



THE DUKE
OF EDINBURGH'S
AWARD

Duke of Edinburgh's Award Expedition Training Packages



SOUTH LANARKSHIRE
Leisure & Culture



OUTDOOR
Learning & Adventure

www.sleisureandculture.co.uk

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BRONZE

SILVER

GOLD



Introduction

Outdoor Learning & Adventure (OLA) have been successfully delivering Bronze, Silver and Gold Duke of Edinburgh's Award expeditions on foot, on bikes or by boat for over ten years. As an established Outdoor Education Service we are both an Approved Activity Provider for DofE and have been inspected by the Adventure Activity Licensing Service.

Our team of skilled instructors deliver programmes to the highest standard; all have a comprehensive range of National Governing Body qualifications combined with considerable experience of working with a diverse mix of young people. This allows us to successfully provide high quality land and water-based expeditions, residentials and training to a broad spectrum of participants.

OLA offers a versatile selection of activity programmes which can be tailored to suit experience and ability and meet the requirements of each individual group. We have access to a variety of stunning locations so venues can be chosen to best meet the agreed aim of the expedition and provide appropriate levels of challenge. We are able to provide logistical support and guidance which will assist with planning and can also provide supervision, training, equipment and transport as part of your booking with us.

ON FOOT

ON BIKES

BY BOAT

OLA can provide:

- support to establishments (schools, youth groups and organisations) and individuals in the expedition component of the Award
- the expedition training for all levels of the Award
- leadership training, guidance and support for your team of trainers/assessors in their delivery of the Award expeditions section
- training and assessment in National Governing Body leadership awards in disciplines related to the expedition section (hill walking, kayaking, canoeing and cycling)
- opportunities for more remote and exciting expeditions including overseas expeditions.
- Equipment, transport and logistical support

OLA can run Bronze, Silver or Gold training and qualifying expeditions monthly throughout the expedition season at very competitive rates. Previous trips have included:

- canoeing the length of Loch Tay
- mountaineering in the French Alps
- island hopping on Loch Lomond in touring kayaks
- mountain biking through Queen Elizabeth Forest in Trossachs National Park
- exploration and navigation on Arran

With easy access to the Scottish Highlands and miles of paths, rivers, trails, canals and lochs on our doorstep, we can accommodate your group in whichever mode of expedition transport they may choose in a variety of spectacular venues.

Please contact us for a choice of dates and we will be happy to discuss how we can facilitate your next Duke of Edinburgh's Award excursion.

Outdoor Learning & Adventure
Outdoor Resource Base,
33 Fullwood Industrial Estate,
Burnbank Road, Hamilton, ML3 9AZ.
www.slleisureandculture.co.uk

Tel: 01698 307095

email: Outdoor_Recreation@southlanarkshire.gov.uk



DofE Bronze Expedition Packages

Option 1 on-site day

Six hours training with one Instructor on site (within school grounds) for up to 14 participants. Equipment provided.



Option 2 off-site day

Six hours training with two Instructors off site (appropriate venue for training within Central Scotland) for up to 14 participants. Transport and equipment provided.

Option 3 Practice expedition

Two day/one overnight practice expedition with 1 Instructor per seven participants including training, equipment and transport.

Option 4 Qualifying expedition

Two day/one overnight qualifying expedition with one Instructor per seven participants including equipment and transport.

Option 5 Expedition Package

Six day package including one day on site training, one day off site, two day practice expedition and two day qualifying expedition. All instruction, training, equipment and transport from central location will be provided. (Does not include food or cooking fuel)

Option 6 Expedition Package

Five day package including one day on site training, two day practice expedition and two day qualifying expedition. All instruction, training, equipment and transport from central location will be provided. (Does not include food or cooking fuel)

DofE Silver Expedition Packages

Option 1 on-site day

Six hours training with one Instructor on site (within school grounds) for up to 14 participants. Equipment provided.



Option 2 off-site day

Six hours training with two Instructors off site (appropriate venue for training within Central Scotland) for up to 14 participants. Transport and equipment provided.

Option 3 Practice expedition

Three day/two overnight practice expedition with one Instructor per seven participants including training, equipment and transport.

Option 4 Qualifying expedition

Three day/two overnight qualifying expedition with 1 Instructor per seven participants including equipment and transport.

