



# Expedition Training Guide

## Bronze DofE

Bring this workbook to all your DofE sessions



**Name:**



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# Notes for your expedition

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## Before you go

Make a check list of what you need for every expedition – update it based on past experience. Weigh your rucksack after you have packed it – as a rough guide, your rucksack should weigh no more than  $\frac{1}{4}$  of your body weight. Save small pieces of soap, small toothpaste tubes etc. every little helps !

Check that all your camping equipment (personal & group) is in good condition and has no parts missing

## On Expedition

- Check you have all your tent pegs
- Be tidy inside and outside your tent
- Be careful with your kit
- Use your Trangia away from the tent – Refilling the burner should **ONLY** take place when the burner is cool
- Leave the camp site as you found it
- Keep a diary as you go and keep your camera handy

## When you get back

- Clean your kit ( inc. Trangia, tent pegs and poles) the next day
- Sponge off dirty tents and waterproofs with clean water – no detergents
- Dry tents outers and inners – damp tents get mildew very quickly
- Check that all the equipment parts are there – report any loss or damage to a member of staff
- Adjust your equipment list for next time , If necessary

## Remember

Weather in the UK can be bad and unpredictable – keeping your equipment in good condition and using it properly will help keep you safe

The equipment you borrow is expensive to replace – loss or damage through irresponsible action will be charged for

**Be safe and have fun !!**



# Emergency Procedures

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## First of all



- Remain calm and assess the situation
- Look in Green bag for step by step card
  - Never put the rest of the group at risk
- Make team decision and listen to each other
  - Follow first aid procedures if necessary
- Decide if you should contact a supervisor, and/or emergency services. Remember the staff are there to keep you safe. Any slight issue you are concerned about TELL Them.

## Fetching help if no phone signal

- Help should be sought by going in pairs – THE FITTEST AND BEST NAVIGATOR
- Always carry emergency equipment
- Take details of the injured with you, using the incident sheet provided – In Green Bag.
- ALL of the group should know the exact position
- Be observant when leaving the scene of the incident and whilst en route to help lead the rescue party to the injured
- When going to look for a house, farm, road etc contact supervisor or dial 999 and then contact supervisor



## Waiting for help

- Erect a tent – this can also be seen from a distance
- Keep warm with hot drinks and food – not for the injured if likely to need anaesthetic
  - Use layers of clothing to keep warm
- Look out for your rescuers and other walkers
- Those waiting for help should use an incident sheet to keep a check on the injured, in green bag.

## Other procedures

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Staff Will know approximately where you are. Staff are always no more than 20 minutes away. If an incident crops up follow the above and staff will make there way to your location.

# Expedition Project for Qualifying Expedition

## Observing

Observing your surroundings is an important part of your expedition, not only for navigation purposes but also to enable you to reflect on your experiences later.

After your Qualifying expedition, your assessor will debrief you. However, it is an award requirement that all expeditions should have a clearly defined purpose and that you should give an account or presentation related to that purpose.

One good thing about your presentation is that you can present what you want, how you want it and to whomever you want.

### For example you could:

- Do some practical first hand observation, investigation or study
- Study the countryside through art
- Keep a journal of your expedition
- Investigate the history of the area
- Focus on the competition of a demanding journey
- Do a ready steady cook project or maybe try some Geocaching



### You should think about your project well before you go on the expedition, as;

- You will need to advise the person you want to present to (e.g. assessor, trainer, supervisor) and get their agreement. You need to decide whether to do it individually or as part of a group.
- You may need materials or equipment
- You may need to learn how to use them
- You may need to do some prior investigation or study



As you can see, there are many ways of recording and presenting the project work related to your expedition. It could be painted, written, filmed, spoken, sung, acted or any other way you can think of – it is all up to you !

