



RIDGELINE ADVENTURES

Expedition Information Pack The Emmbrook School



Course Dates

17th October - 18th October 2020

Meet Time and Location

9.00 - Saturday 17th October
Mill End Car Park**

9.00 - Sunday 18th October
Warburg Nature Reserve**

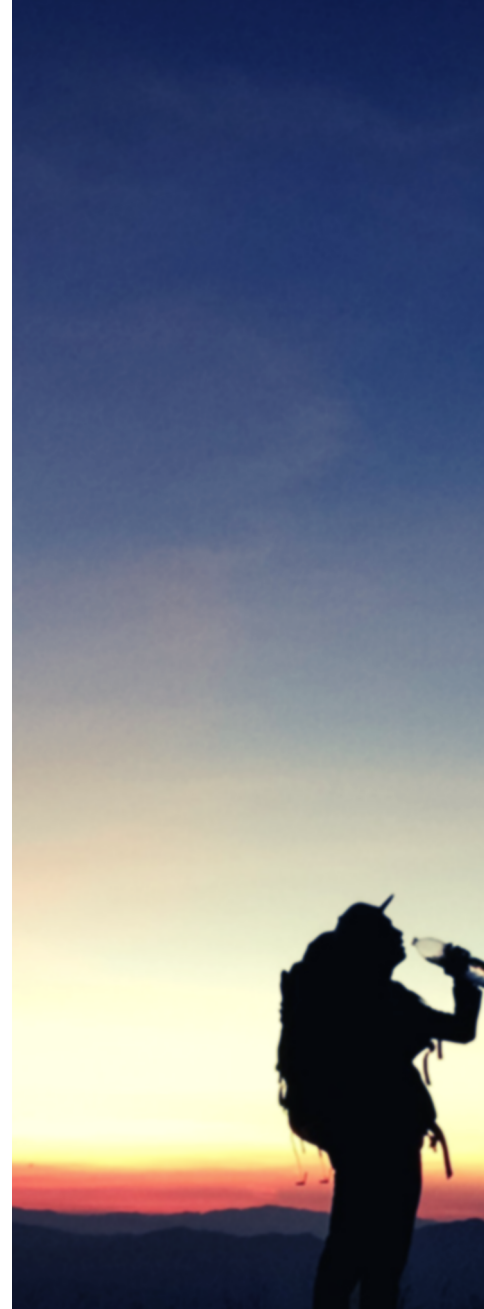
Finish Time and Collection*

18.45 - Saturday 17th October
Warburg Nature Reserve**

15-16.00 - Sunday 18th October
Henley Train Station**

*Please note that the finished time is estimated and may vary based on the groups walking speed and weather conditions

** For further details on car park locations please see 'Directions' page 8



Proud to be an Approved Activity Provider

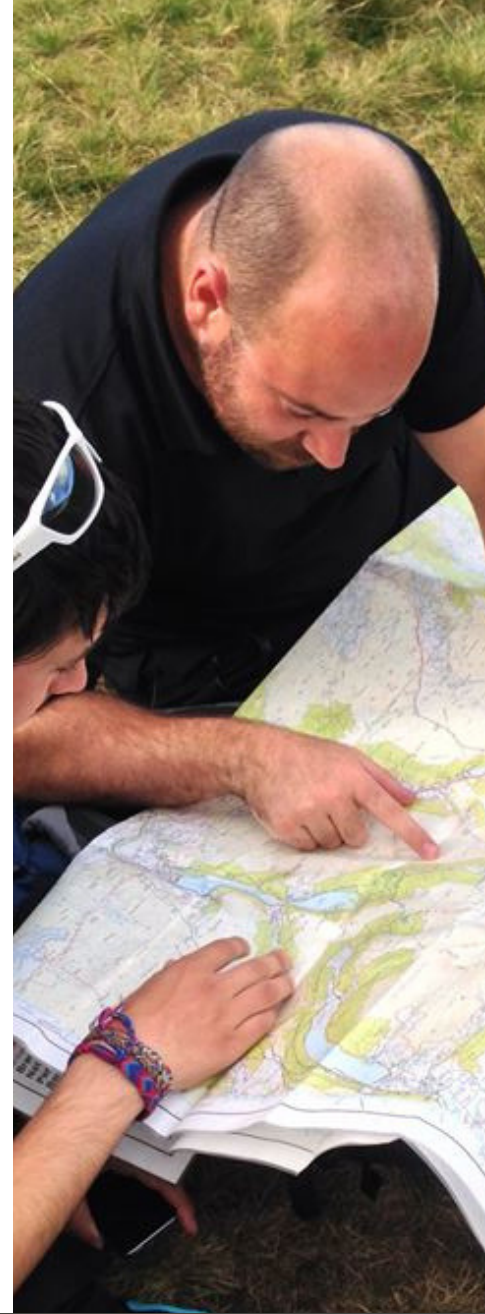
Approved Activity Providers (AAPs) are organisations, whose sectional opportunities have been approved by the DofE, as meeting our sectional conditions and can count towards the achievement of a DofE Award. AAPs are able to provide Assessors to sign off the section.

