

SEA CADET CORPS



NORTH EAST DISTRICT

LONDON AREA



DISTRICT D of E SILVER EXPEDITION - PEAK DISTRICT

The Expedition will take place over the weekend of 24th -27th August 2007 in the Peak District, using Chesterfield Unit SCC as a base camp. The event is open to all staff and cadets, and will include a qualifying expedition for D of E Silver, as well as including an EL4, 5 and 6 assessments for senior cadets and staff, training for Chosin Cup teams and providing valuable experience and training for ALL ET orientated people.

Joining Instructions

Cadets and staff attending the weekend will meet at Waltham Forest Sea Cadet Unit **on Friday 24th August no later than 17.00.** Transport to Chesterfield will be by minibus. The party will leave as early as possible to arrive in Chesterfield in good time.

The party will camp overnight at the beginning of the planned route on the Friday night. The actual expedition will start on Saturday 26th. For D of E candidates, from the time the group leave the campsite, the party will be under assessment. The party will be expected to walk thirty miles in three days carrying all equipment and ensuring the group is totally self sufficient. Staff will maintain a supervisory role but will not interfere unless a safety issue is identified.

Those wishing assessment for EL4 or 5 must bring an ET Logbook, or some written record of their experience to date. They must also bring a completed T17 and T16, filled in as if they were arranging a weekend expedition event. For EL5 assessment, T16 for a class C country event, and for EL4 a class B country event are required.

The party will probably arrive back late on Monday night, 29th August.

Those participating in this expedition are advised that **THIS EVENT IS PHYSICALLY DEMANDING – YOU WILL NEED TO BE CONFIDENT IN YOUR FITNESS.**

Purpose of the Expedition (for DofE)

The purpose of the expedition is to: **Investigate the impacts of industry and tourism on the Peaks Area.**

During your time completing the 30 mile hike, you should be investigating the impact activities such as quarrying, mining, milling, hillwalking, mountain biking, etc have made on the environment. You may wish to take a disposable camera.

You may also wish to undertake some research into the area you will be travelling in and the different types of activities undertaken in the area.

Report of the expedition.(for DofE)

As well as completing the set distance, participants must also complete a report of the expedition.

The following areas should be addressed:

- Observations on the area with reference to the purpose of the expedition
- Research undertaken into the purpose of the expedition
- The route taken and navigation undertaken (including mistakes!)
- Menu for three days
- Route Cards
- Thoughts on the expeditions
- Teamwork

Reports can be written, verbal or any other form the participant wishes, as long as they show a reflection on the activity and the purpose of the expedition. Completed reports must be in the hands of Lt (SCC) C.Lewis RNR **no later than 15th October 2007.** Reports not with ADO by this date will mean that the expedition has not been completed and the record books will not be signed. It is important to reflect on the expedition and the report helps to ensure that. **IT IS ALSO IMPORTANT THAT PRACTICE EXPED SECTION OF D OF E LOGBOOKS IS COMPLETED BEFORE PARTICIPATION IN THIS EVENT.**

Equipment

Every member of the team should be sufficiently experienced and equipped to spend three days in the hills. The following equipment should be taken:

Team Equipment

Sufficient Tents for team
Fuel for stoves
Stoves
First Aid Kit (2)
Fluorescent Jackets (2)
Map and case (2)
Compass (3)
Survival Bag (3)

Individual Equipment

Rucksack
Sleeping bag
Good walking boots (Broken in)
Waterproofs (jacket and trousers)
Spare set of clothing
 T-shirt
 Long sleeve shirt
 Trousers (not jeans)
 Socks
 Sweatshirt/jumper
Knife, fork, spoon, plates, mug etc
Wash Kit
Torch and batteries
Whistles
Matches
Water Bottle
Note book & Pencil
Clothes for walking in
 T-shirt
 Long sleeve shirt
 Trousers (not jeans)
 Socks
Sufficient food for FIVE days
Emergency rations.

Assessors & Supervisors

PO (SCC) G.Aitcheson will assess the expedition.

CPO (SCC) D Lewis and PO (SCC) G Aitcheson will supervise the expedition. The report of the expedition will be assessed by Lt (SCC) C Lewis RNR.

Emergency Contact

The emergency contact telephone number will be **07923 626629**. The signal may not be particularly good in the area, but a message can be left and checked by the supervisors at various times.

Entries

To ADO on District entry forms by 17th August 2007. Please indicate staff attending, and vehicles available, if needed.

PLEASE NOTE THAT ENTRIES FROM CADETS AND ADULTS FOR D OF E WILL BE TAKEN, PROVIDED THAT PRACTICE SECTION OF LOG BOOKS IS COMPLETED. THERE WILL BE NO PRACTICE EXPEDITION HELD.

PLACES ARE LIMITED. FCFS.

A NIL RETURN IS REQUIRED