**Whatever you do it will be something to remember and look back on in years to come.**





# What to Wear

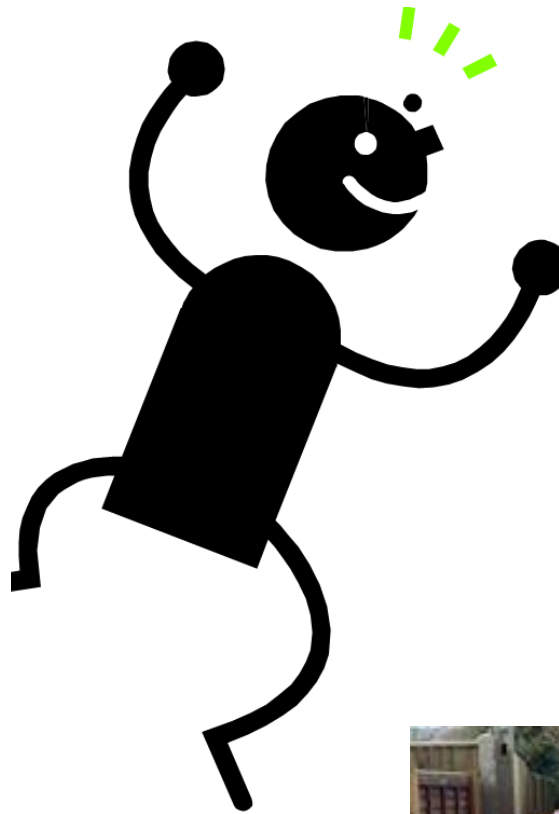


What is the best thing to wear on this expedition?

Write down the clothes I will be wearing!

## Top of Body:

- 1
- 2
- 3
- 4
- 5



## Legs:

- 1
- 2
- 3



## Feet:

- 1
- 2
- 3



# Expedition kit list

## *Your personal check list...*



### **Supplied by you**

**Remember to line your bag-**

**The rucksacks are only showerproof!**

**Keep items dry in plastic bags!**

- Boots & spare laces or sports trainers
- Camera/ phone (for project- photos)
- Cutlery, plate and cup- Only plastic allowed
- Emergency rations- (labelled)- hot Drink, meal and Snack
- First aid kit/ Sun cream/ Personal medicine
- Food- labelled in bags-(No fresh meat)
- Gloves- if cold
- Hat (for sun and cold)
- Wash kit( Small)
- Plastic bags for rubbish/keeping things dry
- Matches (waterproof) not a lighter
- Money (several 20p coins for phone)
- Pencil & paper (for assessment)
- Lip Balm
- Sleeping Matt
- Sleeping Bag
- Thermals- if cold
- Jumper or fleece
- Trousers- (no jeans)
- Underwear
- T-shirt
- Socks/ plus extra pair
- Torch/Spare bulb & batteries
- Small Towel- tea towel sized
- Water container- Min 2 litres
- Water proof top (lightweight)
- Waterproof trousers
- Washing up Liquid/Cloth

### **Optional**

- Needle/thread
- Pocket knife- check school allows
- Tin opener- Only 1 tin per person
- Flip-flops

### **Supplied by us**

- Compass
- Fuel bottles/ Gas
- Maps
- Rucksack
- Tent
- Trangia- cooker with pots

### **Rucksack reminders!...**

**NO Fresh Food as it will go off. There is no fridge! Fresh meat, dairy or fish will be taken off you to prevent food poisoning. Only Packet or tinned meat- 1 tin per person.**

**THINK Weight! Lighter bags easier expedition!**

- Eliminate unnecessary items. Pack Mini items
- Line rucksack with black bag or put items in carrier bags.
- Light items at the bottom, heavy items at the top; soft things to your back, Uncomfortable things to the outside
- Items not being used should be carried Inside the rucksack ( except sleeping matt)
- Items required on route should be accessible
- The weight of the rucksack including fuel and water should be approximately  $\frac{1}{4}$  of your body weight.

**DOUBLE CHECK YOU HAVE NOT LEFT ANY IMPORTANT ITEMS BEHIND**

## Before Cooking

**Make sure that everything you need is within easy reach**

- **Make sure you know the capacity of the saucepans**
- **Make sure you know the capacity of your mug – You can mark measurements on the side of it and use it as a measuring jug**
- **Plan your meal so that everything is ready at the same time**
- **Work out a cooking plan so that food takes longer is cooked first**
- **Put lids on cooking pans as foods will cook quicker – Resist the temptation to keep lifting the lid**
- **Some foods do need regular stirring to prevent sticking – Always use the handle to keep Trangia steady**
- **Always make sure that your food is cooked properly**

**Never take fresh meat, dairy, fish or eggs. Only packet meat or 1 tin per person allowed. There is no fridge so these food will go off and can give you food poisoning- You don't want diaerroea or sickness with limited toilets. These foods will be taken away from you.**

**•You can survive two days without fridge food. Take nuts and seeds for protein and dried fruit and fresh hard fruit and veg for your 5 a day.**



# Trangia

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Place the lower windshield on a flat piece of the ground with air holes facing in the wind .when the ground is dry and there is an increased risk f fire , Find some lat stones on which the windshield can stand.

