

A scenic landscape photograph of a mountain valley. In the foreground, there is a rocky shoreline with green vegetation leading to a calm, greyish lake. The middle ground shows rolling green hills and a valley. In the background, large, rugged mountains are partially shrouded in mist or low clouds. The overall atmosphere is serene and natural.

The Duke Of Edinburgh's Award

BXM Expeditions

Who are we?

- Founded in 2010 with the aim to allow more young people to access the outdoors at a cheaper cost.
- Working with around 100 schools.
- Running in excess of 450 expeditions every year.



Bronze DofE

BRONZE

Volunteering 3 months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical 3 months	
Skills 3 months	
Expedition 2 days 1 night	



- 4 Sections.
- Personalised to individuals.
- Expedition Section - 2 elements
Training
Qualifying

Silver DofE

SILVER		<i>Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.</i>
Volunteering	6 months	
Physical	one section for 6 months, the other for 3 months	
Skills		
Expedition 3 days 2 nights		
		

- 4 Sections.
- Personalised to individuals.
- Expedition Section - 3 elements
Training
Practice
Qualifying

Gold DofE



GOLD

Volunteering 12 months

Physical one section for 12 months, the other for 6 months

Skills

Expedition 4 days 3 nights



Residential 5 days 4 nights

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

- 4 Sections.
- Personalised to individuals.
- Expedition Section - 3 elements
Training
Practice
Qualifying



**YOUTH
WITHOUT
LIMITS**

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Expeditions

There are 2 expeditions needed to be complete, a practice and a qualifier

Our Instructors use 3 types of supervision: direct, close and remote

The group's instructor's details will be on the map, along with other contact details that may be needed

Expedition Equipment

What do you need?

- BXM will provide:
Tents, Stoves, Gas & Maps
- Participants must have their own personal equipment and food.
- Your young person needs their own rucksack, sleeping bag and roll mat, although these are available to hire on our website
- Don't overpack!



KIT LIST



CHECKLIST

Clothing

Walking boots	
Waterproof jacket	
Waterproof trousers	
2 mid-layers (fleece)	
2 base layers	
2 walking trousers/shorts	
Several pairs of walking socks	
Underwear	
Appropriate hat	
Gloves	

Camping Equipment

Sleeping bag (3 season)	
Sleeping mat	
Mess tin/cooking pot	
Cutlery	
Cleaning equipment	
Food	

Essentials

65 litre rucksack	
Head torch	
First aid kit	
Mobile phone	
2 water bottles (1 litre)	
Compass	
Survival bag	
Wash kit & towel	

Optional Items

Notebook & pencil	
Sunglasses	
Watch	
Camera	

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OUTDOORS

Food

- 2 hobs per group of 6 or 7
- Groups will only cook in the evening
- If it is cold they will be asked to make something warm in the morning, breakfast or hot drink.
- Lunches and snacks, just think about how it packs.



parents@bxmoutdoors.com

Parents of Participants

schools@bxmoutdoors.com

School DofE Managers



[Basket](#)

info@bxmoutdoors.com

Everything else

staffing@bxmoutdoors.com

Interested in working in the outdoors



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BXM Expeditions

As an Approved Activity Provider, BXM are passionate about young people and the outdoors. Always in search of that perfect expedition, we work with over 100 schools across the country from Cornwall to North Yorkshire and everywhere in between.



FAQ



How big is a DofE group? **6 or 7**

Can students take their phones? **This depends on the school policy. They should never be used for contacting home or using Social media of any kind.**

What if I get a call from my young person? **Stay calm, contact us if you are unsure.**

What if I need to contact my young person? **Contact us first and we will communicate with them.**

Questions?

- www.bxmoutdoors.com
- www.bxmlearning.co.uk
- parents@bxmoutdoors.com

- www.dofe.org