



## **Hello Duke of Ed Parents & Participants,**

We're thrilled to invite you to our **Spring 2026 Adventurous Journey Series!** This season's journey includes opportunities for both **Bronze** and **Silver** level participants. Please read this message carefully—it contains everything you need to know to prepare for a safe, fun, and successful experience!

### **Key Dates & Deadlines**

**Registration Deadline:** April 12th, 2026

**Program Dates:** April 19th - May 3rd, 2026

**Zoom Meeting:** April 19th, 2026 @ 10 AM (approx 90 min)

**Bronze Practice Journey:** April 25th, 2026 - 11 AM to 5 PM - PKOLS (Mount Douglas)

**Overnight Silver Qualifying Adventurous Journey:** May 1-3rd - Camp Kingswood - Elk Lake

**Overnight Bronze Qualifying and Silver Practice Journeys:** May 2nd-3rd - Camp Kingswood - Elk Lake

**Please note:** Full attendance is required for participants to meet Duke of Ed Award standards. If you're unable to attend these events, we'll be offering another journey series in **Fall 2026**.

### **Event Overviews**

#### **Zoom Orientation Call - Sunday, April 19th, from 10:00 AM - 11:30 am**

***Virtual - Required for Bronze & Silver Participants***

We'll cover group assignments, wilderness safety, gear expectations, and the complete breakdown of the upcoming journeys. A link will be sent to all registered participants.

#### **Bronze Practice Journey at PKOLS (Mount Douglas) April 25th 11:00 AM - 5:00 PM**

***In Person -Required for Bronze & Silver Participants***

We'll meet at the PKOLS parking lot to practice setting up tents, cooking a hot lunch on camp stoves, and hiking together up the Irvine Trail. Participants should come prepared with lunch ingredients and any cooking equipment assigned by their group (we'll go over this during the Zoom call).

#### **Overnight Adventurous Journey at Elk Lake - Camp Kingswood May 1st - May 3rd**

***In Person - Silver Qualifying May 1st-3rd*** - Drop off at 4pm May 1st, Pick up 3pm May 3rd

***In Person - Bronze Qualifying and Silver Practice - May 2nd-3rd*** - Drop off at 1pm May 1st, Pick up 3pm May 3rd

This trip includes hiking, group meals (including a cooked dinner Saturday night), and overnight camping. Following the Zoom call, more specific details will be emailed to registered participants.

Silver Qualifying participants will be taking part in stand up paddleboarding on Elk Lake - and should bring appropriate clothing and a towel according to the weather.

## Supervision

During hikes, youth will travel in small groups of 4–6 with regular check-ins. As part of the Adventurous Journey expectations set by Duke of Ed, participants will have the opportunity to make decisions and choices independently. As a result, students are not directly supervised at all times. We expect mature, respectful behaviour throughout. Supervisors are always available in the event of an emergency.

## Medical Information and First Aid

Students should bring a **basic first aid kit** in their daypack. Supervisors cannot carry medication for participant use, so anything a student may need—even over-the-counter meds—must be documented and packed accordingly.

Please ensure:

- Medical forms are up to date
- Students carry **all necessary medications** with them.
- A second backup of any essential medication is provided to staff (EpiPens, etc).

## Wildlife Awareness

We may encounter wildlife in the areas we explore. For safety, students should **remain in their assigned groups** at all times and follow all guidelines provided by leaders.

## Participant Responsibilities

Participants will have worked hard to prepare for the trip and are attending on a voluntary basis. They must work with the supervisors and each other to ensure the trip is safe and enjoyable for everyone. This includes following all directions from leaders when hiking and at camp, as well as cooperating with each other. Illegal drugs, alcohol, and cigarettes are prohibited. Any students involved in these activities will be sent home, and the family will have to pick up the student.

Parental assistance is requested to ensure that your child has the proper equipment and appropriate food. Students must be prepared for four meals (two lunches, one breakfast, and one dinner) prepared according to the Duke of Edinburgh Adventurous Journey specifications. Due to concerns of safety and liability, students who have not participated in all preparation meetings or who show up without the appropriate equipment will be removed from the trip.

## Pre-Camping Requirements

Before we hit the trail, participants must:

- Plan and share gear responsibilities (tents, stoves, cookware, etc.)
- Finalize group meals and divide ingredients.
- Practice setting up their tent at home.
- Test their stove to ensure it's safe and functional.

Parents—your support in this preparation phase is invaluable. We appreciate your help in ensuring your child has the right equipment and understands how to use it.

## **To assist us in ensuring your child's safety, please do the following:**

- Ensure that your child carries personal identification at all times on the trip.
- List any medical conditions and food allergies on the consent form that the supervisors should know.
- If your child is Anaphylactic or diabetic, have them bring their EpiPen/Glucagon Injector/Insulin on the trip and bring this to our attention so that we can bring their second EpiPen/Glucagon Injector, which is located in the main office.
- Give your child their Care Card number or Care Card.

## **Packing List**

Here's a quick overview—full packing lists will be reviewed during the Zoom call.

### **Bedding**

- Sleeping bag & foam pad
- Pillow (optional)

### **Clothing**

- Rain gear, layers, warm items, and a change of clothes
- Hiking shoes & optional camp shoes
- Silver Qualifying Participants must bring a towel and clothing for paddleboarding

### **Personal Items**

- Headlamp/flashlight
- Water bottle & daypack
- Notebook & utensils
- First aid kit & Care Card
- Medications (in a labelled ziplock)
- Games/cards (optional)

### **Group Gear (Shared)**

- Tent, stove, pots, tarps, etc. (students coordinate this)
- Cooking & dishwashing supplies
- Group games or instruments

### **Food**

- Meal plans will be created and divided by the group before the trip

If you have any questions, don't hesitate to reach out. We're so excited for a season of teamwork, learning, and outdoor adventure—and we can't wait to hit the trail with this fantastic group of young leaders!

Let the adventure begin!