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The Duke of Edinburgh's Award Cycle Expedition Kit List

Always think about weight. If you can find a lighter alternative that does the same job. Use it.
Think about size, if you can find a smaller alternative that does the same job. Use it.

You need to pack for all extremes of weather:

- Driving rain, strong winds & hail.
- Windless, cloudless days with scorching sun.

If you pack for these two, you are not going to get caught out by the English weather.

Aim of the Venture

The Aim of the venture should be considered in the early planning stages and should relate to the interests and abilities of those taking part.

Participants may wish to focus on:

- the environment in which the journey is taking place
- practical first-hand observations, investigation or study
- aesthetic appreciation
- literary or historic journeys
- the completion of a physically demanding challenge
- group dynamics

**I would strongly recommend giving an aural presentation,
immediately after the expedition to the assessor
& getting it straight out of the way.**

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Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU

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Cycle Kit Road Tour	
Bike	<p>Almost any bicycle will do. The heavier the bike, the harder they work, the bigger the wheels the harder they work. Needs to be in excellent road condition: 'W' Check! Tyres, Wheels in trim, Breaks, Bearings, Cables, Head Set, Crank, Peddles, gears, Chain, any extras; fitted securely & working. I'm happy to check bikes & help where I can. But the best way is to take it to a cycle shop for a service & check-over.</p>
Tyres	<p>Good quality tyres make all the difference. Get the puncture resistant tyres. Rolling resistance:</p> <ul style="list-style-type: none"> • The Narrower the tyre the easier it is to peddle • The higher the pressure, the easier to peddle • The smoother the tread, the easier to peddle <p>Mountain bike tyres are really hard work!</p>
Mud Guards	Highly recommended
Pannier Rack	Rear essential. Front optional
Panniers	<p>40lt + (capacity per two) Panniers Can be split between front & rear panniers. Even if you have a Dry-Pannier I would recommend packing all your kit in dry-bags of some sort in your panniers.</p>
Handlebar bag	<p>Not essential but highly recommended. Remember to pack you phone, camera etc in a dry-bag in this bag. They don't like getting wet.</p>
Rucksack liner	(thick plastic bag is fine)
Lights	Should not be cycling in the dark, but a set of LED lights has to be a good idea.
Bell	<p>Everyone knows a bicycle bell = a bicycle Horns etc work, but don't have the association with a bicycle & hence are less effective. Fit one, it's a good idea.</p>
Puncture Repair Kit	<ul style="list-style-type: none"> • X3 tyre levers • Patches & glue • Chalk • Abrasive paper • Bike pump, suitable for your type of valve
Spare inner-tubes	X2
Tools	<ul style="list-style-type: none"> • Bike multi tool; with allen keys, spanners & screw drivers
Water	<ul style="list-style-type: none"> • Drinks bottle, to be fitted on bike. • Aim for at least 1lt 2 large bike bottles will give you about 1.5lt. 500ml (0.5lt) is not enough. • You could use a 'Platopus' type system in a rucksack on your back. Not recommended though.

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Equipment		
School provides	Pupils provide If you are going to buy kit, please talk to me first to avoid getting the wrong thing.	
<ul style="list-style-type: none"> • Maps • We have a few spare: rucksacks, sleeping bags, ground mats & waterproofs. • Tents • Cookers & fuel • Survival bag 	<ul style="list-style-type: none"> • Food • Personal clothing • Compass; 'Silva Ranger 3' (don't bother with other makes) • pain relief (Ibuprofen or similar) • Plastic mug • Spoon (don't bother with knife or fork) • Whistle, any type is fine. • LED Head Torch, not essential 	
Personal Hygiene stuff!		<ul style="list-style-type: none"> • Soap • Something to clean your teeth • Baby-wipes are awesome! • etc
Sleeping bag		(must be a backpacking mummy type bag, (2 or 3 season)) Must be packed in dry liner of some sort.
Ground Mat		The better the quality the better you sleep. The light weight air mattress are awesome.
CLOTHING (one set is worn, the other carried in the rucksack, a compression sack is useful to get them packed small)		
Cycle Shoes	1 pair	Cleated cycle shoes make life so much easier, but are expensive. Trainers with toe clamps are 2 nd best Trainers on a peddle will work. (what happens if it rains for 3 days? Some trainers are waterproof! Others offer some wind-proofing, you can get cycle shoe covers to offer some protection)
Warm Socks	3 pairs	It's surprising how cold your feet get, when cycling.
Footwear for the campsite	1 pair	Crocs, flip-flops something like this, weighs almost nothing & makes life in the campsite much more pleasurable
Base layer (underwear)	2	Wicking type preferred; Cotton is not good for base layer. Wicking, Supportive & hugging! Think sportswear.
Shirt	2	Long sleeved, with a collar to protect the back of you neck are good. Thin fleece's work well
Trousers	2 pair	Which split to make shorts are useful. Definitely not jeans or other cotton based trousers or tracksuit bottoms. Ideally robust and wind proof. X-Army style light-weight green trousers are fine.
Fleece Jacket or jersey	2	2 lighter jerseys or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
Warm Hat & Gloves		Hat to cover ears, gloves that you can put on/off when wet (go on try it!)
Sun Hat		Something to keep the sun off your face & neck
Waterproof Coat		Must have a hood (breathable please).
Waterproofs, trousers		If it has a zip to the hip, they are so much easier to use. You will need something to hold your trousers in around your legs to stop the chain ripping them!
Half of the above Clothing is to be wrapped in a waterproof bag as "Spare Clothing"; both halves of clothing are to be of similar standard.		