1. Pour meth's into the COLD burner until it is two thirds full
2. Place the burner in the hole on the top of the lower windshield
3. Place the upper windshield securely on top of the lower windshield
4. Ensure the hooks are turned downwards on the upper shield
5. Fill sauce pan with water

Light the meth's in the burner. At first only the outside will light, but within a few seconds , Flames should appear through the small holes of the burner

The fame can sometimes be difficult to see so carefully feel if its alight. You are now ready to start cooking

1. Place saucepan on to the hooks
2. Use the frying pan as a lid to keep the heat in
3. Use the handle when placing or removing the pan or lid
4. To put the flames out use the brown lidded slow burning device with the lid closed and drop it carefully onto the burner . This will extinguish the flames.

## NEVER

- ... Leave a lighted stove unattended
- ...Leave meth's in the burner
- ...Try to blow the burner out
- ...Screw the lid onto a hot burner
- ...Store an uncover/unprotected burner directly into a Trangia – this causes erosion
- ...Pour meth's into a lighted or warm burner.

## THE BURNER MUST BE DRY AND COLD.

**Remember – accidents can and do happen !!**

## OTHER USEFUL POINTS TO REMEMBER

The burner, when two thirds full, will burn for approximately 25 minutes. 50ml of meth's will boil 1 litre of water in 10-15 minutes. When frying, the hooks on the upper windshield should be turned up so that air can pass under the pan. Food can be simmered by using the slow burning device . Turn the brown lid to one side and place it on the burner.



# Expedition Food

## Food should be...

- Easy and quick to prepare
- Filling and nourishing
- Light in weight and not fresh
- Well packed to withstand rough handling



A good balanced diet of about 4,000 calories a day is essential – forget any diets !

Fatty foods produce most energy but take along time to digest. If followed by exercise, it may have adverse effects.

Carbohydrates provide less energy (weight for weight), but the energy produced is available to you more quickly.

Sugars are absorbed more quickly than starches, so sweets, chocolate, jam, honey etc. Should be included in your menu.

Exhaustion may be caused by lack of food. You need to eat in order to replace used energy.

Exhaustion is a dangerous condition as the body cannot produce enough energy for you to walk or maintain your body temperature in adverse conditions.

## Menus should include...

- A hot breakfast x 1
- A high energy lunch x 2
- An evening meal x 1
- Supper x 1
- Snacks (Lots)

Emergency rations (to be eaten in emergencies only !)



Dehydrated foods save weight and therefore energy.

A large selection of ready meals can now be found in supermarkets in packets

Avoid tins if possible – if you do take tins don't forget a tin opener, 1 tin per person as they are heavy !

Measure amounts of food required and put into plastic bags – don't forget to include instructions !

Don't take fresh food such as bacon, bread or milk, they go off

Take individual sachets of salt, sugar, coffee mate.

Take food you like to eat

Make sure you have variety in your menu

Practise at home with different foods

Note menus that work and have proved successful so you can use them on other expeditions.



# Menu Planning- Meals I am taking on Expedition:

## Shopping list



### Day 1:

**Cold Lunch-**

**Hot Dinner-**

**Snacks-**

**Drinks-**



### Day 2:

**Hot Breakfast-**

**Cold Lunch-**

**Snacks-**

**Drinks-**

Emergency Rations: 1 hot meal, drink and snack- Labelled

# Sample menus

## Breakfast x 1

- Preferably hot and must include a hot drink
- Porridge, Ready break, muesli, cereal
- Crisp breads with jam, marmalade, honey
- Fruit, or cereal bars
- Tea, coffee, hot chocolate, Herbal Tea



## Lunch x 2- NOT HOT

- High in energy
- Crisp breads, French toast, pitta bread, Wraps .Bagels,
- Jam, Marmite, Peanut butter, Chocolate spread
- Hard Fruit like apples or peas
- Cereal Bars, Hi energy bars
- Nuts and raisins
- Chocolate



