



24 September 2026

Dear Families

Silver Duke of Edinburgh's Award (DofE) Qualifying Expedition 2026 – Final Details, Itinerary and Nut-Free Meal Preparation Guide

We are writing to provide you with comprehensive information regarding the upcoming Silver DofE Qualifying expedition 2026 for our Year 11 and Year 12 students. The expedition will take place in the South Downs (Brighton area) from Friday 02 October 2026 to Sunday 04 October 2026. Please read through all sections of this letter carefully, which outlines logistics, emergency contacts, mobile phone policy, staffing, the complete daily schedule, and essential guidance on food preparation, including a nut-free supermarket shopping list.

1. Trip Overview and Transport Logistics

- **Target Group:** Year 11 and Year 12 students
- **Location:** South Downs (Brighton area)
- **Outward Transport:** School minibus
- **Return Transport:** Private transport (**parents are responsible for all pick-ups**)

Drop-off Details

- **Date and Time:** Friday 02 October 2026 at 8.45am
- **Location:** Sackville School
- **Departure:** Minibuses depart Sackville School at 9.00am – 9.15am to transfer students to the expedition start point at Beach Green, Shoreham-by-Sea, BN43 5YE.

Pick-up Details

- **Date and Time:** Sunday 04 October 2026 from 1.30pm onwards
- **Location:** Waterhall Playing Fields, Waterhall Road, Brighton, BN1 8YR
- **Note:** Students will be handed back their phones upon reaching their final checkpoint on Sunday early afternoon to contact parents and confirm exact pick-up timing.

Emergency Contact Information

- **Trip Phone Number:** 01342 410140 (Ext: 988)
(This number is monitored and distributed to all attending staff and key stakeholders for the duration of the trip).

Mobile Phone Policy

- **Hand-in on arrival:** To promote safety, focus on navigation, and full engagement in team activities, all personal mobile phones will be collected by the DofE lead upon arrival on Friday morning.
- **Safe storage and return:** Phones will be kept securely by staff throughout the expedition and handed back to students on day 3 (at the final checkpoint) so they can contact parents

with precise pick-up times. In the event of an emergency, parents can contact staff via the trip phone number provided above.

2. Staffing and responsibilities

Sackville staff members will accompany the expedition and are responsible for student welfare, activity oversight, and logistical management. The expedition will also be supported and supervised on the ground in partnership with the Trekco Team.

3. Comprehensive Itinerary and Daily Schedule

Day 1: Friday 02 October 2026

- **8.45am** – Students arrive at Sackville School (dropped off by parents). Mobile phones handed in to the DofE Lead.
- **9.15am** – Departure via school minibuses to Beach Green, Shoreham-by-Sea (BN43 5YE).
- **Late morning** – Kit checks, final team preparations, and distribution of group gear.
- **Activity / hike** – Welcome address and mandatory safety briefing by the Trekco Team. Teams set off on their routes, navigating through designated checkpoints.
- **Lunch** – Scheduled group lunch (managed independently within student teams on the route).
- **Late afternoon** – Teams arrive at campsite 1: Washington Park Campsite, London Road, Washington, RH20 4AJ to pitch tents and establish camp.
- **Dinner** – Students independently prepare and cook their evening camp meals.
- **Evening** – Campfire debrief, followed by organized group games and settling down for the night.

Day 2: Saturday 03 October 2026

- **Early morning** – Breakfast, camp strike (packing down tents), and site clean-up.
- **Morning** – Final route checks and daily safety briefing from the Trekco Team.
- **Activity/hike** – Day 2 expedition legs commence. Teams navigate through designated checkpoints.
- **Lunch** – Scheduled group lunch within teams on the route.
- **Late afternoon** – Teams arrive at campsite 2: Hillside Scout Campsite, Henfield Road, Small Dole, BN5 9XJ to pitch tents and establish camp.
- **Dinner** – Students independently prepare and cook their evening camp meals.
- **Evening** – Campfire debrief, followed by organised group games and settling down for the night.

Day 3: Sunday 04 October 2026

- **Early morning** – Breakfast, camp strike (packing down tents), and site clean-up.
- **Morning** – Final route checks and daily safety briefing from the Trekco Team.
- **Activity/hike** – Day 3 expedition legs commence. Teams navigate through designated checkpoints.
- **Lunch** – Scheduled group lunch within teams on the route.
- **Early afternoon** – Upon reaching the final checkpoint, mobile phones will be handed back to students so they can contact parents directly to confirm the expected 1.30pm arrival/pick-up time.
- **1.30pm onwards** – Teams arrive at **Waterhall Playing Fields, Waterhall Road, Brighton, BN1 8YR** for final debrief and parental pick-up.

