

BRONZE

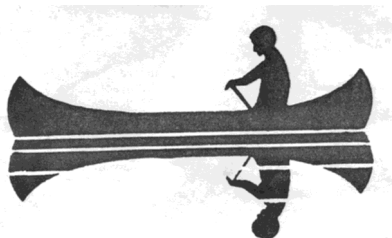
Duke of Edinburgh's Award Expedition Training Information Booklet



This booklet is to help you train, plan and prepare thoroughly for the expeditions you will be taking part in for the Bronze Expedition section of the Award. Although this booklet does not include all the information you will need (hence the need for training sessions) it should act as a summary of many aspects of your training. You should keep it in a safe place so that you can refer to it when required.

Expedition 5 steps

1. Preparation – You need to research what you want to do, who you're going to do it with and how you're going to travel and what you're going to study or achieve on route, then agree it with your Leader. At each level the environment you visit gets tougher and there are few other conditions your journey should match.
2. Training – You need to make sure you're trained in your mode of travel and have completed the Expedition Training Framework.
3. Practice Expedition – You must do enough practice to ensure you can travel safely and complete your qualifying expedition. Silver and Gold practice expeditions must include at least 2 consecutive nights away.
4. Qualifying expedition, debrief and presentation – the best bit – actually doing it! You must go on your journey, observed by an accredited DofE Assessor. Your Assessor will debrief the team and you will need to prepare and give a presentation on your aims and experiences.
5. Assessment – To complete your DofE programme you must meet your Assessor to talk about what you've done and make sure they sign it off.



Equipment advice

The following is intended as advice on suitable equipment for doing a Duke of Edinburgh's Award expedition in Canoes. A summary equipment list is provided and this should be used as a checklist when packing your rucksack for an expedition. You are not expected to buy lots of expensive kit, but please remember we only have a limited amount of kit you can borrow.

Foot wear:

Remember that you will be getting in and out of your boat and will have probably have to carry your boat around some obstacles so shoes with a good but flexible sole are ideal (trainers) make sure they are comfortable and preferably water resistant.

Socks:

Remember the expedition is taking place in the autumn when the weather can be cold so warm socks are essential.

Trousers:

Two pairs of trousers are needed for a two day expedition – one to wear and one spare. Jeans (cords or other cotton products) are NOT suitable for canoeing. When wet they are extremely heavy and take heat away from your body instead of insulating it. They also take a long time to dry out. Suitable trousers include:

- Tracksuit trousers (not shell suits) – ones made from polycotton and or nylon are good as they dry quickly and have some wind proofing.
- Cargo pants (not cotton).
- Walking trousers such as those made by Rohan, Berghaus, Lowe Alpine, etc (can be expensive but they are ideal for expedition walking).

It is sometimes useful to have a pair of thermal long johns. They provide an extra layer when it is cold, they can be worn alone under waterproofs when the weather is wet but warm, and they make useful pyjamas on a cold night.

Upper layers

It is more convenient to take a few thin layers on an expedition rather than one thick layer as this allows for adjustment to different weather conditions. If all you take is a thick fleece and the sun comes out you will probably overheat and this can slow your progress.

Inner layer

An inner layer is the one that is worn next to the skin and there are a variety of garments that could be worn. Modern thermal tops are ideal to wear as an inner layer. They are very light and are made from material that wicks sweat away from your skin keeping you more comfortable and reducing the chance of chilling. On warm wet days these are comfortable when worn on their own under a waterproof jacket. Cotton t-shirts should be avoided as they hold sweat next to the skin and this can cause severe chilling and discomfort.

Middle layer

The middle layer should be put on when you are starting to get cold and should be removed when you are feeling hot. Two or more middle layers are useful so that an extra layer can be applied if you get cold. Suitable middle layers would be thin fleece jumpers or thin woollen jumpers. Again – avoid cotton. Sweat-shirts are often made of cotton as are rugby /hockey shirts. These are heavy when wet, take a long time to dry and, when wet, take heat away from your body.

Outer Layer – Waterproofs

A waterproof cagoule with a hood and waterproof trousers.

Other kit

There are other pieces of equipment or clothing that you may need to take but remember you are going to have to carry everything for two days! Even the lightest extras add to the total weight of your rucksack. Keep washing items to a minimum – a toothbrush, toothpaste and a small amount of soap should be enough. Do not take a heavy bath towel – a small hand towel (the older and thinner the better) or a tea towel will be more than enough for two days.



