



## **BPE DofE Expedition Bitesize 13: Sources of Equipment and Food**

### **Top tips for Clothing & Equipment**

1. Best source of equipment is to borrow from family & friends, especially if any of them have done DofE expeditions or similar in the recent past. However, try to avoid borrowing walking boots as these will have moulded to the owner's feet.
2. When shopping for kit and clothing, always take your DofE pack with you to show you are a participant, and ask for discount.
3. Shop around, compare prices, and use the internet to find the best deal.
4. Take advantage of early season or end of season clearance sales to get best prices.
5. Take someone with you who can advise on the best fit. Don't always trust the sales person as they are there to get a sale. Make sure what you buy is fit for purpose.

Below is a list of retailers where you can buy items for your DofE Expedition:

<b>Retailer</b>		<b>Web Site</b>
Cotswold Outdoors	15% discount on all clothing and kit	<a href="http://www.cotswoldoutdoor.com">www.cotswoldoutdoor.com</a>
Yeomans Outdoors	10% discount on all clothing and kit	<a href="http://www.yeomansoutdoors.co.uk/">www.yeomansoutdoors.co.uk/</a>
GO Outdoors	Discounts on RRP with £5 card	<a href="http://www.gooutdoors.co.uk/">www.gooutdoors.co.uk/</a>
Decathlon	Clothing	<a href="http://www.decathlon.co.uk">www.decathlon.co.uk</a>
Blacks	Clothing and equipment	<a href="http://www.blacks.co.uk">www.blacks.co.uk</a>
Outside	Clothing and equipment	<a href="http://www.outside.co.uk/">www.outside.co.uk/</a>
Millets	Clothing and equipment	<a href="http://www.millets.co.uk">www.millets.co.uk</a>

BPE have an arrangement with the supplier of our own expedition equipment to provide schools and youth groups with personal and group equipment at reduced prices. We can arrange a viewing evening for your school/youth group so that you can try before you buy. Please contact the BPE office if you would like us to arrange this for you.

### **Top tips for Food**

1. Plan your menus as a team, considering everyone's dietary requirements and tastes.
2. Consider the weight, energy, and time/fuel consumption required to cook as these are important factors.
3. At Bronze, cooking pasta and rice with sauces is often the cheapest and most suitable for expeditions.
4. At Silver/Gold, especially in more remote areas, then specialised expedition foods may be a good alternative. These are high in energy, simple to cook, and cuts down on the washing up!

<b>Specialised Brand</b>	<b>Available from</b>	<b>Web Site</b>
Wayfarer	High Street retailers	<a href="http://www.westlerfoods.com/Wayfayrer.html">www.westlerfoods.com/Wayfayrer.html</a>
Beyond the Beaten Track	Cotswolds & Online	<a href="http://www.beyondthebeatentrack.co.uk/dofe.php">www.beyondthebeatentrack.co.uk/dofe.php</a>
Be-Well Expedition Foods	Online	<a href="http://www.bewellexpeditionfoods.com/">www.bewellexpeditionfoods.com/</a>
Look What we Found	Sainsburys, Morrisons	<a href="http://www.lookwhatwefound.co.uk/">www.lookwhatwefound.co.uk/</a>