4. Food, Drink and Meal Preparation Guidelines

Students must carry all their own food and drink for the duration of the 3 days, aiming for **3,000 to 4,000 calories per day** using compact, non-perishable, and high-energy ingredients.

Essential DofE Food Rules

- **Strict Nut-Free Policy:** Due to severe allergies within the group, **no peanuts, tree nuts, or nut-based products (e.g., Nutella, peanut butter) are permitted.**
- **No raw meat or fresh dairy:** These spoil quickly without refrigeration; stick to cured meats (salami, pepperami, chorizo), hard/processed cheeses, or ambient pouches.
- **No glass or tin cans:** Glass breaks easily, and tins add unnecessary weight and create sharp, dangerous litter.
- **No heavy liquids or jarred sauces:** Avoid standard jarred pasta sauces; choose dehydrated, freeze-dried, or quick-boil grains and wet pouches.

Hydration Requirements

- Every student must carry **2 to 3 litres** of water capacity in durable reusable bottles or a hydration bladder (e.g., CamelBak).
- Water can be refilled at campsites and designated checkpoints.
- Electrolyte tablets or concentrated squash drops are strongly recommended to replenish lost salts and encourage regular hydration.

Packing and Preparation Tips

- **Decant packaging:** Strip unnecessary cardboard boxes and excess plastic at home to save weight and reduce campsite litter.
- **Day-by-day ziplocks:** Pack each day's food into separate waterproof ziplock freezer bags labelled "day 1", "day 2", and "day 3".
- **Utensils and Wash-up:** Pack 1 spork/durable spoon, 1 lightweight heatproof camping mug, a small piece of scourer sponge, a small bottle of biodegradable washing-up liquid, and heavy-duty bags to carry out all rubbish.

5. Nut-Free Supermarket Shopping List and Meal Ideas

Shopping List

- **Breakfasts (days 2 and 3):**
 - Instant porridge sachets/pots (e.g., Oatburst, Quaker Oat So Simple)
 - Brioche rolls / chocolate chip brioche (high calorie, doesn't crush easily)
 - Hot drink sachets (hot chocolate sachets mixable with boiling water, 3-in-1 instant coffee, or tea bags)
- **Lunches & Wraps (days 1, 2 and 3):**
 - Tortilla wraps or bagels (1–2 packs; sturdier than regular bread)
 - Squeeze pouch spreads: Jam, Marmite, or sunflower seed butter.
 - Processed cheese triangles or Babybels
 - Tuna/salmon pouches (e.g., John West or Princes pouches – **no tin cans**)
 - Pepperami / salami/chorizo sticks (cured meats)
- **Dinners (Days 1 and 2):**
 - Quick-cook pasta /noodles/couscous (e.g., Batchelor's Super Noodles, Pasta 'n' Sauce, Mug Shots, aromatic couscous)
 - Pre-cooked expedition wet pouches (e.g., Wayfayrer Chilli Con Carne, all day breakfast, vegetable curry – available at Go Outdoors, Mountain Warehouse, or larger supermarkets)
 - Pre-cooked grain/bean pouches (e.g., Merchant Gourmet snap-pots/pouches)

- **Nut-Free Trail Snacks:**

- Malt loaf (e.g., Soreen lunchbox loaves /banana loaves)
- Nut-free flapjacks and oat bars (check supermarket "free from" aisles or brands like *Nairn's*, *Graze Nut-Free*, or *Doves Farm*)
- Dried fruit (raisins, dried apricots, banana chips, dried mango – check plain packs without mixed nuts)
- Seeds (sunflower seeds, pumpkin seeds)
- Fast energy sweets: Jelly Babies, Haribo, Skittles, or mint Kendal cake
- Squash concentrated drops/electrolyte tablets (e.g., High5, Nuun, Robinsons Squash'd)

Sample 3-Day Meal Plan

Meal	Day 1 (Fri)	Day 2 (Sat)	Day 3 (Sun)
Breakfast	Eat at home prior to arrival	2x porridge sachets + hot chocolate	Brioche rolls + hot chocolate/tea
Lunch	Wraps + pepperami + cheese triangle + malt loaf	Bagel + jam/seed butter + tuna pouch + Jelly Babies	Wraps + salami + dried fruit + flapjack
Dinner	Quick-cook pasta + chorizo slice-ins	Expedition pouch meal (e.g., Wayfayrer)	N/A (Finished at 1.30pm)

Please double-check back-of-pack allergy labels at the supermarket to confirm products are produced in a nut-free environment.

If you have any questions or require further clarification prior to departure, please do not hesitate to contact us.

Thank you for your ongoing support in enabling our students to complete their Silver Duke of Edinburgh's Award.

Yours sincerely

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