## Evening meal x 1

- Must be hot and should include three courses
- Instant soup/ mug shot/ hot drink
- Ready made meal- not fresh food
- Instant potatoes, Rice, pasta, couscous, noodles
- Instant custard, semolina, dried fruit, angel delight, instant whip, biscuits, cake
- Tea, coffee, hot chocolate Oxo cubes etc



## Emergency Rations x 1

- Should be high in energy an be available to eat straight away
- Kendal mint cake
- Mixed nuts and raisins
- Barely sugars
- Dextrosol tablets
- Cereal bars and fruit bars
- Biscuits or Chocolate (not in hot weather)
- Jelly blocks
- Hot Drinks sachets
- Must have 1 hot meal, Snack and Drink



## Supper / Snacks

- Any suitable bedtime snack and hot drink
- Sweets/ boiled sweets and savouries ( peperamis)



# What my food should look like

## Hot Breakfast



Breakfast should be hot, Tip- you can heat up crepes and have with Hot chocolate. You can have what you want for breakfast as long as you are cooking. Even pasta, rice or noodles. You can cook your lunch at breakfast and put it in a container.

## Cold Lunch



Lunch anything cold. Bread items are good but think about what you put in them! Go for Jam, Marmite, peanut butter or chocolate spread. No Fridge items.

## Hot Dinner



Dinner favourites are noodles, rice, pasta or couscous. You can bring sauce but no glass jars are allowed. Only sachets. A hot drink is nice and some pudding like cake or sweets.

## Snacks



Snacks such as dried fruit, nuts, seeds, Hard fruit, cereal bars, flapjack, and sweets are good. Avoid Crisps as they make you thirsty and chocolate tends to melt if its warm.

# What my equipment should look like



Cutlery



Small Towel



Mug with plate or bowl- Plastic or metal only



2 x Water bottles- must carry 2lts on expo



Tip- Use an old hotel bottle for washing up liquid



Matches



Small first aid Kit



Roll Matt



2 season Mummy Sleeping bag



Wash Kit- all minis or use hotel samples



Small Torch

# Camp craft

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## Choosing a Camp site & pitch

Seek shelter from wind and look out for hazards ( Flooding from streams; cattle in fields)

Look for good level ground, and clear any rocks or twigs.

If lightening is likely, never pitch on a slope then sleep with feet facing downhill

Stones can be put on pegs if the ground is loose – Do not place them on guy ropes  
– Replace them after use



## Living in a tent

Determine beforehand who will do what e.g. who puts the tent up, who fetches etc

Pitch your tent straight away

Be tidy – a place for everything and everything in its place !

Do not wear water proofs in the tent

Look after the tent and check your equipment everyday

NEVER cook inside the tent

## Hygiene

- Personal cleanliness is important
- any water supplies should be kept clean and free from food and rubbish etc
- Pour any dirty washing up water into a hole –do not pour it into streams
- Remove all litter and keep your campsite tidy
- Leave toilets and sink areas clean and tidy



## Leaving a campsite

Leave nothing behind – don't forget to count your tent pegs

Always make a final check of the camp before leaving

Pick up rubbish

Remember –take nothing but pictures , leave nothing  
g but memories



# First Aid kits

## Items you will need;



Antiseptic wipes



Disposable Plastic gloves

Melolin Squares



Micro pore Tape

Compeed blister Plaster



Paracetamol

Plasters

Personal Medicine



Roller Bandage

Safety pins



Sterile wound dressing

Scissors



Witch Hazel or Calamine Cream



Sun screen

Triangular Bandage

Tweezers

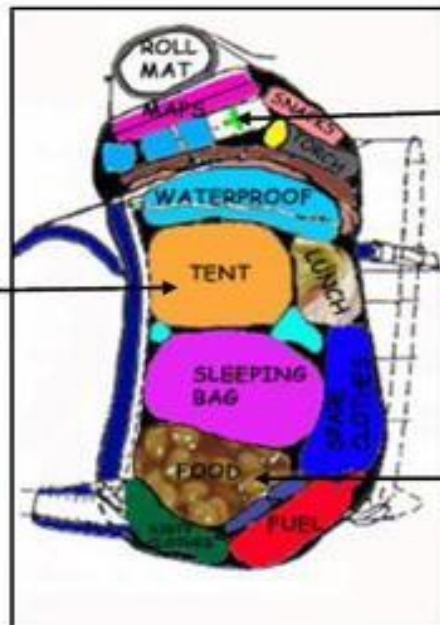


Keep your First Aid kit in a sandwich bag labelled. Red highlighted Items are personal items which everyone MUST have. Black items are Group kit which you share out to buy in your expedition team to lower the cost!



