

Expeditions Wales

JOIN THE GOLD RUSH



DofE Cycling Expedition Welcome Pack



DofE Cycling Welcome Pack and Expedition Information

Thank you for booking these exciting expeditions with us, we are sure you will have a lot of fun and revel in the success of completing the challenge and adventure that is a DofE Expedition.

This pack is your guide to the essential information, pay heed to this, it is based on what we teach you, the good practices we aspire to and the hints, tips and advice that have led to the success and enjoyment of hundreds of previous expedition groups!

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We work at a consistently high level of quality and success, fitness is not as important as the mental challenge of planning and organising yourself, playing a full role in teamwork both before and during the expedition and ensuring that your qualifying expedition meets the 20 conditions of The DofE Expedition section.

Do get in contact with us if you have any questions, or want more advice than is in this guide, we are always happy to help.

We look forward to helping you in your DofE expedition adventures!



**Keep
an eye out for these
handy tips!**

Expedition Equipment

Our **BIG 4** bits of advice ahead of an expedition:

1. **Keep your gear inside your packs dry, use several dry bags or rucksack liners.**
2. **Look after your physical well being, address any aches and pains promptly.**
3. **Plan your food and how you organise this, especially in terms of weight and bulk**
4. **Prepare yourself for a good nights sleep.**

Footwear:

You will need good footwear which is comfortable and responsive to your cycling.



Ensure your footwear has good grip for any sections that you may need to be on foot.

Comfortable socks with good cushioning under the heel and ball of the foot make a difference, as these will help with the grip inside your footwear and stop your feet sweating too much.

An additional pair of footwear for around camp is a very good idea. Avoid sandals or flip flops as there is a risk of burning yourself when cooking or injuring yourself when completing the essential cycle maintenance at the end of each day.

Water proof Jackets & Trousers:

Unfortunately, you may need these from time to time, or most of the time depending on how unlucky you are.

Be aware of the difference between water repellent, which is a chemical finish to a garment, rather than water proof, which has been tested to hold out a set amount of water.

Water proof clothing will have taped seams (see picture), and will feel shiny or crinkly.

Jackets should feature a cover or 'storm flap' over zip which helps keep the elements out, as well as a hood which fits over your cycling helmet.

Water proof trousers should be lightweight and not too loose, you don't want these catching in the chain of your bike.

Remember that the main role of waterproofs when cycling is to keep the wind off you.



Waterproof clothing with taped seams



Wear a smile with your waterproofs - it works!

Due to the moisture you build up when cycling they may not feel as if they are waterproof, but reducing the wind effect low is essential.

**Be
bright and visible at all
times**

Clothing:

If you get your clothing right, you will stay warm and comfortable and shouldn't get too hot even when working hard. Choose clothing which is light and dries quickly, nothing too heavy, although a nice hooded top or thick fleece is great for colder evening at camp, or to use as a pillow!



A few thin, light layers are a good choice.

Upper body:

- Base layer/active layer or thermal top. This will draw moisture away from the body when you are active.
- Loose fitting, quick drying t-shirt or polo shirt - **NOT COTTON**.
- Fleece or similar top, half or quarter zips are good as it allows some ventilation and can be put on quickly for warmth when you stop so you retain your heat.
- Water proof jacket with taped seams - make sure it is fit for the task.



Thermals are lightweight and cosy to sleep in.

Lower body:

- Walking trousers, polyester tracksuit bottoms (not cotton) shorts or thick leggings/running tights. Make sure these aren't heavy, or they will feel uncomfortable if wet.
- Thermals or long shorts are a sensible option for night time.
- Water proof trousers with taped seams - you may need around camp more than you will while cycling.

Spare Clothing:

There is a fine balance between too much and not enough.

Think more about a set of clothes to wear during the day and a set of clothes (which are kept dry) to wear in the tent at night. Any spare clothing should be kept dry in your packs. You can then have a couple of spare essentials, a spare base layer, additional warm layer and spare socks are normally all you will need.

Sun Hats, Beanies, Gloves & Buffs:

Hats and gloves are an essential items at all times of year!

Gloves are thoroughly recommended to reduce blistering when cycling and for overnight at camp to keep warm. A Buff or neck gaiter to keep the wind or sun off your neck as this will fit neatly underneath your helmet.