Survival Gear

As well as taking the essential clothes described above, there are other important items which you should take on your expedition.

- **Torch plus spare batteries.** The torch is useful for

getting around the campsite or tent in the dark but more importantly it may be needed for finding your way or navigating in the dark.

- **Survival bag (bivvy bag).** There are a variety of survival bags available on the market. They will probably never be used but are essential if for some reason you require immediate shelter due to an accident or emergency situation. They will protect you from wind and rain and the two man version allows body heat to be shared. You will require at least one survival bag per tent group. Foil blankets are less suitable for this purpose.

Whistle – this is essential for attracting attention in emergencies and all tent groups should carry one.

First Aid Kit – a personal first aid kit for every group member is the ideal but failing this each tent group should have at least one well equipped kit. It should contain blister treatments. Suitable blister treatments such as Compeed (medium size are most useful) are well worth taking. The kit should also contain some fabric Elastoplast, a few sterile dressings, a roller bandage and a triangular bandage. Do not forget to take any personal medication that you require on the trip such as an inhaler or epi-pen. You will not be allowed to take part in the expedition without it.

Pencil and Paper – to write down the location of your group etc. in an emergency.

Emergency Food Rations – These should be kept for use in emergency situations and should have a high calorie content and be light weight.

Water bottle - this is essential - even in bad weather conditions you will need to drink plenty of water. It is also useful at the campsite to carry water . You will also need a **sleeping bag** and a **sleeping mat** and there will be group items you will need to take as well – including a **tent**, **stove** and **fuel** – so do not overload on non-essential items .

Expedition Equipment List

Clothing

Trainers / sandals (optional)

Socks

Underwear (a thermal, sweat wicking vest is recommended)

Trousers (tracksuit bottoms or light walking trousers are fine but no jeans)

Fleece/Shirt

Warm jumper or fibre pile / polar fleece jacket

Warm headwear (often forgotten but important)

Mitts or gloves

Waterproof overjacket

Waterproof overtrousers

Personal and Emergency Equipment

Map

Watch

Torch (with spare bulb and batteries)

Emergency food rations

Spare clothing (spare socks, underwear, trousers and fleece/jumper)

Coins for phone (just in case you have to use a landline)

Personal medication

Personal Camping Equipment

Rucksack

Sleeping bag (inner sheet lining optional)

Sleeping mat

Toiletries (soap, towel, toothbrush, toilet paper)

Mug and plate

Knife, fork and spoon

Water bottle

Group Equipment

Whistle

Compass 1 per tent group

Bivvy bag (large poly bag) 1 per tent group

Tent

stove

Cleaning materials (scouring pad, detergent)

Matches (in a waterproof container)

Tin opener (if required)

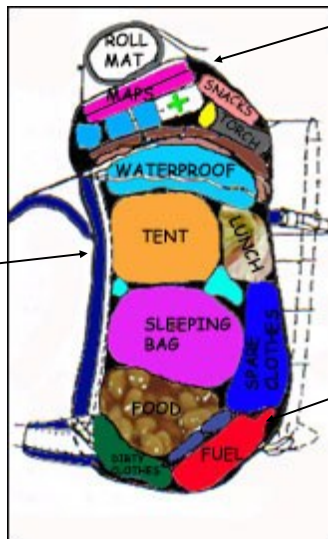
First Aid kit

Trowel

1. Line your rucksack with a rucksack liner or a strong plastic bag.
2. **ALWAYS** put your sleeping bag **inside** a plastic bag **inside** the plastic liner of your rucksack.
3. Use dry bags to compartmentalise your equipment if possible.
4. Put items that you are unlikely to require during the day, such as your sleeping bag, stove, fuel and camp food, at the bottom of your rucksack.
5. You will probably need your waterproof jacket and trousers during the expedition so keep them handy near the top of your rucksack.
6. Keep first aid kit, torch, matches, money and other valuables inside a plastic bag and locate near the top of your rucksack or somewhere they can be found easily in an emergency.
7. Keep your food and liquid for the day in a side pocket of your rucksack or near the top.
8. Map, compass and route card will be used frequently and so must be easily accessible.
9. Generally, heavy items such as tents should be packed close to your back and as high up as possible. This reduces the downward and backward pull on your back and should be more comfortable to carry.
10. Avoid hanging items, from the outside of your rucksack. Your rucksack will be placed inside a dry bag for paddling.

The total load should not exceed one third of your body weight and for young people about 15 kg should be the maximum.

