



These are the things you need to ensure you have knowledge of to share with your assessor to ensure you will be able to successfully complete your expedition.

### A) Risk Assessment and 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. Bodies of water – dangers, weather, when to cross or not cross, alternative route planning.
4. Roads – lost, what side to walk on, when to not cross and when to cross, hi-vis jackets, expectations of the lead and rear person.
5. Crossing Roads - safe crossing practice, line up, risk assessment. Plan for close supervision if appropriate.
6. Stove safety – distance from tents (4 metres), not in middle of where people will walk, ground level always, hot!!!!
7. Emergency situations – first aid kit check, emergency rations, emergency cards, whistle, use of emergency phone.
8. Roles of the team (team work is important for success of the whole team) – map reading, navigation, compass work, time keeping, landmark and route checking, campcraft, cooking, project work.

### B) Other key information

1. Training and practice information to share and discuss – what did you learn?
2. Camp craft – appropriate pitching, tent care, litter, noise
3. The 20 Conditions – share with the team
4. Compass work and directions – knowledge check. How will they know where they are and should be?
5. Paths, landmarks and route – how will the team use these to know where they are and where they should be?
6. What to do if misplaced? – be observant, check map against the landmarks, back tracking & staying safe.