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Food You must like the food you bring. Carbohydrates are the fuel for work. Complex Carbs. With high fiber, release energy slowly Simple Carbs, sugars, sweets etc, give you an instant hit & then their gone. Both have a part to play. Think in terms of arranging food per tent.	
Breakfast	<ul style="list-style-type: none"> • Ensure you have a good high carb. Breakfast at home on the first day of your expo. • Porridge or muesli, mixed with dried milk powder & sugar (pre mix at home) • Breakfast bars are ok to. This is your fuel for the day.
Lunch	You will be glad to here, that simple carbs. Sugars work well here. <ul style="list-style-type: none"> • Jelly beans or similar are great to share. • Sandwiches, pasties etc work ok for the 1st day, but you would not eat these if they were left in the car all day, so it work for day 2/3/4. • Muesli, cereal bars etc. • Dried fruit & nuts. • Mini tin of cooked fish (take care with the sharp tin.
Snacks	It's good to graze all day long. That's how you should tackle lunch, so Snacks/Lunch are the same thing. <ul style="list-style-type: none"> • Chocolate bar (what will it look like when it's been in the sun?) • Biscuits, especially high fiber ones. • Mini cakes • Apple, Bananas are great, but need a box to protect them. (Dried bananas, yum!)
Dinner	You must prepare a hot meal. This will replenish your muscles overnight for tomorrow & give you a real real good factor. No tins, too heavy, look for dried food & something that does not take too long to cook. Needs to be a High carb. diet 2 choices <ol style="list-style-type: none"> 1. Camping ready meal, v.easy, quite yummy & everyone can eat something different. 2. Prepare a meal for your tent, a pasta base meal. Dried pasta + dried sauce + dried veg if you want. Cheap Rice is too slow to cook Desert, as above <ol style="list-style-type: none"> 1. Camping ready meal, v.easy, quite yummy & everyone can eat something different. 2. Dried instant custard & dried fruit, really yummy. or something similar. Hot Drink (essential) <ul style="list-style-type: none"> • Instant hot chocolate sachet are good or tea or coffee + dried milk powder + sugar
Drink	<ul style="list-style-type: none"> • No fizzy drinks, tea or coffee • Water is the fuel you need. • 1 to 1.5lt container is plenty big enough, you can fill up at the checkpoints. • Robust enough to sit on (I mean it!) • Dried sachets of Lucozade are a good idea (Body Fuel). These have a mixture of simple carbs. & salts to replace those lost through perspiration. • You can make your own one up on the 1st day at home. 1/3 fruit juice, tiny pinch of salt, top up with water.
Emergency rations	You should be back at the bus by 4pm on the last day, but what if you're sat in a field at 9pm waiting for me or Mountain Rescue to pick up you & your mates, because someone has strained an ankle & can't walk! What would you give for an 'Emergency Ration pack'? It does not have to be very big, along the lines of: <ul style="list-style-type: none"> • Chocolate Bar, cereal bar, hot drink sachate, packed of boild sweets. Now rap it up separately & put it right in the bottom of your rucksack, you will only eat it, in an emergency now!

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Benefits to Young People

The Expeditions Section is primarily concerned with the development of the individual and teamwork, although the challenges are expressed in terms of physical demands, by exploring the environment and by travelling for a number of hours.

The Expeditions Section provides opportunities to:

- **plan and execute a journey** - requiring attention to detail and organisational ability
- **demonstrate enterprise and imagination** – by the Team organising their own venture
- **work as a member of a team** - all ventures must be a team effort
- **respond to a challenge** - either planned or unforeseen
- **develop self-reliance** - by carrying out an unaccompanied journey
- **develop leadership skills** - members of the Team should have opportunities to take a leading role during different aspects of the venture
- **recognise the needs and strengths of others** – by involving Team members in mutually supporting each other to ensure the success of the venture
- **make decisions and accept the consequences** – by the Team making real decisions affecting their well-being
- **reflect on personal performance** - through reviewing progress during training and at the end of the Qualifying Venture
- **enjoy and appreciate the environment** – by developing an awareness of the areas visited and issues affecting the environment

How long is the assessed expedition?

LEVEL	DURATION	MINIMUM HOURS OF PLANNED ACTIVITY EACH DAY
BRONZE	2 days and 1 night	At least 6 hours during the daytime <i>(Typical foot distance are: 24 km and 32 km)</i>
SILVER	3 days and 2 nights	At least 7 hours during the daytime <i>(Typical foot distance are: 48 km and 59 km)</i>
GOLD	4 days and 3 nights	At least 8 hours during the daytime <i>(Typical foot distance are: 80 km and 96 km)</i>

- The Team should plan how they propose to spend the daytime hours which should be a combination of journeying and exploring.
A minimum of ½ this time must be journeying.
They need to plan appropriate breaks & plan time to make observations and recordings for their review and presentation
- Means of travel the journey may take place on land - by foot, cycle, horse. or on water - by canoe, sail, rowing, boat etc. without motorised assistance.
- **Our expedition is planned to be ‘on land, by foot’.**

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