

DofE Training Syllabus and Equipment

Updated 17 Mar 2025

1. Equipment

1.1 Training Equipment

- Used orange personal survival bags will be supplied for training
- Group first aid kits for training purposes will be supplied and the contents can be used
- The expedition group first aid kit will have a breakable seal so back at HQ after the expedition it is known if the contents need to be restocked

1.2 Expedition Equipment

- The [Borrowed Equipment Form](#) is to be completed by the instructor during training
- It should be completed with the names of the participants who actually attended on the day as some people might not be able to attend their team's assigned training day and attend training on a different date
- There is a 'Nothing Needed' column, please use this for those participants who do not need to borrow any equipment; that way it can be seen that they have been asked and the form will also act as a register

2. Syllabus

2.1 Introduction

- Get into groups
- Team building small game (Optional)
- Overview of DofE expeditions (Practice and Qualifier)

- Length of routes, terrain, days, expectations
- What young people might expect

2.2 Understanding Maps

- Planning leg
 - 5 Ds of navigation or describe journey as a story
- Top tips for route planning
- Comfortable with an OS map
- Comfortable with a compass

2.3 Equipment Overview

- What is provided by MY Adventure
- Group equipment
- Individual equipment
- Cooking equipment
- How to pack a rucksack

2.4 Behaviour

- Code of conduct
- [Countryside Code](#)
- [Leave no Trace](#)
- [Scottish Outdoor Access Code](#)

2.5 Camp Site

- Top tips
- Tent building
- Camp rules (Hygiene)

2.6 Cooking/How to Use Stove

- Store fuel **away from stove**
- Fill burner **away from stove**
- Never pour fuel into burner whilst it is in stove
- Hair and sleeves away from flames
- Please **burn off all fuel** (don't put too much in initially) so that it doesn't leak onto equipment

2.6.1 Meal Planning

- Top tips
- What to bring
- What we advise not to bring
- Water
- Cooking / How to use the stoves?

2.7 Incidents

- Risk awareness / assessing
- Ticks / Lyme disease

2.7 First Aid

- Minor injuries
- Major injuries

2.8 Getting Help

- Emergency procedures (What to do in an emergency)
- Mobile phones electronic devices (Emergency use only)