

A woman with blonde hair in a ponytail, wearing a blue life jacket, is seen from the side, looking out at a large wooden sailing ship with white sails on the ocean. The ship is a three-masted vessel, likely a galleon or similar historical-style ship. The sky is blue with some clouds. The woman is holding the wooden steering wheel of the boat she is on.

Raleigh
Raleigh
International

Expedition UK

Your Pre-departure pack



Welcome aboard!

Ahoy Adventurer!

This is the beginning of your Raleigh UK Expedition! It will be a journey of self-discovery and adventure that will take you to special places in the British Isles, introduce you to new friends and challenge you to develop and grow in ways you can't even begin to imagine.

This Pre-Departure Pack serves as your go-to guide when preparing for your trip and during your time on the Expedition. It includes everything from pre-travel requirements such as insurance, and visas to information on how to get to the project, what to pack and how to stay safe and healthy on Expedition.

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Pre-departure Form

Now that you are signed up to Expedition UK, we need your details to ensure that we can prepare for your arrival and accommodate your needs.

You will have a lot to organise as you get ready for your Expedition, but once you have made your preparations we require you to submit your personal and travel information through our Pre-departure Form.

The information we require:

- Travel information
- Arrival date & time
- Departure date + time
- Insurance details
- Dietary requirements
- Next of Kin information

[Click here to complete your Pre-departure form](#)

If you do not have all the information right now, you can leave sections blank and return to complete it at a later date.





Travel Guidance

Getting there and back

To take part in Expedition and ensure the teams are ready for your arrival we require you to submit a series of personal/travel information.

Arrival and departure

Arrival time and date: 10am, 20th July
Where: Brixham Harbour, TQ5 9TW

Departure time and date: 10am, 30th July
Where: Forest and Beach Centre,
Beeson, TQ7 2ED

Meeting the team

You will be met in at Brixham Harbour by members of the Ocean Youth Trust & Raleigh Team. It's a small harbour, and they will be wearing Raleigh T-shirts, so you won't be able to miss them.

You will need to arrange your own transport to/from the arrival/departure points.

Please submit your full travel details via the Pre- Departure form.

It is essential that we receive your travel details, so we know when to expect you. If there are any changes to your travel, you must inform us as soon as possible.

Getting to Brixham harbour

By rail:

Take the train to Paignton railway station, where you can get a bus from the station opposite or taxi from the rank outside. The bus terminal is in the middle of Brixham and a 10 minute walk or taxi to the harbour. Plan your journey via the [National Rail Enquiries](#) site.

By bus:

Several Megabus services travel to Exeter and Plymouth. From these hubs you can catch a train to Paignton, then onto Brixham.

By air:

The closest airport is Bristol Airport.

Getting from Forest and Beach Centre

By rail:

The nearest railway station is Totnes, where you can catch a train to several major hubs. Adventurers can be dropped there on request.



Travel Guidance

Insurance & Visas

Travel insurance

If you are a British Citizen you will be covered by the NHS for any medical emergencies.

Due to the nature of the activities you will be getting involved in, we recommend that participants take out their own travel insurance for circumstances as below. OYT maintains appropriate insurance for activities provided under connection with the voyage.

- Loss or damage to personal possessions: OYT South's insurance will not cover items such as your phone or camera, or any lost money.
- Your travel to and from the boat (including travel if you had to leave a voyage early, whether due to illness or injury; personal choice; or being sent home by the skipper).
- Medical costs or expenses occurring during the voyage, or repatriation.
- Voyage cancellation or curtailment where OYT South and Raleigh is not liable to refund voyage fees (see [Terms and Conditions](#) paragraph 8).

You should ensure that any travel insurance includes appropriate cover for sailing trips, cancellation or curtailment, repatriation, personal effects, money and medical costs or expenses. It may be the case that your household contents policy covers your possessions while sailing with us

If you are from outside of the UK we recommend you get medical insurance in addition to the above insurance

Visa information

If you are from the UK: No additional visa is required

If you are from outside the UK: Please read this guidance from the [UK Government](#)

Children VISA for UK:
[Child Visitor Visa UK For Children Under 18 - Rex Law Chambers](#)

Packing List

Your kit list is essential. All kit must be packed in a soft bag as there is no space to store hard suitcases.

