



Volunteer Cadet Corps

Headquarters Volunteer Cadet Corps
Royal Naval and Royal Marines Cadets
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HQVCC/DOFE/18/02

See Distribution.

24 Apr 18

DUKE OF EDINBURGH'S AWARD PRACTICE EXPEDITION, 19 – 20 MAY 18

Introduction.

1. To complete the Expedition section of the Duke of Edinburgh's (DofE) award participants are required to complete 4 mandatory elements; expedition specific training; a one day practice walk; a practice expedition and the final assessed qualifying expedition. Training commenced 19 Jan 18 and concluded with the practice walk which took place on Sat 21 Apr 18. The practice expedition will take place over the weekend 19 – 20 May 18 which will ensure that the cadets are ready in all respects to undertake the assessed qualifying expedition 30 Jun – 1 Jul 18.

Aim.

2. The aim of the practice expedition is to consolidate all expedition training to date in a safe, controlled and challenging environment to ensure that participants are fully prepared to complete the qualifying expedition. This memorandum will provide plan and kit requirements for the evolution.

Command.

3. The VCC DofE Manager, Cdr Weaver RN, will be in overall command of the expedition. The Portsmouth DofE Centre Coordinator, WO2 Wood RMC, will be 2IC.

Location.

4. The expedition will take place in the Longmoor Exercise Areas.

Timings.

5. The expedition will commence at 0800 on Sat 19 May and conclude at approximately 1600 on Sun 20 May. Detailed timings can be found at Annex A.

Transport.

6. The following vehicles will be required and are to be checked and fuelled for the duration of the expedition by 1830 on Fri 18 May (**Action: MTO**):

- Portsmouth VCC Land Rover / Driver Cdr Weaver RN
- Portsmouth VCC Minibus / Driver WO2 Wood RMC
- HMS SULTAN RNVCC Minibus / Driver SLt Richardson RNC

Equipment.

7. DofE specific clothing, rucksacks, sleeping bags and self-inflating mattresses were issued on loan to Cadets at the start of the Practice Walk 21 Apr 18. Any DofE Leaders and Support Staff requiring sleeping

bags and mattresses for the Exped are to inform Cdr Weaver **by Fri 11 May**; these will be loaded onto the transport and issued on arrival at Longmoor. (**Action: DofE Leaders**)

8. Two 24 hour ration packs will be issued to Cadets through Unit Stores Officers during the week commencing 14 May 18 which will allow cadets to break them down for easy storage in rucksacks.

9. Tents, Trangia stoves and water bottles will be issued to Teams on arrival at Longmoor.

10. The full list of kit and personal equipment required for the practice expedition and tent allocation is at Annex B.

Waterproofing.

11. It is said that there is 'no such thing as bad weather, just bad kit' and nothing is guaranteed to spoil an expedition more than being wet through. This can be mitigated by ensuring all personal clothing and equipment is adequately waterproofed. Companies such as Sports Direct sell 'dry bags' which are relatively inexpensive. However, a heavy duty garden bin bag will do just as well if it is sealed correctly. Cadets are to ensure that, as a minimum, their clothing, sleeping bag and mattress are stored in separate waterproof bags inside their rucksack (Note: The stuff-sacks for both the issued sleeping bag and self-inflating mattress are not waterproof).

Mobile Telephones.

12. The Expedition section is designed to develop self-reliance and self-confidence through isolation and remote supervision, overcoming challenges and managing risk as an independent team of peers. Modern mobile phones can seriously undermine these outcomes and compromise the team's attitude and approach to decision making processes during their expedition. To that end Cadets will not be allowed to use mobile telephones for the duration of the expedition. They can be carried, turned off, in sealed plastic bags and retained for emergency use. Note that the use of a mobile telephones during the assessed expedition will result in a **FAIL** for all members of the team.

Parent/Guardian Consent.

13. Consent forms are to be completed and returned to Admin Offices or emailed to vcc.ports.dofe@royalnavymail.mod.uk **by 2030 on Fri 11 May**. Failure to provide a completed consent form will result in the Cadet not being allowed to proceed on the Practice Exped, which will prevent them progressing onto the assessed Qualifying Expedition at the end of Jun 18.

S WEAVER MSc
Cdr RN
VCC DofE Manager

Enclosure:

Parental Consent Form

Annex:

- A. Main Events List.
- B. Equipment and Kit Requirements.

Distribution:

CO POR RMVCC
CO CWD RNVCC
CO EXC RNVCC
CO SUL RNVCC
DofE Leaders
DofE Cadets

PARENTAL CONSENT

Use this form to provide parental consent for a cadet to attend a designated VCC activity. Please include all relevant medical information. Use BLOCK capitals or type.