Put heavy items close to your back to reduce leverage on the shoulders



Put items that you will need access to during the day in the upper part of your rucksack.

Put items that are only required at the campsite in the bottom of your

Aims / purpose

These are just some examples of ideas for aims. You and your team should create an aim that is personal and interesting to you – and suitable for your expedition area and mode of travel.

Environment

List different flora and fauna that you see by the side of the canal

Make a recording of the sounds of nature you hear on an expedition

Investigate the use of towpaths, type and frequency of use

Investigate samples of the river bed on your route and compare them
with each other

History

Note the age and history of buildings and areas that you pass

Use authentic old canoes or kayaks and learn how they were made

Plot the course of a canal and explore the history of why it was built in
that location

Conservation

Help make a canal navigatable by keeping a log of parts that need
clearing and send it to the owners of the waterway

Consider the impact of boat traffic on local wildlife

Study the effect of human erosion on towpaths

Photograph weirs and other water features and investigate their use



Route planning and route cards

Before going on expedition your group will have to plan its route and then put the details of the route into a route card; this is a very important part of your expedition preparation.

A route card will have to be completed for each day of the expedition.

Everyone in the group should be involved in helping to complete the route card – remember that to pass the assessment you must know your group's route thoroughly and be able to describe where it goes on the map – the best way to ensure this is to make sure that you get involved in the route planning process with your group.

Your staff supervisor and your assessor will have to be provided with a copy of your completed route card. Your staff supervisor will provide you with details of your route and will show you how to complete a route card.

Expedition evidence in eDofE

Don't forget to collect lots of evidence along the way for your eDofE account. Here are some ideas to get you started:

A leaflet or information sheet from your chosen expedition area

Some pictures of your doing your training, practice and qualifying expeditions

Pictures that show your aim (for example, if you're studying trees, take photos or make sketches)

Certificates of completion for any training courses

A copy of your presentation

Assessor's report - they can write this for you in your Keeping Track booklet.

They could even write you a letter or report.

Anything that's not electronic you should photograph or scan as a jpeg and upload it to eDofE. Remember, the more evidence you collect, the better your Achievement Pack at the end!

Health & Safety for water ventures

Waterborne disease

You need to be aware of **Leptospirosis** and **Weil's Disease**. Humans can be infected by direct contact with the urine of animals through skin abrasions, or via the eyes, nose or mouth. Leptospirosis is caused by an infection to an animal, and when the animal recovers it excretes the organisms in its urine into the river or canal. Usually there are flu-like symptoms and in some cases jaundice can develop and this is known as Weil's Disease. Treatment can involve antibiotics although many cases recover without specific treatment. To prevent this disease from affecting humans it is important to cover all cuts with waterproof plasters, wear footwear, avoid capsized drills in suspect water, shower soon after canoeing and if in any doubt about your health then consult a doctor.

Water sports Code

- Avoid damaging banks and vegetation.
- Do not trespass on private moorings / banks.
- Do everything possible to avoid pollution.
- Obey the rules of navigation.
- Give way to organised competitions.
- Keep clear of fishermen and their equipment.
- A hail is useful to draw attention to a potential dangerous situation.

Countryside Code

- Respect the feelings of the local community
- Keep to authorised routes, footpaths, access points and slipways
- Leave gates as you found them
- Do not obstruct farm entrances, footpaths, access points or narrow lanes with parked vehicles
- Do not leave litter
- Do not shout or make a lot of noise

Safety

- Know how to control your craft properly
- Make sure your craft is in good condition and properly equipped
- Be familiar with the warning signs and markers for other activities
- Keep a good look out for people in the water; slow moving boats and anglers concealed in riverside vegetation
- Respect other water users and be willing to give way or stop
- Have and display all appropriate licences
- Launch and moor at authorised sites
- Make sure you are adequately insured
- Do not cut across the bows of an oncoming craft
- Do not waste water by passing a single craft through a lock
- Do not take your craft onto private waters without permission
- Do not use private waters to gain access to other waters or property

Do not allow fuel, oil, paint, chemicals or detergents to leak or spill into the water or onto the bank

Finding out about the Weather

It is essential that you know what weather to expect during their venture. It may effect life-saving decisions that have to be made. Information about the weather can be found from the following sources:

- Radio (local and National)
- Television
- Newspapers
- Internet www.met-office.gov.uk
- Telephone (local or National weather offices)



Food

You must eat regularly for energy and warmth. What you actually eat is down to

personal preference but a sensible diet should be followed as much as possible.

