samuel 1463140		Bronze 2017	B	 Award completed on 20/09/2017					☐
 Milly 1462922		Bronze 2017	B	 06/03/2017	 06/03/2017	 06/03/2017	 View	n/a	☐
 Oliver 1463134		Bronze 2017	B	 16/03/2017	 05/01/2017	 04/02/2017	 View	n/a	☐
 Joe 1462924		Bronze 2017	B		 03/04/2017	 01/12/2016	 View	n/a	☐
 Chloe 1462926		Bronze 2017	B	 Award submitted to LO on 26/09/2017					☐

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

Questions