Sunglasses will help in keeping wind and dirt from getting in your eyes.

Packing:

Your packs will be carried on the cycle trailers. Consider your weight and balance carefully.

There is less room than in a walking expedition rucksack to carry equipment, so your packing should focus on the essentials and be very organised.

Avoid carrying anything on your back as this will impact your balance and makes dealing with a fall difficult.



Cycle trailer and dry bag

Protecting Essential gear:

Within your pack you must be able to keep your sleeping bag and spare clothing dry, we insist that these are stored within a rucksack liner, or dry bag. If you don't have a dry sleeping bag or clothing, we may have to remove you from expedition.

Rucksack liners are available in most outdoor stores and offer good protection for a small price, they are also available to buy from Expeditions Wales. **Bin bags or carrier bags are NOT ACCEPTABLE.**



Rucksack Liner

A more robust alternative are roll top dry bags, which can be clipped up to make them watertight, even on the worst days, these will keep your sleeping bag and spare clothing dry!

Bin bags or carrier bags may have been recommended to you on previous expeditions, but, due to the sometimes wet nature of Silver and Gold expeditions will not be allowed on our expeditions.



Dry bags

Tents:

We will supply tents for you, the model we use is the Snugpak Scorpion, the design of which provide excellent shelter from wind and rain, whilst also being lightweight and quick and simple to pitch. You will be taught how to pitch these properly within your training.



Expedition tents

Stoves:

The stoves we use are the gas Trangia stoves seen on most DofE Expeditions. These stoves are very stable, provide a choice of pans and are simple to use. We treat stove safety very seriously and demonstrate safe usage.



Gas Trangia Stove

Make sure you can keep your sleeping bag and spare clothing dry.

Getting a good night's sleep:

This is our second key to having a successful expedition, for many people the thought of several nights in a cramped tent can fill them with dread.

When everything is organised and well prepared, many participants find that they sleep more on expeditions than they would at home!

Within this it is essential to be organised within your tent, only allow dry clothing, sleeping bags and sleeping mats, as well as a few overnight essentials including a torch, spare layer and a drink inside, everything else can be packed away ready for the morning.

Sleeping Bag:

All sleeping bags are rated on the seasons they are suitable for. Each sleeping bag will give you information on its weight, its comfort temperature and pack size as shown in the picture to the right. A 2 season bag will be ok for summer, but unlikely to be warm enough for spring or autumn expeditions, where a 3 season sleeping bag, which has a lower comfort temperature, but will be heavier should be adequate for these times.

For ultra warmth, a 4 season bag is an option, though these weigh considerably more and will take up a large amount of space in your rucksack. As a guideline, the minimum comfort temperature should be lower than 0°C and weigh around 1.3 - 1.7kg.

You can also use a sleeping bag liner, which creates extra warmth.



Sleeping Mats:

The main role of these is insulation from the ground, not comfort. The more insulation you can create, the more comfort you will generally gain. If you sleep on your side, consider an air bed or self inflating mat.

There are 3 main types:

- Foam sleeping mats or roll mats. Light, easy to pack but not the most comfortable.
- Reeded air beds - require blowing up, but the extra air adds comfort.
- Self inflating mats. More expensive, but have very good comfort and insulation.



Lights:

You will need at least front and rear lights, as well as a head torch. As much reflective gear as possible is a good idea, the easier and quicker you are seen the better.

A head torch will help with any cycle maintenance in poor light conditions.

