



# THE DUKE OF EDINBURGH'S AWARD WITH E3ADVENTURES



## BRONZE EXPEDITION TRAINING

**SINGLE DAY TRAINING WITH A LATER ASSESSMENT  
WEEKEND.**

## Welcome

Welcome to your training day, we will be covering the practical elements of the Bronze DofE Expedition Training Framework and reinforcing some of the learning already covered at school. This is your opportunity to practise new skills and enhance your existing skills.

- 9.30 Arrive at school. Please wear your expedition clothes and boots, please also bring your expedition rucksack packed with the equipment that you have on the kit list (see below). You won't need all the equipment but if you have it please bring it so you can experience carrying your rucksack and to discuss any equipment questions you have.
- 9.30-10.00 Briefing and discussion about the expedition
- 10.00-1.30 **Training Walk**
- 1.30-2.00 Lunch
- 2.00-4.00 Round robin of
  - **Food and cooking**
  - **First Aid**
  - **Campcraft, equipment and hygiene**
- 4.00 Finish and go home

You will need a large rucksack, <b>approximately 60L</b> to pack your personal and group kit in.	
Personal Clothing	Personal Kit
<ul style="list-style-type: none"> <li>• 1 pair of walking boots (broken in) *</li> <li>• 2 pairs of walking socks</li> <li>• 2 t-shirts</li> <li>• Thermal t-shirt (optional)</li> <li>• 2 fleece tops or similar</li> <li>• 2 walking trousers</li> <li>• Underwear</li> <li>• Nightwear</li> <li>• Flipflops/trainers/sandals etc (optional for campsite use)</li> <li>• Warm hat &amp;/or sunhat (as appropriate)</li> <li>• 1 pair gloves (if appropriate)</li> <li>• 1 pair shorts (if appropriate)</li> <li>• Sunblock (if appropriate)</li> <li>• Waterproof over-trousers</li> <li>• Jacket/coat (waterproof &amp; windproof)</li> <li>• 1 pair gaiters (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Rucksack(60L)+ Liner</li> <li>• Sleeping bag + Sleeping Matt</li> <li>• Whistle</li> <li>• Torch ( spare batteries)</li> <li>• Personal first aid kit</li> <li>• Water bottle (<b>2 litres</b>)</li> <li>• Knife, fork, spoon</li> <li>• Small pocket knife/pocket tool</li> <li>• Plate/bowl /Mug</li> <li>• Box of matches</li> <li>• Wash kit/personal hygiene items (some items could be shared as a group)</li> <li>• Towel</li> <li>• Notebook and pen/pencil</li> <li>• Watch</li> <li>• Spare Laces</li> </ul>
Shared Items	Group Kit (Provided for you. You need to leave space to pack your share of this equipment)
<ul style="list-style-type: none"> <li>• Scourers</li> <li>• Tea towels</li> <li>• Plastic bags (for rubbish etc.)</li> <li>• Toilet paper</li> <li>• Camera (optional)</li> <li>• Tin Opener (if needed)</li> <li>• Repair Kit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tents</b></li> <li>• <b>Stoves</b></li> <li>• <b>Fuel</b></li> <li>• <b>Pots / Pans</b></li> <li>• <b>Maps / Compass</b></li> <li>• <b>Group First Aid Kit</b></li> <li>• <b>Emergency Phone</b></li> </ul>
<p>*Walking boots should have good grip on the bottom and provide support to the foot. Loose fitting sports trainers are unlikely to have sufficient tread on the bottom or do up tight enough to help prevent slips while carrying weight. Pupils with inappropriate footwear will not be allowed to walk.</p>	

## Training Walk

Navigation and route planning / Use of Compass / Countryside and Highway Codes

You will be taught and get a chance to practise these skills.

The care of the compass.

Direction from the compass in terms of the cardinal and the four intercardinal points.

Setting the map by the compass

Finding a direction

Map direction.

Scale and distance, measuring distance, distance and time.

The use of 1:25 000 Explorer, 1:50 000 Landranger maps

Conventional signs

Marginal information.

A simple introduction to contours and gradient.

The ability to give a verbal description of a route linking two places from the map.

Setting the map.

Locating position from the map.

Determining geographical direction and direction of travel from the map.

Checking the direction of paths using the set map.

Identifying features in the countryside by using the map.

Locating features marked on the map in the countryside.

Following a planned route.

We will be giving you the chance to practise these skills / knowledge covered in school.

The use of 1:25 000 Explorer, 1:50 000 Landranger maps

Conventional signs

Marginal information.

A simple introduction to contours and gradient.

Understanding the spirit and content of the Countryside Code.

The avoidance of noise and disturbance to rural communities.

A thorough knowledge of the content of the Highway Code

Taught at school.

The nature of maps.

Grid references.

Planning a route, preparing a simple route card.

## Food and cooking

You will be taught and get a chance to practise these skills.

Save use of stoves.

(we can teach them how to use a stove safely but knowing how to cook is a skill that pupils need to learn before hand)

Safety procedures and precautions which must be observed when using stoves and handling fuels.

Follow the stove safety instructions.

Cooking substantial meals under camp conditions.

Taught at school.

Cooking



## First Aid

**First aid and emergency procedures, An awareness of risk and health and safety issues**

You will be taught and get a chance to practise these skills.

Knowing what to do in the case of an accident or emergency.

Summoning help - what people need to know, telephoning for help, written message.

Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

Keeping together.

Weather forecasts – knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

We will be giving you the chance to practise these skills / knowledge covered in school.

Action in an emergency – resuscitation, airway, breathing and circulation.

Recognition and treatment of hypothermia and heatstroke.

The treatment of wounds and bleeding.

Treatment for shock.

The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.

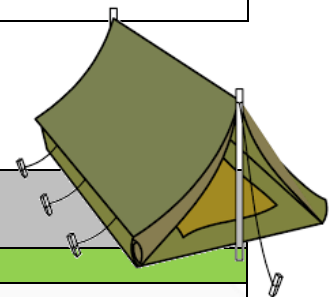
The recognition of more serious conditions such as sprains, strains, dislocations and broken limbs.

Telling people where you are going.

Identifying and avoiding hazards. (they need to be able to identify hazards on the map when planning the route as well as while walking so a competent knowledge of map symbols before the practice is helpful)

Taught at school.

Expedition fitness.



## Campcraft, equipment and hygiene

You will be taught and get a chance to practise these skills.

Rucksack - safe lifting technique.

Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.

Pitching and striking tents.

We will be giving you the chance to practise these skills / knowledge covered in school.

Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.

Choosing and caring for camping gear.

Packing a rucksack waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.