KIT ITEM - CLOTHING	QUANTITY	CHECK
Warm Hat and gloves	2	
Waterproof foot wear, trainers or deck shoes (with a non-slip sole)	1	
Sandals (with toe and ankle straps)	1	
Rain / windproof jacket (Even in summer it can be cold)	1	
Long sleeve shirt	2	
Fleece / Hoodie Jacket	1	
Long pants (warm Pants)	2	
Thermal underwear (T-shirt and pants)	1	
T-shirts (2-3 (2x working and 1x nicer shirt for downtime))	2-3	
Shorts	2	
Underwear	4	
Socks	4	
Pants	1 (To wear ashore)	
Swimming kit	1	
Sun Hat	1	
Gardening gloves (For cleaning the beaches)	1	
KIT ITEM - OTHER	QUANTITY	CHECK
Sleeping bag	1	
Pillow	1	
Towel/Sarong	1	
Sunscreen SPF 50+ (200ML)	1	
Sunglasses	1	
Water bottle 500 ML (Clearly identifiable)	2	
Camera (battery operated)	1	
Torch (battery operated)	1	
Diary or journal	1	
Pocket money	£50	

Packing List continued

RYA logbook (if you have one. Useful for building sailing qualifications. Available on board for £6)	1	
Duke of Edinburgh Award book (if you have one)	1	
Binoculars	1	
Day Bag (Backpack for Stage 2 or when in town)	1	
Dry bags and/or a rucksack liner	2-3	
Photocopies of key documents (Insurance docs, flight info and passports)	1	
Standard paracord (10 – 15 M)	1	
Gaffa/duct tape roll	1	
Sewing kit	1	
Padlocks (TSA approved if flying via the USA)	1	
Bungee Cords	2	
Watch with an alarm	1	
Playing cards/games	1	
Compass	1	
Crew handbook	1	

KIT ITEM - FIRST AID AND TOILETRIES	QUANTITY	CHECK
Wet-wipes 100 Pack	1	
Toothbrush and toothpaste	1	
Hairbrush	1	
Soap / Shower gel	1	
Shampoo and conditioner	1	
Face wash and cream	1	
Roll on deodorant (NO AEROSOLS on the ship)	1	
Seasickness / anti-nausea tablets (box of 14)	1	
Standard 1st aid kit bag	1	
Blister packs	2	
Anti-fungal powder	1	
Glasses or contact lenses (Bring cleaning solution for contact lenses and a strap for glasses)	If needed	
Insect repellent	1	

Expedition Itinerary



Arrival and beginning of Phase 1: Adventure Leadership Sail on the Prolific

Day 1: Sat 20th July

Arrive at Brixham Harbour by 14:00 where the Ocean Youth Trust Team and a Raleigh member of Staff will greet you.

You'll find your bunk and somewhere to stow your gear, and you'll meet the other crew members.

Next comes the skipper's introductory chat. This is designed to make you feel at home on board Prolific and to tell you the basics of life on board.

You'll be divided into teams, or watches, with one of the staff as your watchleader. You'll be shown around the boat below deck and receive a safety briefing, and also given your essential gear

We will get to know each other with some classic Raleigh ice-breakers! We'll all get together to talk about where we want to go, given the weather, the tide and the strength of the crew. We might go further along the English coast, or perhaps we'll be able to sail to France or the Channel Islands.



Day 2-6: Sun 21st - Thurs 25th July

When you're ready to sail, one watch will take charge of the boat and the others will be off duty for a few hours. The watch on deck will be steering, adjusting sails, keeping lookout, and helping with navigation. The crew might keep sailing through the night, which can be an amazing experience under clear starry skies, with each watch taking their turn while the others sleep.

When you visit a harbour during the voyage, we'll aim to give everyone chance to go ashore, look around or buy souvenirs.

Expedition Itinerary

Changeover: Anchoring the journey, from sailing to land expedition

Day 7 - Fri 26th July

Following your adventure sail you will be confident playing your part in the team, helping to sail the boat.

Once anchored ashore you will have completed your sail and begin Changeover, which will take place the Forest and Beach nature residential based in the beautiful South Hams, Devon.

You will be picked up from the harbour on a bus, your Raleigh leader will be with you and there will be an additional Raleigh leader to meet you.

Once you arrive at fieldbase, you will have time to relax set up camp and reflect on your incredible voyage on the Prolific.

You will have time to set up and allocate tents for the night, and to do other admin, such as washing any clothes and preparing for the days ahead.

There will be celebrations for successfully completing Phase One!

In the evening, we will take a walk to Beesands beach for our evening meal. There will be time for beach exploration, paddling (if weather permits) and time to explore the beach!



Expedition Itinerary



Phase 2: Environmental project tackling plastic pollution

Day 8 - Sat 27th July

In the morning and afternoon you will start your Coast Cleaning Adventure. You do an adventurous walk / scramble around a section of South Devon coast where it is likely we will encounter significant amounts of plastic pollution.

You will spend the day on the coast immersed in nature recovering what you can to help keep it free of hazards for wildlife - we will stop for lunch and potentially a wild swim!

In the late afternoon we will travel back to Fieldbase have time to chill and do some fun activities.

After dinner, there will be an evening activity in the woods with the Archery and Forest School.