# Simple 'How to pack your DofE rucksack' Download

## Simple HOW TO PACK YOUR DofE RUCKSACK



Put heavy items close to your back to reduce leverage on the shoulders

Put items that you will need access to during the day in the upper part of your rucksack.

Put items that are only required at the campsite in the bottom of your rucksack

## **Prior to your expedition**

Plan your expedition properly – be actively involved in the preparation

Pack your own bag Don't let mum do it, you need to know where everything is)

Tie your hair back if its long,

(cut your toe nails; be aware of hot spots)

Wear good underwear- Nice and fitted to prevent chaffing

Take the right equipment and food- Tick off the items as you put them in your bag (Use equipment list)

Be fit – the expedition will be safer and more enjoyable

Include everything on your consent forms that might affect you or your group while on expedition

Illnesses, allergies/ back injuries and keep staff updated

Wear the correct clothing and footwear, You will be sent home for H&S if its not correct.

## **On expedition**

Keep rucksack weight down

Always keep together and always tell someone where you are going (this is one important reason for doing route cards properly)

Use torches on roads and walk in single file

Be alert to weather conditions- Check weather forecast before the expedition.

Do not run with your rucksack on!



# Equipment care

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Always check your equipment when you first pick it up

If something is missing or damaged let one of the staff know as soon as possible

Always take good care of the equipment while it is in your possession

Remember bring the equipment back in the condition you would want to take it out in- Misuse of the equipment can result in you not passing the expedition!

