

Bronze Qualifier Expedition Workbook

Our Expedition Aims are:

- **Teamwork:** to explore what being a good team means and to identify how each of us individually supported the team (before & during) and identify 2 things we could do to be more supportive of each other next time.
- **Expedition skills:** To identify how our campcraft, clothing, equipment and fitness could be improved to make us more comfortable. To practice navigating and identify 2 things I need to do to be better next time.
- **Expedition area:** To learn about the area of countryside we will be journeying through and be able to list who owns the land, who uses the land, what shaped the land, and what environmental issues this area faces.' (Past & Present)

Teamwork

1. In your own words, describe what you consider to be a good team.
2. List three things that your team did well during your Training Expedition.
 - 1.
 - 2.
 - 3.
3. List three things that your team can improve on during your Qualifying Expedition.
4. How did each member of your team provide support?

NAME	BEFORE EXPEDITION	DURING EXPEDITION

5. What else could you have done to be more supportive of your team?
6. What did your team do to support you during the expedition?

Personal Development

look back at the worries you listed in the Training Expedition Workbook. Did you conquer them? Was it as bad as you thought?

List 3 things you learnt about yourself whilst on the expedition.

Suggestions: What did you learn about how you cope with: Emotions / motivation / confidence / responsibility / planning & preparation

Camcraft

Camcraft is very important for ensuring that you are warm, dry and comfortable. It includes choosing a camping area, pinching your tent, organising yourselves inside the tent, setting up your sleeping bags and taking down and packing the tents. It also includes keeping you area tidy (so that important things don't get lost, dirty or damaged).

Think about your team and your campsite.

- a. Were there things that you could improve before the next expedition?
- b. Did you all get involved in pitching and taking down the tent?
- c. What were your team really good at?
- d. Were you all warm enough over night?
- e. How did you choose who slept where?

Food

1. Food is important for energy and moral during your expedition. Hunger, low blood sugar and dehydration will result in moodiness and bad decisions.
2. List the food items that worked well and those that didn't and say why.

Food items that worked well,

-
-
-
-
-

Food items that didn't work well,

-
-
-

3. Did you cook as a team or pairs/threes? Why? And could it be improved?
Cooking one or two meals to share is faster than each person cooking individually.

Clothing

The correct clothing means that you stay warm and dry during your expedition. The correct amount of spare clothing means that your bag is light enough to be carried but you are still safe.

1. Waterproofs are very important, being wet is cold and miserable.
2. Were your waterproofs waterproof?
3. Do you need to improve them before the next expedition?
4. List any items of clothing you carried but didn't use. Think about whether they are essential or can be left behind next time.

A complete change of clothes is essential as it is for safety. If you get wet you must be able to change. You can sleep in this set of clothes overnight (trousers/leggings, t-shirt, thermal) This change must not be cotton as you may need it as extra layer when walking on a very wet & cold day.

Equipment

1. How were your boots (too tight or loose – waterproof)?
2. Did you get blisters? If you did how can you avoid this next time?
3. Was your rucksack appropriate size? Did it fit you well? Hold all your things?

Navigation:

What are the 4Ds of navigating?

- 1.
- 2.
- 3.
- 4.

Why is each one important?

- 1.
- 2.
- 3.
- 4.

Name two things your team needs to work on for next time.

- 1.
- 2.

How long does it take the average team to walk a kilometre (km)?

Was this accurate for your team? What was your average speed?

