



Expedition Planning

1. What is the purpose of your expedition?
2. How many hours each day will you spend
 - a. Travelling?
 - b. Doing Purpose Work?
 - c. Do these add up to the required hours?
3. Plan a route on the map that enables you to meet your purpose
 - a. Can you walk it in the time available?
 - b. Does it enable you to complete your purpose plan?
4. Complete the route card
 - a. Does it have correct grid references and locations?
 - b. Can you follow your route just using the directions (direction, distance, landmark will help)?
 - c. Have you included a direction (bearings for Silver & Gold)?
 - d. Height gains to show going ascents and descents (Silver & Gold)?
 - e. Timings - to spend on the purpose during that leg and to spend travelling?
 - f. Will they enable you to be back within 30minutes of the expected activity time?
5. Complete the purpose plan for each section to show what you will be doing to meet your purpose.
6. Menu - calories - interesting - nutritious - quick and easy to prepare and cook.

Now pass this to your supervisor to check. Remember to make all the changes they recommend and then get it signed as checked.



Pre Expedition Check

The team and supervisor must check the following prior to the start of the expedition (preferably over 24hours before the expedition starts)

1. Equipment see kit list - especially check:
 - a) Waterproofs & Boots
 - b) Food (enough calories)
 - c) Water containers
 - d) First Aid kits (one each)
 - e) Tentage
 - f) Emergency Equipment (whistle/survival bags/ emergency rations/ emergency card)
 - g) Weight under 25% of body weight
2. Route (long enough/hours planned activity) & fitness (route appropriate to the fitness & ability of the team)
3. Campcraft
4. Cooking (Stove Safety) & Menu
5. Expedition Aim & presentation
6. Navigation
7. Emergency Procedures
8. Paperwork (2copies for team, 1 assessor, 1 base & 1 supervisor)
 - a) Route cards & purpose plan
 - b) Visual route plan
 - c) Menu & calories
 - d) Permission forms
 - e) Confirmation of training & practice completed
9. First Aid & medical conditions of group members



Pre-Expedition Briefing

Risk Assessment & Safety

1. Effects of heat & cold - hypothermia (clothing, hat, gloves, shelter, signs, symptoms, treatment) - heat (water, hat, sunscreen, shade, breaks, signs, symptoms, treatment)
2. Carrying kit - weight, loading, sharing of team kit & food
3. Rivers - dangers, weather, when not to cross, alternate route planning
4. Roads - lost, walk right hand side, high vis, expectations of lead and rear person
5. Crossing roads - line up, assess risk, cross safely. Plan meeting for close supervision if appropriate
6. Stove safety - distance from tents (4metres) - at ground level - hot!
7. Emergency situations - first aid kit check - emergency rations - whistle - safety card - use of emergency phone
8. Roles of the team (team work very important for success of whole team) - map reading, navigation, compass work, timing, landmarks, route checking, campcraft, cooking, project work

Other points

1. Training and practice information to share and discuss
2. Camping - appropriate pitching, litter, noise
3. 20 conditions
4. Compass work & directions - check knowledge
5. Paths & route - check team know where they are going