**Fill
the bag your sleeping
bag is stored in with your
spare clothes and you
have a pillow!**

Equipment Check List

Qty	Item	Check	Qty	Item	Check
Personal Clothing - Minimum			Personal Equipment		
2	Approach shoes or trainers for cycling and around camp		1	Cycle trailer/pack	
5/6	Socks		2/3	Rucksack liners or dry bags (NOT BIN BAGS or CARRIER BAGS)	
1	Hi-Viz Vest		1	Sleeping bag	
1/2	Base Layer/Thermal top		1	Sleeping mat	
1/2	Base layer/Thermal bottoms		1	Cycling helmet	
3	Quick drying t-shirts NO COTTON		1	Cultery/eating utensils/spork	
2/3	Fleece tops/jumpers NO COTTON		1	Cup/plate/bowl (your preference)	
2/3	Trousers, leggings or shorts		2	Drinks bottles	
1/2	Warm hat/beanie/buff		1	Personal first aid kit/medication	
2	Gloves - 1 for cycling 1 for camp		1/2	Box Blister plasters	
1	Waterproof Jacket		1	Whistle	
1	Waterproof Trousers			Toilet paper & wipes	
1	Sun glasses		1	Wrist Watch (With Alarm)	
Group Equipment: (discuss and organise these with your group members)			1	Mobile phone - fully charged (only to be used in emergencies)	
2/3	Compasses			Midge head net & insect repellent (summer expeditions)	
2/3	Waterproof Map cases			Toiletries/towel/toothbrush	
	Route plans & route cards + copies				
1	Group first aid kit (or everyone brings a small personal first aid kit)		2	Head torches and cycle lights	
				Tools for cycle maintenance	
2	Big orange Survival bags			Cycle spares & multi tool	
1	Washing up kit			Food (Gold 6 days, Silver 4 Days)	
2	Trowel		You will be provided with:		
1	Note book or waterproof paper		2/3	2 or 3 person tents	
2	Pens/pencils for note taking		2	Stoves and fuel	
2/3	Matches/lighters (kept dry in a bag)		2	Maps	
1	Box of water purification tablets		1	Group shelter	
1/2	Small folding penknife		2	Emergency Cards	

Qty	Item	Check	Qty	Item	Check
Personal Cycling Equipment			Group Cycling Equipment		
1	Bike		2	Cycle pumps	
1	Cycle trailer and pack		1	Cycle repair kit	
1	Helmet		1	Cycle computer	
2	Gloves		1	Strong adhesive tape - duck tape	
1	Sunglasses		1	Chain tool	
2	Spare inner tubes		1	Spare chain links	
1	Puncture repair kit		2	Spare brake pads	
1	Small bottle of wet chain lube/oil		1	Spare brake cable	
1	Cycle lock		1	Spare gear cable	
2	Front and rear lights		2	Multi tool and small folding knife - can be carried personally.	
1	Hi-viz vest		2	Whistles	
1	4 5 6 and 8mm allen keys		2-3	Wrist watches (with alarm)	
1	Multi tool		1-2	Camera	
2	Tyre levers		2	Maps	
	Cable ties - several		2	Route cards	
1	Mobile phone		1	Toilet paper/hand wash	
1	Personal first aid kit		2	Spare lights	
			1	Group first aid extra's	

Cycle Maintenance:

You will receive training in cycle maintenance as part of the training weekend in March, with a refresher ahead of the practice and assessed expeditions.

You must check your bikes, trailers and equipment thoroughly at the start and end of each day, completing as much of your cycle maintenance as is possible, many participants find it the most rewarding part of the expedition, keeping going by using their own effort and ingenuity.

You should allow time during your route plan for each to complete cycle maintenance, something will go wrong at some stage, it is unavoidable.

Expedition Food Advice

Getting your food right can make the difference between an enjoyable, successful expedition and an expedition which becomes a struggle due to lack of energy or poor choices of food.

You will need to bring food for the entire duration of your stay (Gold - 6 days, Silver - 4 days) and you will find amongst the next pages a lot of ideas and suggestions.

Food is checked during the training days and advice given on pooling food to lessen weight and bulk.

Organisation:

This is key to making sure you are prepared, have your foods easily at hand and know what to eat and crucially when.

We suggest that your food is bagged in individual meals, then split off into days. This will ensure that you have enough food, know when you need to eat everything and also won't run the risk of carrying too much. 1kg a day is optimum. Plan your menu in advance, or even better plan a group menu and use it as part of the fun - we've even seen groups produce a-la-carte dining menu's with elaborate descriptions!

Discuss any allergies or dietary needs within your group and how you will deal with this?

The Golden Rules:

- If you're going to carry it, make sure you eat it.
- Consider weight. Expedition Food makes up a large bulk of the pack weight at the start of an expedition. Lightweight can still be yummy and nutritious!
- We recommend about **1kg a day** should be sufficient with an aim of around 3000 calories to be consumed each day. No glass jars or heavy cans.
- Cooking Time. How long does it need? Will you need extra ingredients?
- If you're not sure about cooking anything, try it out at home first!
- Be inventive, make the food as appealing as possible and add extra's.
- Plan and prepare. Have your food organised.
- Shop around, this will help you find cheap foods and find some fun new ideas.
- Don't let mummy pack your bag!!!!



