



7th May 2026

Dear Pupils and Parents/Carers

Duke of Edinburgh Bronze Expedition – Final Details Saturday 16th May to Sunday 17th May 2026

Timings: Pupils will need to make their own way to the start of the expedition meeting point on Saturday 16th May at Snailbeach Village Hall, Shrewsbury SY5 ONX for a 10.30am start. **What 3 words: - vowel.spine.crawled**

Pupils will need to be picked up from the Bog Visitor Centre Car Park, Stiperstones, SY5 ONG at 2pm on Sunday 17th May. **What 3 words: - without.salmon.shimmered**

Supervision: All pupils will be supervised at the campsite. There will be a period of remote supervision when pupils are navigating between checkpoints. However, pupils will be frequently met by staff on their route. The pupils will be given clear instructions regarding the boundaries of the campsite.

Behaviour: In the unlikely event that a pupil has to be disciplined, the school's behaviour policy will be used.

Equipment: The school can provide tents and rucksacks. However, if pupils want to use their own that is totally fine. Trangia's (cooking stove) will also be provided. **Pupils will be required to bring a sleeping bag and mat, walking boots, waterproof clothing and food and cutlery (if required).** A list of clothing is attached along with food suggestions.

Staff: The staff from THOA will include Mr Morris, Mr Hawkins and Miss Bull.

Insurance: Insurance will be provided by the school, however, due to the nature of the activities undertaken we cannot insure for mobile phones and other electronic items.

Campsite: Pupils will be camping at Nipstone Campsite, Stone Cottage, The Bog, Minsterley SY5 ONJ

Please note: On **Wednesday 13th May** pupils must attend the final training session at THOA from 3.30pm. This session will include pre-expedition equipment checks, food and route planning. No equipment will need to be brought in for this session. The session will finish at 4.30pm

Mrs Vicki Dean (Principal) – School Mobile 07367 343824
Ryan Morris – School Mobile 07897 521697

If you have any questions, please email me: rmorris@tenburyhigh.co.uk

Yours sincerely

Mr R Morris
Duke of Edinburgh's Award Manager

Really Useful Backpacking Tips -

© Mike Pugh



Rule 1 - Waterproof liner in rucksack first, then sleeping bag

Not Found on the Usual Lists! !!!!

What You Must Take In Your Sack

Rucksack 50 to 65 litre capacity
Plastic liner – but dry bags are much better.
Sleeping mat
Sleeping Bag
Spare base layer top
Thin stretchy trousers
Two thin fleeces
Undies
Good loop stitch socks
Waterproof jacket with hood
Waterproof trousers
Warm hat
Gloves (in summer add extra socks instead)
Very small towel (trek towels are good)
Toothbrush
Water bottle or hydration bag, 2 litres.
Fork, 2 spoons, tea spoon, Sporks are great.
Plastic dishes & a mug.
Whistle
Head torch
Lunches & snacks
Spare high-energy food
A little bit of pocket money
A sense of humour
Common Sense

What You Should Take Per Tent

Tent
Matches (flint and steel are reliable)
One waterproof box of matches
Stove
Fuel for stove
Small pen knife (Swiss army type – no fixed blade knives)
Loo roll
Scourer and light dishcloth
Toiletries (work out what you can share)
Dinners & Breakfasts

What You Take as a Whole Group

Maps/compasses
First aid with plenty of blister treatment and tick remover
Emergency procedures sheet & contact details

Rule 2 - Always keep your sleeping bag and matches dry.

Shorts can be fine to wear but pack trousers as well.

Knowing what not to take is as important as knowing what to take. You don't need pillows, use a fleece. If you take a phone don't use it unless you really have to, and get a waterproof case - download OS Locate App to your smart phone. Take crocs/ flip flops - not trainers. Check all kit that is issued from the stores especially tents.

Remove all excess packaging. Put plastic tubs into bags.



*In Summer add:-
Insect repellent.
Even consider head mesh/net covers. These little blighters can be hell. at camp.*

Sunscreens are vital, even on dull days. Use the new breed of all day ones, such as P30/P50. A cotton baseball cap & sunglasses help.



Food Glorious Food !!!!!



Breakfasts

Cereals
Tea
Breakfast bars etc
Bacon !!!
Rolls
Jam (mini pots)
Instant porridge sachets
Try adding hot Chocolate sachets to Alpen/ready brek etc

Dinner

Cup-a-soup
Pasta and sauce
Try a simple pasata pack and add herbs and onion.
Grated Cheese, Noodles
Salami
Pepperami
Cheesy pasta.
Tinned fish in alloy tins with rice.
Cus Cus instead of rice.
Rice
Curry
Chilli con carne
Smash
Oxo stock cubes to make a risotto
Naan bread

There are lots of dehydrated products in supermarkets these days - choose the ones that cook the quickest.

Bart or Curry-to-go make curries in foil packs ready to heat up.

A fresh onion or a chilli to spice things up !!!!!!!!

REMEMBER

To buy the rice and pasta that cook the quickest.

Make the dried milk into a liquid first by mixing it with cold water.

By adding extra spices such as curry powder, garam masala or fruit will make your meal tastier.

Margarine added to smash makes it creamier.

Snacks & lunches need a lot of thought if you are to avoid just sandwiches (you can't carry four days worth of sandwiches)

EXPERIMENT with different foods before your expeditions - which is the quickest?

Which tastes the best? Which is the lightest to carry?

LOOK around the supermarkets for better ideas.

Lunches & Snacks

Sweets - Haribos, Jelly Babies etc
Wraps
Chicken pieces (first day !!)
Pork pie, sausage rolls etc (first day)
Samosas
Non melting sweets
Chocolate (can melt)
Naan Breads
Malt loaf
Pitta bread, rolls
Nuts
Raisins
Fruit Cake
Cheese spreads

Dried fruit etc
Tuna foil packs
Mini Baby Bel cheeses
Primula cheese tubes.
Salami sticks (Pepparami)

Desserts

Swiss roll with instant custard
Chocolate
Ready made puds
Biscuits

Drinks

Water 1 1/2 Litres
Coffee
Drinking chocolate sachets etc
Oxo/Bovril
Sport powder rehydration drinks
Powdered milk (experiment!) Robinsons
fruit squeezes

