

Expedition Training Notes

Equipment:

Please read your kit list. If you don't have your own rucksack you should bring everything in a hold-all / sports bag and transfer it into one of our rucksacks at the start point (your empty bag can go in the leader's car during the expedition). If you have your own rucksack please bring it, it needs to be about 65 litres in size. It's beneficial to pack your items in carrier bags to prevent your items getting wet if it rains. Distribute things between lots of carrier bags as these can fit into small spaces in your rucksacks. Please pack your own bags so you know what you are bringing and where it is in your rucksack.

Bring warm clothes – it's better to bring lots of layers rather than one big jumper for example.

You'll definitely need a waterproof top and ideally waterproof trousers.

Your feet will get wet and muddy. Walking boots are ideal but if you haven't got any then trainers with a thick sole are the next best thing. You may want to bring a lightweight second pair of shoes for camp like sliders, flip flops or canvas shoes in case you get sore feet. Nothing too bulky or heavy though. Do not bring wellies – they just cause blisters!

Hats and Gloves are a must.

You'll need a warm sleeping bag (3 or 4 season) and a roll mat and wear your hat and gloves in bed on cold nights.

Main Evening Meal:

Decide who you're camping with, they should be part of your walking group. Ideally you should be camping in groups of three – more warmth in the tent!! Then set up a WhatsApp group for planning purposes.

You should cook your main meal in your tent groups so decide on something that all three of you like. If one person is a vegetarian then you'll need to cook a vegetarian dish but meat eaters can add things like cooked chicken, pepperami or chorizo if they like. Think how you can improve your dish, e.g. grated cheese, olives, herbs or seeds. Chopping up the food at home beforehand will make it easier on the day. Remember you will be tired and hungry so the more you can do in advance the better. **DO NOT BRING POT NOODLES!** They don't provide enough energy to replace the calories you'll have used up on the walk.

Having crisps or crackers open while you cook is always nice!!

Remember someone in your group needs to bring washing up things, matches and cooking utensils.

Finally, PRACTICE!!! Cook something at home using just one pan on the cooker.

Other Meals

Breakfast can be porridge pots, cereal bars, brioches, croissants etc. Don't try and cook eggs or bacon – they ruin the Trangias and you'll waste hours cleaning them (we're not going to clean them so we'll make sure they come back from you spotless!!). Also, have a hot drink such as hot chocolate or coffee – you can get the two in one or three in one coffee sachets with coffee, powdered milk and sugar if you want it.

For lunch – bring a packed lunch for day one from home. For all other days, a loaf of bread won't last in the rucksack, but wraps or pittas are a good alternative. Things like tinned fish, marmite or chocolate spread will survive outside the fridge so can be a good filling. Cured meat such as pepperami packets (the little snacks) are good. And have some sweets and snacks for throughout the day.

Each day you should drink 2 litres of water or squash while out on the walk. Carry it in small bottles which can easily fit in the side pockets of a rucksacks – and put your bottles in someone else's bag and get their bottles in your bag as they're then easier to get hold of. You can refill bottles at the campsite and if it's really hot then leaders carry extra water in their cars (but not enough to refill all 2 litre bottles so make sure you bring at least 2 litres!)

Rubbish!!

Please keep rubbish to a minimum. You should aim to take all your rubbish home with you – as if you were camping in the wilderness. So think about decanting into Tupperware boxes or bringing items where the packaging can easily go back in your bag. We want to “leave no trace” and if that can mean leaving nothing in the bins then that's even better!

Group and Personal First Aid Items:

- Plasters
- Blister Plasters
- Antiseptic wipes
- Small pack of Tissues
- Paracetamol and or Ibuprofen for self-administration only and know your dosage
- Any personal medication – please highlight any medical conditions to your leader on the day. Epi-pens and asthma pumps should be carried in the top pocket of your rucksack and tell others in your team where they are.

Weather

We go out in pretty much any weather, only avoiding camping in the snow (we transfer to a scout hut). So be prepared! Check the weather forecast and act appropriately – sun cream and wide brimmed hat in hot weather, warm clothes in cold weather. Waterproofs should come on ALL expeditions as we're in England!

Safety

We take safety very seriously, but we're not with the young people all the time. You therefore have a responsibility to look after yourselves on the expedition. It's always best to avoid first aid situations so be careful when walking – a simple tripping over something which wasn't seen due to messing around can mean an early end to your expedition and a deferral due to injury.

At camp, set up a designated cooking area at least 3m from any tent and make sure everyone walks round it and no-one plays silly games near it. Keep your utensils clean to avoid food poisoning.

Roads are our biggest danger so walk single file along them facing the oncoming traffic (unless approaching a bend in which case make sure you're on the outside of the bend). Put a bright rucksack cover on the bag of the person walking at the back, and make sure the person with the brightest clothing is walking at the front. A torch is useful in getting the attention of car drivers.

Ultimately we need to know you're keeping yourself safe and if at any time we don't think you are then we will take you off the expedition and send you home.

Mobile Phones

Each group will be asked to keep two of their phones out in case of emergency. Those people will have their leaders phone number and the leader will have their number. All other phones will be wrapped in a plastic bag and closed with gaffa tape so we can see they've not been used during the

expedition. Phones should only be used for communicating with leaders and taking photos. They're not for social media use, calling home or chatting between groups and we will confiscate them if we think they're being used in such a way. The idea is to be away from technology and we only use them as an emergency aid.

Music shouldn't be listened to either through headphones or through speakers. Headphones on the walk are dangerous, particularly when walking along a road with no footpaths. And they're also unsociable as you need to chat with the others in the team. Music through a speaker is noise pollution – you wouldn't want to listen to my music collection and I don't want to listen to your "funky beats"!!! But feel free to sing!

Compass

We ask students to provide two compasses per walking group. Ideally they should look similar to the compass below – these are £10 from Sports Direct but you can buy from places like Argos or Decathlon. Just don't bring the compass from last year's Christmas Cracker!!



Rucksacks

There's a link below showing you how to pack rucksacks as a team. Your rucksack shouldn't weigh more than 25% of your overall weight. Within the kit list you'll see the weight of the rucksack, Trangia, gas and tent. Decide what kit out of those you're carrying, add the weights together and then you can work out how much weight your other items should add up to. For example, if you're in a group of three and you're carrying the tent then the tent and rucksack weigh 6.2kg. Find out what 25% of your weight is, take away 6.2kg and you'll know how much your other items combined should weigh – don't forget to include your 2 litres of water.

AND REMEMBER, YOU HAVE TO PASS YOUR PRACTICE TO GO ON TO THE QUALIFIER SO TRY AND BE TOP NOTCH FIRST TIME AROUND!

Finally, we've made a couple of videos to help you get ready:

Trangia Cooking: <https://www.youtube.com/watch?v=kSw83wU4mp4>

Rucksack Packing: <https://www.youtube.com/watch?v=qcBLmNQP-QY>