Staffing

All staff present on the trip will be vetted by Ridgeline Adventures to ensure they are suitably qualified and have appropriate safeguarding clearances. Please be aware it is not always possible to provide a mixed gender staff team.

Remote Supervision

As part of all DofE programmes remote supervision will be used. Remote supervision is when the safety and well-being of a group is monitored from a distance, with limited direct contact with the group. All participants will be clearly briefed on emergency procedures as part of their induction.



Emergency Contact

In case of an emergency or you need to contact a participant during the event please contact the lead member of staff:
Isaac Walker 07512518969

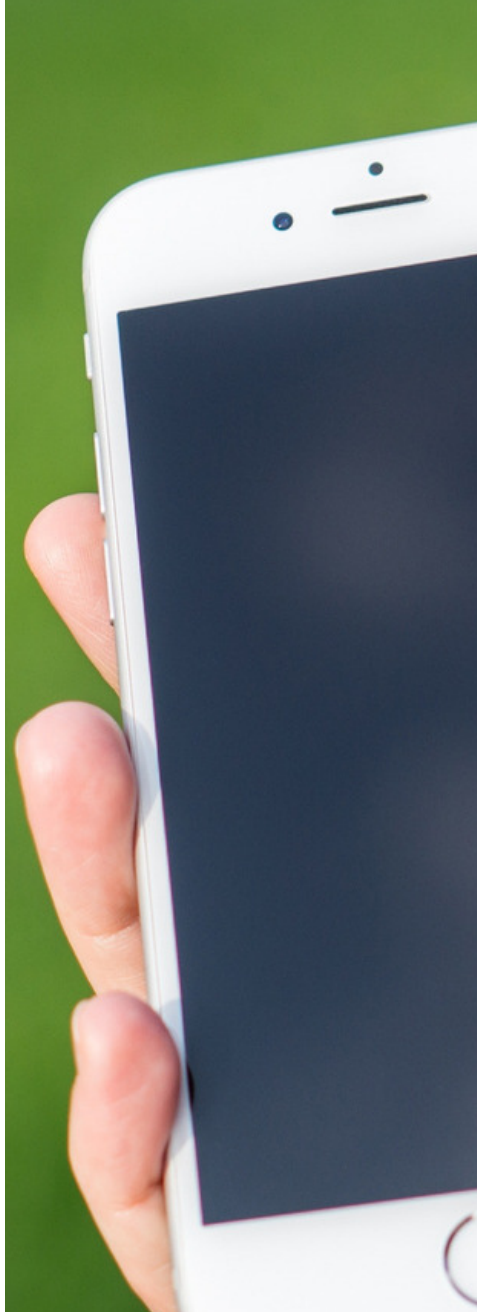
Mobile Phones

One of the aims of the expedition section is to provide participants with a remote experience away from the stresses and pressures of everyday life. However, mobile phones can play an important role in the case of emergency. We ask that participants bring their mobile phones for emergency use only. Please do not expect contact from participants during the day.

Food

The participants are responsible for providing their own food for the duration of the expedition. We aim to replicate a 'normal' expedition experience, as far as possible. Therefore, teams will be cooking on Saturday evening.

It is important that all food taken will last the duration of the expedition and any easily damaged/ perishable goods should be avoided.



Equipment

A recommended kit list for individuals is attached. Please note this list is not intended to be exhaustive. A list of group equipment provided by Ridgeline Adventures is also provided below. Any equipment hired from Ridgeline Adventures by prior arrangement will be ready for collection at the meeting point. Please ensure there is enough space in the rucksack to accommodate any hired equipment. Rucksacks should weigh no more than $\frac{1}{4}$ of the participant's body weight. All equipment should be sufficiently waterproofed using either dry bags or bin liners.

Equipment List

Rucksack (55-70 litre)*

Waterproof jacket*

Waterproof trousers*

Personal first aid kit & Sanitary supplies (to include any personal medication)

Drink container (2 litres minimum)

Sun protection (hat, glasses, cream)

Walking boots/appropriate footwear

Torch (with spare batteries/ second torch)

Sleeping bag

Insulating mat (roll mat)*

Spoon, knife, fork (spork)

Bowl, Mug

Food

Wash kit (keep to a minimum)

Mobile phone

Camera, pen and paper

1 x spare underwear per day

1 x warm layer

1 x spare top

1 x spare trousers (no jeans)

1 x spare socks

Hat and gloves



Group Equipment Provided by Ridgeline Adventures

Tent

Stove & Pans (Trangia)

Fuel (gas)

Map & compass

Group first aid kit

Survival bag

Matches

This list is not designed to be exhaustive. Additional clothing may be required depending on the length of the trip. Please take into consideration when packing your kit any discussions and training you have already received. There are also loads of useful resources on www.dofe.org

*Items marked may be borrowed from Ridgeline Adventures with prior notice. A hire charge may be applicable.