Ideally your choice of food should:

- Have a high energy content
- Be light and easy to carry (eg packet soup instead of tinned)
- Quick and easy to prepare (so as to not use up too much fuel)



Breakfast:

Take the opportunity to make a substantial breakfast eg cereals such as porridge or muesli with sugar and dried milk mixed with a little boiling water with a cup of hot chocolate will provide a good, energy rich start to the day. Warmed potato scones or pancakes (heated on the frying pan of your stove) with jam are also to be recommended.

Food on the move:

During the day make sure you have plenty of sandwiches, cake, chocolate, dried fruit or other similar snack items to keep you going. If your group stops for any length of time you may also be able to make yourself a hot drink (use sachets of hot chocolate, tea or coffee).

Main Meal:

This meal should be hot and substantial. Pasta, rice or noodle based meals will provide you with an easy to cook, energy rich meal. 'Boil in the bag' meals are easy and convenient (make sure you give your meal the full cooking time). If you boil a pan of water and use a cupful of it to make soup or a hot drink then you can use the rest to cook your boil in the bag meal. Don't throw the rest of the water away as this can be used to do the washing up!

Most climbing shops sell packets of boil in the bag or dried meals. These are light and convenient to use but can be expensive. Try your meals out at home to make sure you know how to cook them and that you will actually eat them.

Campcraft

Living in a Tent

Organisation and tidiness are very important when sharing a tent with one or two other people. In wet weather these are even more crucial. Follow these guidelines on arriving at your chosen site to ensure things run smoothly:

- Get your tent up as soon as possible on arrival at the campsite.
- Make sure that lightweight items such as pole and peg bags do not get blown away – store these items in the pouch provided inside the tent.
- Before entering the tent take off your waterproofs, boots and wet clothes
- Keep anything wet or dirty separate from dry clothes and sleeping bags (put them in polythene bags or under flysheet). Wet boots should not be brought into the inner part of the tent but stored under the flysheet overnight.
- Divide up duties e.g. one person can sort out the inside of the tent whilst another fetches water and lights the stove (decide on these duties whilst making your way to the campsite).
- Keep your campsite free of litter. Do not leave food packaging lying on the ground where it can be easily blown away. Do not dump waste food into streams. All waste should immediately be put into a polythene litter bag. This bag must be carried back home. Your campsite must be left completely litter free.

Cooking

Remember : TENTS BURN EASILY.STOVES CAN BE DANGEROUS.

In dry weather cooking should be done away from the tent entrance in a sheltered spot. This means the tent entrance is left free and also that there is less chance of stoves being knocked over and spillages occurring.

In wet weather the cooking should be done just outside the tent doorway under the shelter of the flysheet but be careful.

NEVER cook inside the tent.



- On the training days you will cover the following:

The use of Maps

1:25 000 Explorer, 1:50 000 Landranger. Including Scale and distance, measuring distance, distance and time, conventional signs, marginal information, grid references. A simple introduction to contours and gradient. The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills

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. Relating the map to the ground and estimating speed of travel and arrival times. Planning a route, preparing a simple route card. Following a planned route.

The compass.

Direction from the compass in terms of the cardinal and the four intercardinal points. Measuring direction in degrees. Setting the map by the compass where magnetic variation may be ignored. Determining the direction of footpaths or direction of travel. Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate. The influence of ferrous objects and electromagnetic fields. Magnetic variation and the relationship between True, Magnetic and Grid Norths.

Camp Craft Equipment and Hygiene

· 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, Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions. Pitching and striking tents · Cooking and the use of stoves. Safety procedures and precautions which must be observed when using stoves and handling fuels. Cooking substantial meals under camp conditions.

Canoeing skills

Loading and Storage of Kit

Lift and Carry + portage

Launching and Disembarking

Forward Paddling

Turning

Reverse Paddling and Stopping

Moving Sideways

Capsize and Recovery, towing

Rescues



First aid

Action in an emergency – resuscitation, airway, breathing and circulation. Treatment of hypothermia. 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, dislocations and broken limbs.

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.

Please use this booklet in conjunction with our website which contains links to a variety of useful videos and websites:

<http://canooclub.boys-brigade.org.uk/robsresources/expedition/Expedition%20resources.htm>

Don't forget to check the Facebook group as well for the latest information, links to the route cards etc.

And bring it with you on the training days.



Acknowledgements:

Parts of this booklet have been taken from:

Bath BB and the Duke of Edinburgh Award.