## Tents

Wash poles and pegs with a damp cloth then dry them

Empty grass and rubbish out of inner tent

Air inner and outer tents

Sponge off mud and dirt with damp cloth

Check guy ropes

Check for bent poles and pegs

Check all the zips and rubber rings

## Trangia

Empty meth's from burner

Soak off dried foods from pans, then clean with soap and scourer pad

Clean and dry the burner lids

Check all parts of the Trangia are present

## Rucksacks

Let mud dry

Lift mud off with a brush

Use a damp cloth to clean

Check all zips and buckles are working

## Waterproofs

Empty all pockets

Clean off excess dirt with damp cloth

Hand wash in warm water – do not put in washing machine

Rinse then drip dry

## Boots

Let the mud dry off and lift with a brush

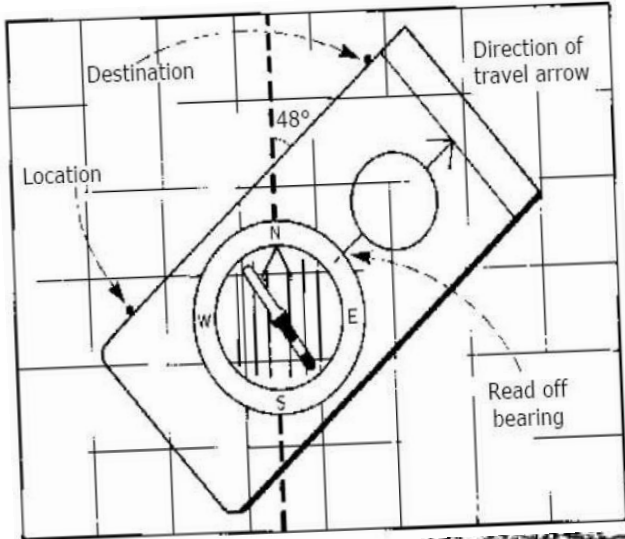
Wipe with damp cloth

Use wax to waterproof and soften

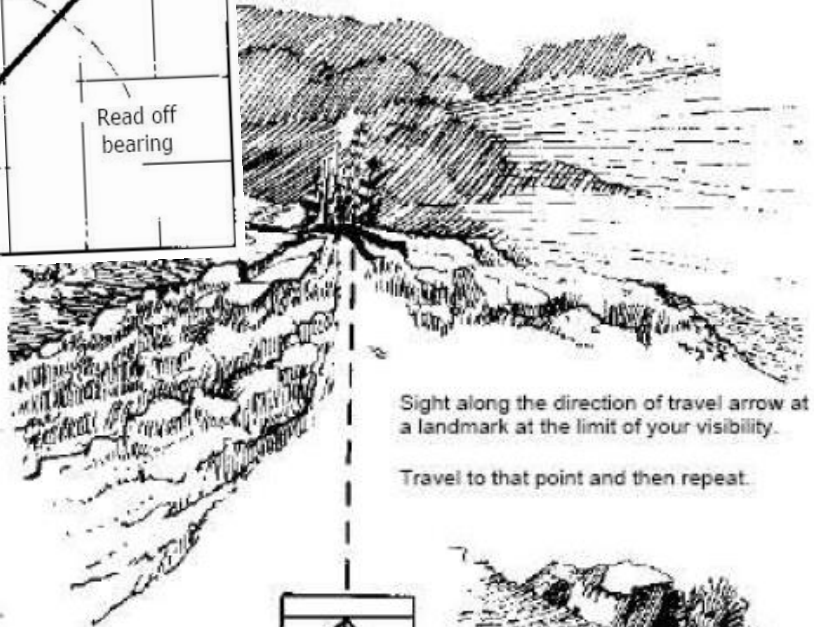


# Navigation Skills/ Bearing method

## Travelling on a bearing



Read the grid bearing on which you wish to travel off the map.

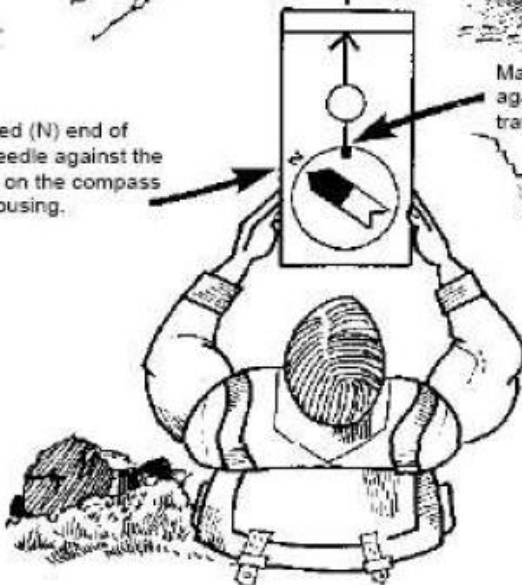


Sight along the direction of travel arrow at a landmark at the limit of your visibility.

Travel to that point and then repeat.

Red (N) end of needle against the N on the compass housing.

Magnetic bearing against the direction of travel arrow.



Travel on the bearing

# Navigation Skills/ Map and compass

## Choosing a Path

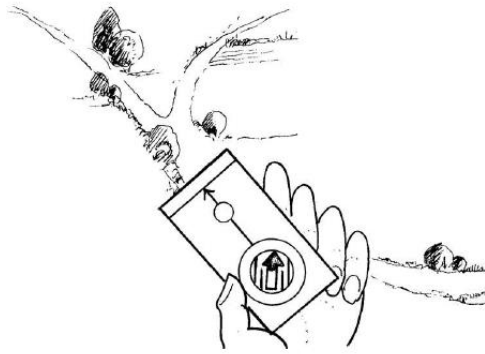
Checking the direction of a path using a compass

### Method 1: Ground to Map

1. First, point the direction arrow on the compass along the path. Then, turn the housing until the needle is parallel with the lines on the housing and the red end of the needle points to 'N'.

2. Next, place the compass on the map with the direction arrow pointing in the required direction along the path on the map.