Option 5 Expedition Package

Eight day package including one day on site training, one day off site, three day/two overnight practice expedition and three day/two overnight qualifying expedition. All instruction, training, equipment and transport from central location will be provided. (Does not include food or cooking fuel)

DofE Gold Expedition Packages

Option 1 on-site day

Six hours training with one Instructor on site (within school grounds) for up to 14 participants. Equipment provided.



Option 2 off-site day

Six hours training with two Instructors off site (appropriate venue for training within Central Scotland) for up to 14 participants. Transport and equipment provided.

Option 3 Practice expedition

Four day/three overnight practice expedition with one Instructor per seven participants including training, equipment and transport.

Option 4 Qualifying expedition

Four day/three overnight qualifying expedition with one Instructor per seven participants including equipment and transport.

Option 4a Qualifying expedition including acclimatisation day

As above plus one day/overnight immediately prior to expedition to allow participants to adjust themselves to the expedition area, prepare themselves and their equipment and to meet their DofE Assessor as required. (Does not include overnight accommodation costs)

Option 5 Expedition Package

10 day package including one day on site training or acclimatisation day, one day off site, 4 day/3 overnight practice expedition and 4 day/3 overnight qualifying expedition. All instruction, training, equipment and transport from central location will be provided. (Does not include food or cooking fuel)

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Recommended Kit List (for land based activities)

- Hill walking boots* - preferably broken in with good quality sole and ankle support
- Spare laces
- Training shoes/sandals - for camp and river crossing use
- 2 pairs walking socks - NOT sports or trainer socks - football socks would suffice
- 2/3 non-cotton base layer tops/t-shirts - suitable to walk and/or sleep in
- Thermal t-shirt (optional)
- Waterproof jacket with hood*
- Waterproof trousers with ankle zips*
- Walking trousers - preferably quick drying NOT jeans
- 2 Fleece tops
- 1 pair warm/quick drying leggings (for camp and sleep wear)
- Underwear
- Expedition Rucksack* - look for plenty of adjustment to ensure a good fit
- Rucksack liner - good quality large plastic bags doubled will suffice
- Sleeping bag*
- Sleeping bag liner* (optional)
- Sleeping mat*
- Tent**
- Gaiters* (optional)
- Torch*
- Batteries (AAA)
- Midge Net*
- Insect repellent+
- Toiletries - baby wipes and a toothbrush!
- Micro towel
- Personal medication



- First aid kit+
- Basic mobile phone for emergency use+
- Warm Hat*
- Sun Hat (optional)
- Sun glasses (optional)
- Sun cream/block+
- Gloves*
- Dry-bag for sleeping bag/
spare clothes*
- Mug
- KFS
- Bowl
- Lightert+
- Trangia Stove*+
- Gas & Gas converter* +
or Fuel & Fuel bottle*+
- Small amount of money
- Tissues or toilet roll
- Trowel+
- Map & Map case*
- Compass*
- Water bottle



+Group kit – these items can be shared out amongst group
 *These items can be provided by OLA (but need to be ordered in advance)
 This list is not definitive and all equipment should be discussed and preferably examined/checked for suitability by instructor/leader prior to use on any expedition. This will also include:

- Additional items for Mountain biking
- Additional items for Canoeing/kayaking

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ON FOOT

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Prepare for your expedition or learn a new skill by signing up for one of our courses or activity programmes

- **SCA Kayak & Open Canoe Star Awards**
Learn basic paddle strokes or improve on existing skills
- **National Indoor Climbing Award Scheme**
UK wide scheme designed to promote climbing development
- **National Navigation Award Scheme**
Intended for people of all ages and abilities; Bronze, Silver and Gold levels provides path way to encourage skill development at all stages.
- **Lowland Leader**
Minimum hill walking qualification required to supervise groups as DofE Leader.
- **Go Mountain Bike**
Proficiency scheme designed by Cycling Scotland covering 4 themes; riding skills, first aid, being independent & self supporting and sharing the outdoors
- **Dinghy Sailing Junior/Adult RYA Level 1,2 & 3**
Learn basic sailing skills and crewing activity or improve on existing experience
- **RYA Windsurfing**
Learn basic windsurfing skills or improve on existing experience
- **RYA Power Boat Courses**
- **Emergency First Aid Courses**



Please contact us for availability, prices and further information for any of the above courses





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Climbing/Trekking/Watersports
Confirm on Tel 029 2075 5715

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