Ridgeline Adventures reserves the right to charge participants for any lost or damaged equipment.

Equipment Continued

Participants are expected to arrive with appropriate equipment for the expedition. Should items be deemed unfit for use Ridgeline

Adventures reserves the right to refuse participation on the grounds of safety. Please get in touch to discuss items if you have any doubt over their suitability, we have experts on hand to advise you.

Minimum footwear standard:

- ☐ Good grip
- ☐ Laced, closed toe footwear
- ☐ Sturdy
- ☐ Well fitted

For wild country expeditions walking boots are essential.

Please bring a face covering, gloves and hand gel



Current Covid-19 Safety Measures

All equipment will be cleaned prior to the expedition;

Additional Equipment will be made available for those that do not wish to share within their team;

Each participant will be asked to complete a COVID questionnaire to ensure participants with symptoms do not attend;

We have gained 'We are good to Go' Covid secure status for your peace of mind;

Additional items such as hand gel, PPE for first aid and resources to teach whilst maintaining social distance have been purchased;

Safety

The prime concern of Ridgeline Adventures when taking participants on expedition is their safety.

Where a staff member believes that an individual's or group's behaviour, fitness, equipment or skill level may impact upon the safety of themselves or others they may be withdrawn from the activity. The parent/guardian will be asked to arrange collection at their expense. For your peace of mind we also hold an Adventurous Activity Licence and have been approved by DofE.



Insurance

We are fully insured to run all the activities we offer by Activities Industry Mutual. However, this does not include personal items. Should you wish to see a copy of our insurance certificate please contact us on:
info@ridgelineadventures.co.uk



Directions

Mill End Car Park

Nearest postcode: RG9 6TL

Grid Reference: SU785855

Additional Information: From the A4155 take Skirmett Road towards Hambleden village and the free car park is on the left after about a quarter of a mile.

Warburg Nature Reserve

Nearest postcode: RG9 6BJ

Grid Reference: SU721878

Additional Information:

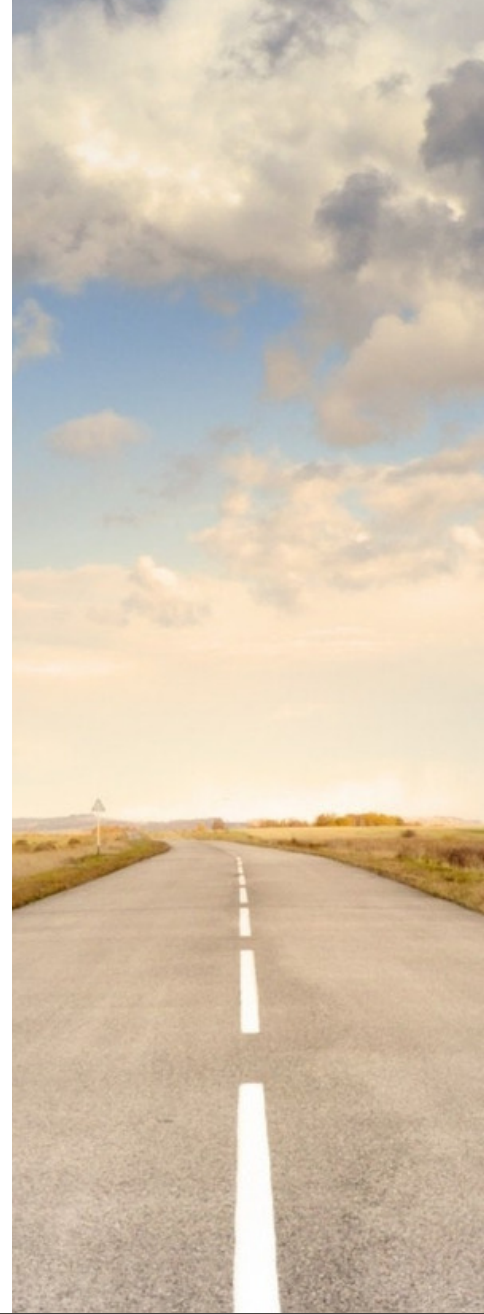
<https://www.bbowt.org.uk/nature-reserves/warburg-nature-reserve>

Henley-on-Thames Train Station

Nearest Postcode: RG9 1AY

Grid Reference: SU763822

Additional Information: <https://www.gwr.com/plan-journey/stations-and-routes/Henley-on-Thames>



Assessor reports

We aim to process all reports within 2 weeks of completion. Please note that assessor's reports will need to be approved by your DofE leader before they are visible on your account.

We are unable to add any evidence directly to eDofE for practice expeditions, if you are undertaking a practice expedition and require additional evidence please contact us.