**If it is the correct path, the lines in the housing will be within a few degrees of the N/S grid lines.**

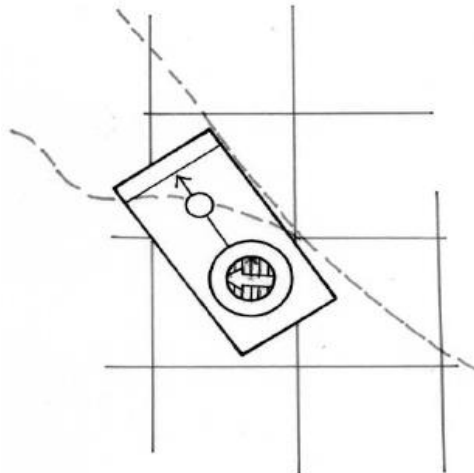


### Method 2: Map to Ground

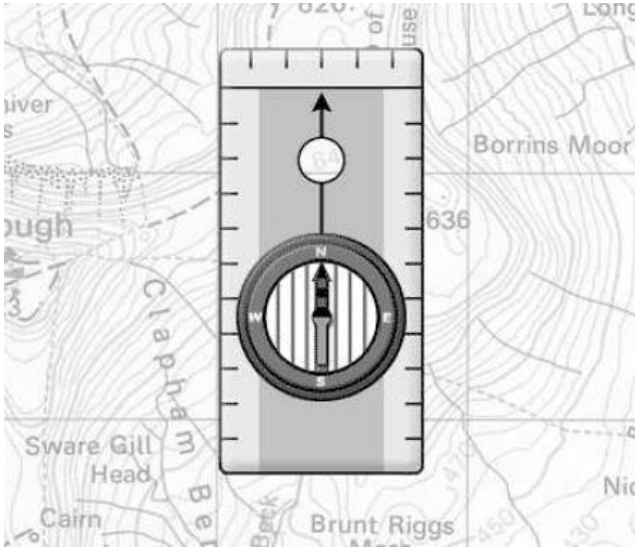
1. First, place the edge of the compass along the intended path on the map and rotate the housing until the housing lines are parallel with the N/S grid lines and the N is pointing to the top of the map.

2. Next, hold the compass level and turn around until the magnetic needle is parallel to the lines in the compass housing and the red needle is against the N.

**If it is the correct path, the direction of travel arrow should point to within a few degrees of the path's direction.**



# Basic Compass Skills



## Setting a Map by Compass

A map can be 'set' using a compass.  
Place the compass on the map and turn the map round until the red part of the needle points towards the top, or North, of the map.  
The map will then be aligned to the ground

## Finding a Direction

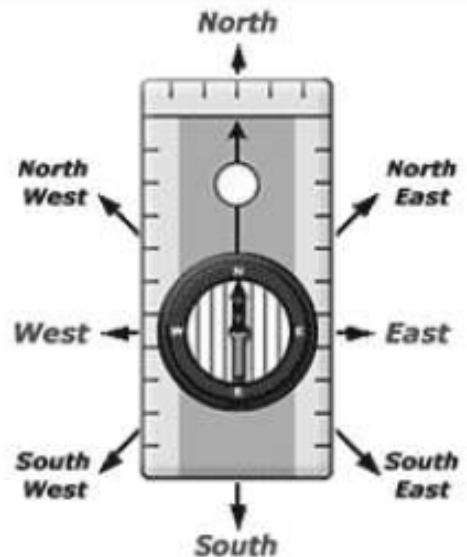
It is very simple to find the principal directions of North, East, South and West

as well as North East, South East, South West and North West.

Hold the compass flat and turn the housing until the 'N' is aligned with the 'direction of travel' arrow.

Then turn yourself around until the red part of the needle is also pointing to the 'N' on the housing.

The principle directions can then be read off the compass.



## What to do in an emergency

Stay calm and remember you can only do your best. First, assess the situation and make sure the area is free of hazards, particularly anything that may have caused the injury to the casualty, such as live overhead cables. You should never put yourself at risk and if there is no one else present, then shout for help.

If you have had first aid training, let others know. Also nominate someone to stand by in case you need to ask them to call for emergency help.

Once you have assessed the situation, it's important to quickly check the casualty's responses by talking to him. Ask him to perform an action – such as opening his eyes – as he may not be able to talk to you.

If the casualty responds, leave him in the position that you found him. If necessary, ask your nominated bystander to call the emergency services and inform them that you have a conscious adult male who is breathing. You should monitor his condition regularly until help arrives or he has recovered.

If you don't get a response, gently tap his shoulders and continue to speak to him. Make sure that you direct your voice to both ears. Don't move the casualty's head or neck. You will then need to check his airway and breathing.



1

Place the arm closest to you at right angles to the casualty's body, with elbow bent and palm facing up.



2

Cross the other arm over the casualty's body and hold the back of his hand against his cheek nearest to you.



