



Dear Gold DofE students

Some notes prior to your practice expedition later this month.

Expedition basecamp information:

Groups 1 - 7: Dol Llys Farm Campsite, Llanidloes, Powys, SY18 6JA

Due to ongoing refurbishment, the number of showers is less than usual and there could be waiting times.

Expedition staff are on site overnight on Saturday & Sunday night

Quiet times are from 10pm – 7am.

All camp sites must be respected, noise kept to a minimum and site rules to be followed.

1. Personal Equipment & Clothing essentials:

Refer to your [expedition advice packs](#)

The list below are absolute essentials.

There will be a full kit & food check when you arrive.

- Waterproof jacket & waterproof over-trousers
- Minimum 3 x warm layers
- Hats & Gloves
- Dry bags or rucksack liners/rubble sacks for storing sleeping bag & spare clothing
- Sleeping bag & sleeping mat
- 2 litres of water to be carried. Drink plenty before you leave camp and replenish when you get to camp. There are water tops up's available each day, but these are limited by accessibility.
- Torch - preferably head torches
- 2 watches per group

You may bring **one small spare bag** that can be left with us while you are out on expedition, this must be clearly named with your group number.

Space is limited, so please pack wisely. Bags are returned at the finish.

2. Group equipment:

Group equipment, including tents, stoves, gas, maps & a group shelter are provided for you.

Your maps will be marked up with your approved expedition routes and your route cards are printed out for you.

Group equipment is loaned to you on the basis that you treat the equipment provided with respect.

Equipment Clause:

In the event of Expeditions Wales equipment becoming damaged or lost by improper use or carelessness, we reserve the right to reclaim the cost of a new replacement from the participant, parent, or the responsible organisation.



3. Weather - Check the Mountain weather -

[Met Office forecast - Cambrian Mountains.](#)

Hats, gloves, at least 3 x warm layers and torches are an absolute must have.
All kit must be packed away by 7pm.

We as instructors will probably be wearing 4 layers ourselves when it gets dark....and we are used to the conditions.

Think carefully about your clothing and make this a priority in your packing.

You can read further tips for camping in cold weather on our Social Media channels:

[Expeditions Wales on Instagram](#) or [Facebook](#)

4. Food

You need to bring the food for the whole trip.

Consider this wisely as packs are weighed before you set off on expedition.

On Sunday evening, you will be able to walk into the local town, Llanidloes, for a takeaway.

This is optional, but you are advised that options and availability can be limited on Sunday evenings, so we would advise doing some research in advance. Many takeaways will only accept cash.

5. Environmental impact - read and understand the Leave No Trace principles - [find out more here](#)

Please be aware that it is lambing time and farmers are working around the clock every single day.

Proceed carefully and quietly through any fields with livestock.

Don't try to rescue lambs that you think are in distress, you may make things worse.

Above all, be good ambassadors for the College, for DofE and for young people in general.

6. Mobile phone policy:

Mobile phones are switched off and kept in rucksacks to preserve battery life.

Expedition staff can make individual agreements for medical and/or well being purposes.

Contact between groups by phone is strictly prohibited.

Phones will lose charge quickly in cold conditions and are predominately a safety device on expeditions in the hills and mountains.

If you are prepared, you will have a good expedition.

Look forward to supporting your DofE Gold adventures

The Expeditions Wales Staff team.

www.expeditions-wales.co.uk