



THE DUKE OF
EDINBURGH'S AWARD
www.DofE.org

Westhill Open Award Group

Email: WesthillDoE@aol.co.uk

Website: www.WesthillDoE.co.uk

OUTDOOR ACCESS

Scottish Outdoor Access Code www.OutdoorAccess-scotland.com	<ul style="list-style-type: none"> • Take responsibility for your own actions • Respect the interests of other people • Care for the environment
Countryside Code www.countrysideaccess.gov.uk/	<ul style="list-style-type: none"> • Be safe, plan ahead and follow any signs • Leave gates and property as you find them • Protect plants and animals and take your litter home • Keep dogs under close control • Consider other people
Leave no trace http://www.Int.org/	<ul style="list-style-type: none"> • Remove all litter – even other peoples! • Do not bury or hide litter. • Carry only what you are prepared to carry out – think ahead! • Choose a dry site to pitch on • Replace boulders exactly as you found them
Hygiene www.campingexpert.co.uk/hygiene-when-camping.html	<ul style="list-style-type: none"> • Choose a spot at least 30m from fresh or running water • Dig a small hole and replace turf afterwards • Bury biodegradable toilet paper; carry out normal toilet paper • Female sanitary products should be carried out never buried
<p>More information at: www.aberdeenshire.gov.uk/outdooraccess/outdoor/rights.asp</p>	



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MENU PLANNING & FOOD SAFETY

Balanced menu	<ul style="list-style-type: none"> • Include protein, fibre, carbohydrates, fat – be aware of food allergies and other dietary requirements e.g. vegetarian
Weight, squash-ability & waste	<ul style="list-style-type: none"> • Keep it light, only take the amount you need, label it • Exercise makes you hungry so you'll need more food • How will you prevent food from being squashed or leaking? • Think about the weight of empty tins or packets – you've got to carry those home!
Hot or cold	<ul style="list-style-type: none"> • You must cook one substantial meal per day (optional on the last day) – which will it be? Practise before you go
Sharing	<ul style="list-style-type: none"> • Think about who will cook what on which stove – team work! • Consider likes and dislikes, amount to allow per person
Keeping it safe	<ul style="list-style-type: none"> • Think about how long your fresh/raw food will be warming up in your rucksack – will it be safe to eat? How can you keep it cold for longer? Freeze it/keep something frozen next to it! • Make sure all meats are fully cooked • Make sure ready meals such as stew, chilli, curry are thoroughly re-heated (never re-heat rice – cook it, eat it) • Don't risk an upset stomach – plan your meals well, keep utensils and hands clean!
Drinks	<ul style="list-style-type: none"> • Keep plenty clean drinking water handy – chance of a top up? • Drink lots – your body needs it! • Have you planned how to sterilize water? Add flavouring? • What about hot drinks? Teabags/dried milk/hot choc sachets?
Snacks	<ul style="list-style-type: none"> • You need them for energy, sharing and that feelgood factor!
<p>Meals: dried pastas, noodles, sauces, ready meal sachets (from outdoor stores - expensive), hotdogs, soup, frozen home-cooked meal, stuffed pitta breads, tortilla wraps, beans, single portion puddings, custard pots, porridge, oat and fruit bars Snacks: bananas, apples, dried fruit and nuts, snack pack jaffa cakes/biscuits, wine gums, jelly babies Emergency Rations: should be carried too and kept for emergency/way home</p>	