3

Grasp the far leg above the knee and pull it up so the knee is bent.



4

Pull the leg towards you so the casualty is now lying on his side facing towards you. Make sure the casualty's airway is open and check his breathing regularly until emergency help arrives.

Recovery position



# Gas Burners

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## **Step 1: You will need**

- 1 Stove
- 1 Gas canister
- 1 Lighter or matches

## **Step 2: Choose an area**

Do not use camping stoves inside tents or confined spaces. The carbon monoxide fumes produced can be very harmful, and having an open flame inside a tent is always a bad idea. Only use a gas stove in an area that is well-ventilated.

Place the stove on a stable, level surface, and in an area that is shielded from the wind. Clear any debris from the area around the stove, especially dry leaves and twigs.

## **Step 3: Light the stove**

Unscrew the top and bottom of the stove, ensuring the knob at the side of the stove that controls the release of gas is turned off. Put the gas canister inside. As you screw the stove back together the gas canister is pierced. From this point, the knob controls the release of gas. When you turn the knob you will be able to hear the stove hiss as gas is released. Strike a match and hold it to the hob to ignite the stove.

Remember never to leave the stove unattended while it is burning.

## **Step 4: Cooking**

The knob on the side of the stove allows you to adjust the heat while cooking. Remember the stove is balancing on the canister, and is not as stable as your hob at home. Stir those beans gently, to avoid accidents!

## **Step 5: Packing up**

Allow the stove to cool down completely before attempting to clean it. Ensure that gas valves have been properly turned off before packing up the stove. As long as you make sure the valve is securely closed, it is fine to leave a gas canister connected to the stove, ready for your next camping trip.





# Country side code

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## Respect. Protect. Enjoy

### Respect other people

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

### Protect the natural environment

We all have a responsibility to protect the countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit. When out with your dog make sure it is not a danger or nuisance to farm animals, horses, wildlife or other people.

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

### Enjoy the outdoors

Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of open access land and coastal land may be restricted in particular places at particular times. Find out as much as you can about where you are going, plan ahead and follow advice and local signs.

- Plan ahead and be prepared
- Follow advice and local signs

# Expedition Rules

**RESPECT.**

Staff

**RESPECT.**

each other

Listen to instructions



Learn from your mistakes– they are a healthy part of learning!

Ask if you don't understand



Only the groups designated contact phone must be seen

Breaking these rules will result in a **YELLOW CARD** if no improvement is seen.



# Expedition Rules

**Actions that will result in a direct RED CARD:**



Playing with fire



Fighting/ physical assault



Verbal aggression towards staff



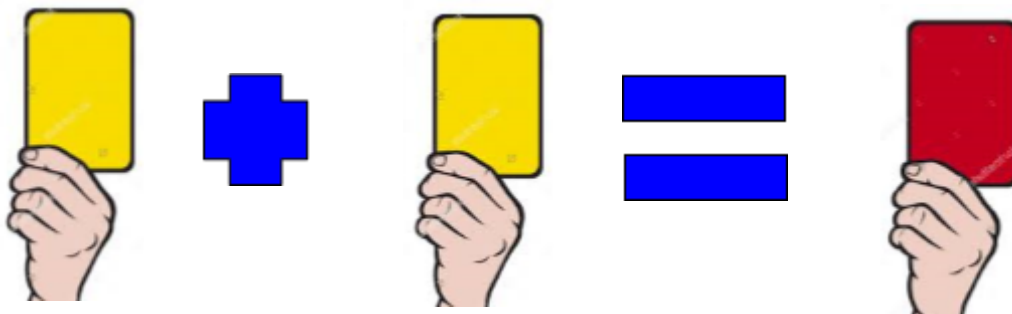
Damage to equipment (either deliberate or through dangerous behaviour)

Found in another tent after lights out



**RED CARD= sent home immediately**

**x2 YELLOWs= RED CARD**



# Completing your expedition

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## How to Complete your expedition section successfully!

- 1) Carry out your expedition training before you go on your practice expedition, Read this booklet again before the Practice expedition.
- 2) Go on your practice and Qualifying expedition with the right equipment (including footwear), Be prepared, plan and willing to learn. Listen to the staff.
- 3) Look after the equipment. Make sure to bring back your equipment clean and you don't lose any items! If you don't, you haven't meet the conditions of DofE.