Giving some thought to your expedition food can lead to fun meals!



Breakfast Time:

Hugely important part of the day, even more so on Expedition.

A quick, easy, filling and most of all warm breakfast will get you going and keep you fuelled through the early part of the day!

Some Breakfast ideas:

- Oat-so simple or porridge - can be mixed with flap jacks, cereal bars or biscuits, dried fruit or anything else you can think of. Quick, easy and very filling!
- Beans with mini pita breads.
- Variety pack cereals, or measured portions or cereals or muesli, can be mixed with milk powder, or squeazy condensed milk.
- Scotch Pancakes with jam portions or golden syrup
- Cocktail sausages or bacon pieces. Best for the early part of expedition as more difficult to keep.

Make your breakfast as appealing as possible, it will help you get going!

To drink

- Hot Chocolate and marshmallow's - good at any time of day.
- Tea or Coffee (3 in 1 coffee is easy) or Herbal/Fruit Teas

Let's do lunch.....

Never leave it too long before stopping for lunch and top up with fluids regularly!

Tiredness caused by needing to drink or eat has a massive effect, especially on concentration levels, with errors often made at crucial points in the day.

Lunch Time Snacks

- Wraps, pita bread, bagels or rolls.
- Crisp breads, ryvita, cracker bread, melba toast.
- Tuna light lunches, or other pouch meals which can be eaten cold and keep well.
- Pepperami or salami sticks
- Frikadellen, cocktail sausages or other cooked meats.
- Cheese pieces, Baby Bells, Dairylea.

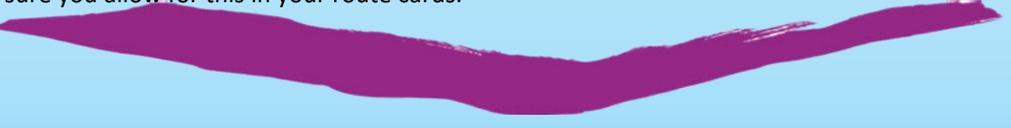
Keep taking food on board a little and often to maintain energy and concentration levels.

Like a more leisurely lunch?

With good planning, you can even have a hot lunch:

Some ideas for a quick, hot lunch, noodles, easy cook rice with tuna, cup of soup or mug shots, couscous, sweet corn.

All of those should be ready in 5 minutes or less, though allow time for finding and boiling water and for cleaning up after you. A typical hot lunch will take at least 30 minutes, make sure you allow for this in your route cards.



Dinner Time :)

It may have been a long day!

We recommend that you plan in advance of arriving at camp, deciding who will do what in order to be as efficient as possible and making sure the all important jobs of tents going up and food being cooked are taking place.

Once your tents are up and everyone has organised their equipment, then comes replenishing your energy with a nutritious, filling and enjoyable evening meal, possibly with a dessert to follow.....mmmm pudding!

Evening Meal Suggestions:

- Cup a soup or a mug shot mixed with noodles (Starter!)
- Pasta in Sauce
- Sausage & soupy smash (smash mixed with a cup a soup or a sauce)
- Bean Feast
- Fajita's or wraps mixed with pre cooked meats or chopped vegetables
- Couscous, especially the flavoured packs.
- Pepperami and beans
- Curry pouches with easy cook rice

The main consideration with evening meals is how long they should take to cook, anything more than 15 minutes will use up a lot of fuel and patience, you could also get very cold while cooking, wasting all the energy you're about to make up!

Check ingredients on packet meals before bringing them, some may need milk or butter, but you can improvise!

If you're not sure, try cooking them at home, or at worst, base camp, where we can help and advise you before finding out on expedition that it wasn't such a great idea :-)

Above all - make sure it is tasty, nutritious and you will look forward to eating it!

Be inventive and have fun coming up with meal ideas.

Desserts or treats

Don't forget these, great for warming you up and giving you a nice feeling before settling in for the night.



With everything done, you can relax and enjoy stunning sunsets!

- Any cake, biscuits or dried fruit mixed with instant custard will hit the spot.
- Pancakes & maple syrup
- Marshmallows & hot chocolate

Eating the evening meal as a group is most people's highlight of the day.

Expeditions Wales

JOIN THE GOLD RUSH



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