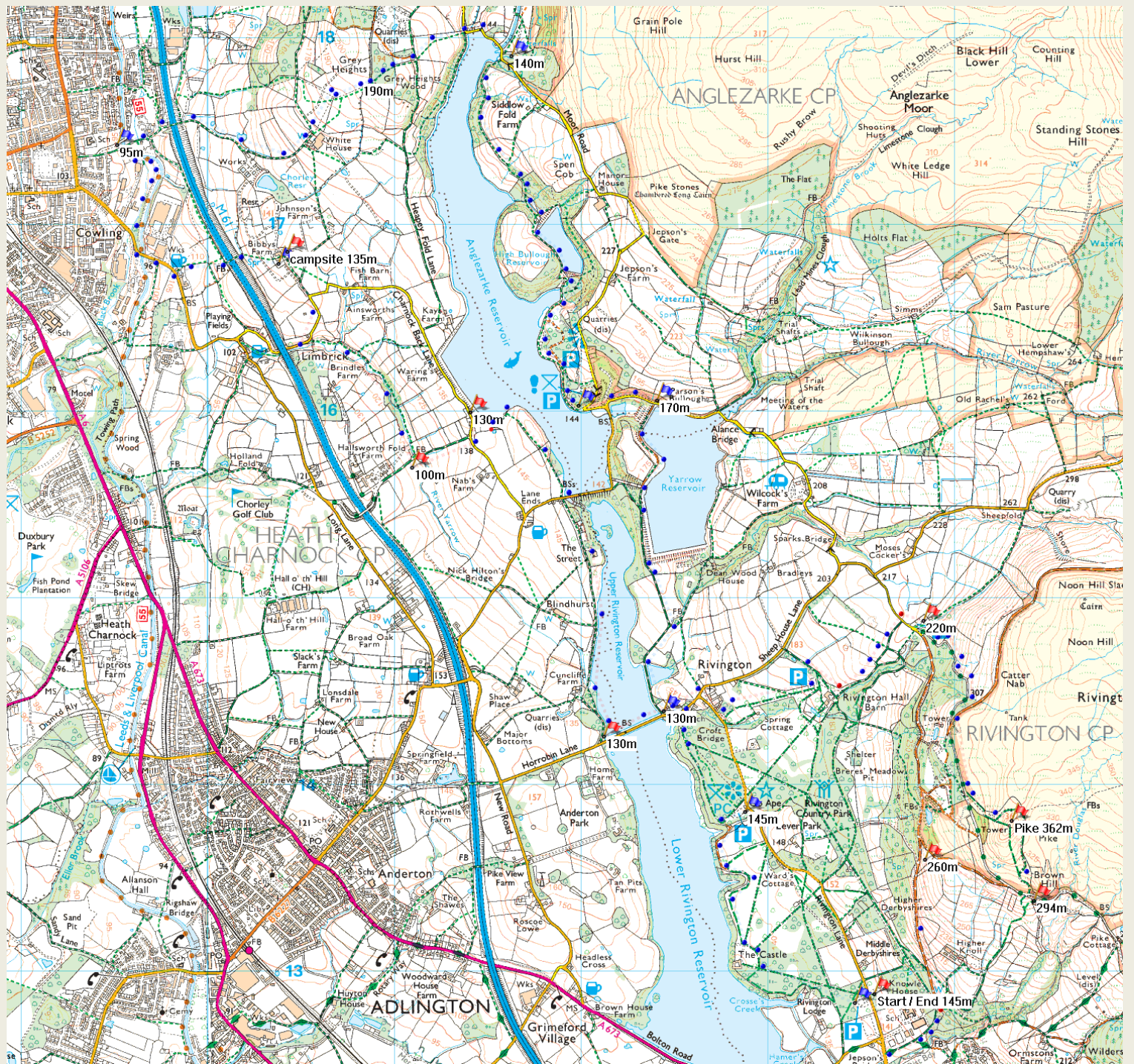
Give two examples of things that could be Tick-off feature.

- .
- .

Your Expedition Area & Route

The map below shows the area you will be going to for your Qualifier Expedition. The flags show way points and the route legs that you have planned on your Planning Day.

You can find this area on Google and do some research on some of the local landmarks and Rivington Country Park. [Google Map link](#)



Landmarks

During your expedition you pass several landmarks. These include:

1. Liverpool castle [Link](#)
2. Rivington hall barn
3. Rivington Pike
4. Rivington country park

What can you find out about these places:

- a. Who built or owned them?
- b. Original use?
- c. What are they used for now?

Reservoirs

You also walk round several reservoirs:

1. Anglezarke reservoir
 2. Rivington reservoirs, upper and lower
 3. Yarrow reservoir
 4. High Bullough reservoir
- a. What is the original purpose of these reservoirs?
 - b. Where does the water go to?
 - c. What are they used for now?
 - d. How have they affected the environment in this area.

How is the land used/owned

During the expedition you will walk through land that is used in different ways. Some of it is farmland and some is Access land.

What is the difference between these two types? How does this influence where you can walk?

Can you see any difference in the farmland and the access land? Do the plants and animals change?

Environmental issues

A large number of people visit this area. What environmental issues do you think this could cause?

What evidence did you see of the impact of tourism/walkers on the area? Was it positive or negative? Or both?

Personal statement

*Write a couple of paragraphs about your expedition. Use the information you have filled in previously to help you.
You can focus on your feelings, your team or the environment.*

- *It could be a poem or song about the experience*
- *Some picture with descriptions of the things you saw*
- *How your team divided the tasks and worked together*
- *It could focus on what you have learnt about yourself and your ability.*

Your school coordinator may ask you to expand on this.