



Pre-Expedition Check

The team and supervisor MUST check the following prior to the start of the expedition (preferable over 24 hours before starting, so any missing kit or issues can be resolved). The assessor may well go through these again prior to departure to help ensure your safety.

1. Equipment check (not having these are a safety issue and will have to be resolved prior to departure)
 - a. Waterproofs
 - b. Boots
 - c. Food (calories and appropriateness) and cookers
 - d. First aid kits (one each)
 - e. Tents
 - f. Emergency equipment (whistle, survival bags, emergency rations, safety card)
 - g. Packs under 25% of the body weight
2. Route – long enough, planned activity hours appropriate.
3. Fitness – route appropriate to the fitness and ability of the team
4. Campcraft rules and expectations
5. Cooking, stove safety and menu
6. Expedition aim and presentation plans
7. Navigation skills and route finding
8. emergency procedures and knowledge of specific medical information for the team
9. Paperwork (2 copies of each for the team, 1 for the assessor, 1 for the supervisor, 1 for base camp)
 - a. Route cards & purpose plan
 - b. Visual route
 - c. Menu
 - d. Permission forms
 - e. Confirmation of training and practice completed.