Day 9 - Sun 28th July

In the morning and afternoon you will do Seashore and Coastal Foraging. This is a really empowering experience delivered by an expert, focused on seaweeds and easily identifiable hedgerow greens, with elements of bushcraft and opportunities

to try cooked and prepared foraged foods in a spectacular coastal environment. From 3pm onwards you will return to to Fieldbase for downtime and activities.



Day 10 - Mon 29th July

In the morning and afternoon you will do a Circular Kayaking Adventure. Using Till the Coast is Clear's double kayaks made from recycled fishing nets and post consumer waste, the team will paddle down a beautiful estuary learning about the local ecology, before completing the journey with a hike back.

There will be lunch/snack stops and good opportunities for discussion about circular thinking and practices including a shoreline clean up. After you return to Fieldbase for your final evening.

Expedition Itinerary

**Expedition wrap up and departure:
The end of an incredible journey**

Day 10 - Mon 29th July - Continued

As the last night of your Expedition it will be a night of celebration and reflection.

We will enjoy an evening together reflecting on all your Expedition achievements. We will have a celebration award ceremony followed by a final walk and paddle on the beach.

Day 11 - Tues 30th July

You will have a final breakfast with your teammates.

You will either be picked up from Fieldbase or if you require we can help arrange to take you to the nearest station (Totnes).





Information for parents

Code of Conduct

We require all participants to accept and live up to the Code of Conduct from the start, and we will provide training and support to you to ensure this is achieved.

The aim of this Code of Conduct is to let you know what is expected of you, so you can work together to achieve yours and the programmes aims in a positive and safe environment.

[Read here!](#)

Representing Raleigh International

We always aim to provide you with all your daily needs, to keep you out of harms way and to support you in your Expedition. In exchange, we ask you to be punctual and to behave consistently in ways that reflect well upon Raleigh International.

We ask that you dress according to local norms and to treat people on the work site with kindness and with respect.

Expedition Phone Policy

We encourage all our volunteers to embrace the unplug culture whilst on Expedition.

We will ask all volunteers to place their phones in a safe with the project coordinator for the duration of each phase. All volunteers will have the opportunity to get their phone back to get in touch with loved ones during changeover.

The Raleigh team will share photos of the Expedition on social media, so family & friends should follow Raleigh's social media channels to catch any possible updates. However, due to remote nature of projects we don't always have access to photos, so a stream of updates should not be expected.

Discrimination on any grounds

If you see, hear or encounter any discrimination of any kind, do not challenge that person or intervene. If you feel that you need to express your views, please tell your Project Coordinator and they will take the necessary actions. Raleigh International is strongly against any form of discrimination and any information given to us is taken very seriously.



Information for parents

Raleigh Safeguarding

Raleigh is committed to ensuring the health, safety, welfare and development of all young people with whom it works regardless of gender, age, stage of development, disability, sexual orientation, religion, culture or ethnicity. Anyone who takes part in activities organised by us should enjoy taking part in these without fear of harm. We guide all staff and volunteers to show respect for and understanding of people's rights, safety and welfare, and to conduct themselves in a way that reflects our principles.

All Raleigh staff, volunteers and project partners are made aware of our safeguarding policy and reporting structure and are all trained in how to report any concerns they may have. We have a dedicated staff member responsible for safeguarding in every country in which we work. They work closely with our global safeguarding leads based in the UK to ensure we respond effectively to all safeguarding issues.

As part of our commitment to operating responsibly all our volunteers abide by our strictly controlled Child Protection Policy and submit criminal record checks before arrival.

[Read our safeguarding and child protection policies.](#)

Ocean Youth Trust Safeguarding

Ocean Youth Trust South is committed to creating and maintaining a safe and positive environment for all people involved in its activities. We accept our responsibility to assist in the welfare of all people and safeguard them from poor practice, abuse and bullying.

[Read their safeguarding and child protection policies.](#)

Forest & Beach Safeguarding

Everyone is responsible for protecting children from harm. All staff and volunteers at Forest & Beach have a responsibility to protect children from harm, the designated person for child protection at Forest and beach us Pete Moore

[Read their safeguarding and child protection policies.](#)

Get in touch

Your key contacts

Volunteer Journey Team

Candice and Sherrilynn, who are a part of our Volunteer Journey team, are here to help you with any question you may have about your expedition and with your pre-departure pack.

Email:
volunteerjourney@raleighinternational.org

Ocean Youth Team

This is the team who will be running the sailing for your expedition, you will be on the prolific sailboat. to know more about our partner, you can have a look at their website: <https://www.oysouth.org/>

Till the Coast is Clear

This is the team who will be running the Cleaning up of the coast for your expedition to know more about our partner, you can have a look at their website: <https://www.tillthecoastisclear.co.uk/>



CONTACT DETAILS:

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