Activity Name			
Cadet's Surname		Activity Date	
Cadet's Forename		Cadet's VCC Number	
Cadet's Date of Birth		Cadet's Age <i>on activity date</i>	
Emergency Contact Name		Emergency Contact Telephone Number	
<p>Medical Information <i>include any current medical treatment or condition, as well as any medication that will be taken during the activity and any special dietary requirements</i></p> <p><i>continue on reverse</i></p>			

I hereby confirm that:

- I give full consent for the above named cadet to attend the above stated activity and be placed in the care of the officer or cadet force adult volunteer leading the activity.
- The emergency contact, as per the information I have provided, will be available for the whole duration.
- The information I have provided previously to the VCC remains accurate to the best of my knowledge or I have provided updated information with this consent that should now be used instead.
- I will provide updated details should any changes occur between submitting this form and the start of the activity.
- I fully understand that some activities with the VCC are strenuous and may be undertaken in cold and/or a wet environment. I confirm that I have been advised that if I am unsure about my child's fitness to take part in any VCC activity I should consult their doctor (or other appropriate medical practitioner) before such an activity.
- To the best of my knowledge my child is in normal health and does not suffer from any illness or disability that would prevent them from taking part in VCC activities.
- In the event of an illness or accident requiring medical or hospital treatment, and any delay in obtaining my consent is considered inadvisable by the medical authorities, I authorise an appropriate and responsible VCC cadet force adult volunteer to sign any written form of consent required by the medical authorities on my behalf.
- If the medical authorities wish to contact my child's doctor or other regular practitioner I hereby give permission.
- I will make arrangements for my child to be collected or make their own way home promptly after the activity,

Parent/Guardian Signature		Date Signed	
Parent/Guardian Name		Relationship to Cadet	

Once completed, please return this form to the Administration Office as soon as possible and in any event before the deadline for applications for this activity as detailed on the Warning Order or activity instructions. This form is to be retained in the cadet's personal file as proof of parental consent.



VOLUNTEER CADET CORPS
ROYAL NAVAL & ROYAL MARINES CADETS

MAIN EVENTS LIST

1. The list below details the timings for the Duke of Edinburgh's Award Practice Expedition:

Sat 19 May 18

Ser (a)	Time (b)	Activity (c)	Location (d)	Responsible (e)	Comments (f)
1	0800	Muster	Drill Shed	All cadets	Dress DofE Kit
2	0815	Transfer to Longmoor		DofE Manager	
3	0915	Arrive Houndown Camp	Longmoor	DofE Manager	
4	o/c	Safety Brief	Longmoor	DofE Coord	
5	o/c	Issue Tents and Trangia stoves	Longmoor	All cadets	
6	0955	Brief	Longmoor	DofE Manager	
7	1000	Commence Walk	Longmoor	All	
8	1600	Return to camp	Longmoor	All	
9	o/c	Establish camp	Longmoor	All	
10	1630	De-brief Day 1 / Brief Day 2	Longmoor	All	
11	1700	Dinner	Longmoor	All cadets	
12	1800	Qualifying Exped Planning	Longmoor	All cadets	
13	2300	Lights Out	Longmoor	All	

Sun 20 May 18

Ser (a)	Time (b)	Activity (c)	Location (d)	Responsible (e)	Comments (f)
1	0700	Reveille	Longmoor	All cadets	
2	0700	Breakfast	Longmoor	All cadets	
3	0730	Strike camp	Longmoor	Staff and Cadets	
4	0755	Brief	Longmoor	DofE Manager	
5	0800	Commence Walk	Longmoor	All	
6	1400	Return to camp	Longmoor	All	
7	o/c	De-brief Day 2	Longmoor	All	
8	1415	Load vehicles and prep for return	Longmoor	All	
9	1430	Depart Longmoor	Longmoor	All	
10	1530	Arrive at Boat Shed	Whale Island	All	
11	o/c	Unload and stow kit and clean vehicles	Boat Shed	All	
12	1600	Dismissal	Whale Island	DofE Manager	

EQUIPMENT AND KIT REQUIREMENTS

Equipment.

1. The following is to be made available by 1800 on **Fri 18 May 18 (Action: Cdr Weaver)**:

Vango Tents x 8
 Trangia Cooking system x 8
 Gas Canisters x 12
 Compass x 24
 DofE maps x 4
 Camera / Go-Pro
 Water bottles x 24
 Jerry cans x 4

Personal kit

2. Cadets should aim to pack the following for the Expedition:

DofE waterproof jacket	Baby wipes (1 pack)
DofE fleece	Wash kit
DofE t-shirt	Towel
DofE cap	Knife/Fork/Spoon
DofE beanie hat	Bowl
MTP Trousers (<i>own trousers optional</i>)	Mug
Combat boots (<i>own walking boots optional</i>)	Torch (plus spare batteries)
Walking socks x 3	Personal First Aid kit and sunscreen
Underwear x 3	Watch
Spare t-shirt, jumper and trousers	Whistle
Gloves	Buff/head over/neck cloth #
Sunglasses	Thermos flask #
Waterproof trousers	Walking poles #
Waterproof bags/heavy duty bin bags	Gas oven lighter # (<i>easier than rat-pack matches</i>)

optional but recommended

Tent Accommodation List

3. DofE participants will be accommodated in tents as follows:

Tent	Name	Remarks	Tent	Name	Remarks
1	FERN KRYST STEWART	Halo 300	5	LEGGATT STAGG M STANTON	Halo 300
2	GOUGH PEAKE	Halo 200	6	HEATH McRITCHIE	Halo 200
3	MORGAN PEARCE	Halo 200	7	TWYMAN WATSON	Halo 200
4	STAGG A WELTON	Halo 200			

4. All Staff will be accommodated in the Houndown Camp portacabin.