

Bronze Training Expedition Workbook

This Bronze Workbook is designed to help you prepare for your training expedition. It will remind you of topics covered on the Planning day and give you tasks to research or do to help you plan and pack for your expeditions. To complete this workbook, you will need to:

- *read the Bronze Expeditions Handbook*
- *read the Clothing & Equipment Advice booklet*
- *read the Food & menus Advice Booklet*
- *Look at our [Youtube channel](#)*
- *do some internet research*

If you cannot find the answers then see if your team can help you.

Personal Development

Your team are there to support you throughout the expedition, but the intrinsic motivation must come from yourself – you must want to do it. You must want to prove to yourself that you are as good as all the others and that you are not a ‘weak link’. You must want to be able to do all things and not leave some tasks to others. Everyone has things that worry them before an expedition (even the people who have done it before) and everyone has something to learn.

1. Write down three things that you are worried about for this expedition. Examples could be, ‘I’ve never camped before, I’m not sure I can sleep in a tent’. Or ‘I don’t know if I can get on with everyone’.
2. What can you do to reduce these worries? How can your team help you? How can you help yourself?

Teamwork

3. In your own words, describe what you consider to be a good team.
4. List three things that a good team would do during their expedition.

Campcraft, equipment & hygiene

Your clothing and camping equipment are most important for your safety on the expedition. If you are warm and dry and carrying a bag that is well packed and fits you, then you will have a safer and more enjoyable time.

1. What size, in litres must your rucksack be?
2. List some reasons why it must be this size.
3. We also say that you must waterproof the things inside your bag, particularly your sleeping bag and spare clothes. What does this mean and how are you going to do this?
4. Please put on your waterproof coat & over-trousers to check that they still fit – do they?
5. List 3 important features of a waterproof coat.
6. Your jacket and trousers need to have sealed seams (if you don't remember what this means, then look in the information booklet) Do yours?
7. List 2 reasons you must have a pair of over-trousers as well as your leggings or trousers.
8. Have you been for a long walk in your walking boots to check that they still fit with thick sock on? (and don't give you blisters)
9. Why must you bring a beanie and gloves even if the weather forecast is for it to be dry and mild temperatures?
10. Why do you need to bring a watch to navigate?
11. Why must there be a lot of room left in your rucksack after you have packed it in your house
12. Read the Clothing & Equipment Advice Booklet and follow the instructions on how to pack your bag. It takes longer than you think to pack your rucksack well and fit everything in without leaving lots of little spaces and making sure the bag is balanced. You get better and faster with practice. You will know which of your smaller bags go where each time you go to pack. Practice this now.

Food & cooking

Food is important for energy and moral during your expedition. Hunger, low blood sugar and dehydration will result in moodiness and bad decisions. Your food needs to be high calorie but also lightweight, small in size, and tasty.

1. Copy out this table and write down the menu plan for you team. Include the foods that you are bringing for your own lunch.

<i>Meal</i>	<i>Food</i>	<i>Tried it?</i>
<i>Breakfast</i>		
<i>Lunch x2</i>		
<i>Dinner</i>		
<i>Snacks</i>		

It is important that you try the food that you are bringing. You don't want to walk all day and then be faced with food that you don't know how to cook and/or don't like.

2. How much pasta/rice/noodles (in grams) is a sensible amount for one person for one meal?
3. How can you measure that amount when you are on expedition?
4. How much water do you need to go with that amount of pasta/rice/noodles?
5. Cook your dinner at home, use a small pan. Can you make you dinner without needing to stir it and without it sticking to the bottom of the pan? Can you choose a different meal or different way to cook it.
6. Look at your lunch food. If there is anything that you would normally keep in a fridge then don't bring it. Remember this food will have been squashed in your bag for two days. Make you lunch and snacks up into 4 bags – one for each day. This makes sure you don't have too much or too little, and that won't eat all your snacks on day 1.

First Aid












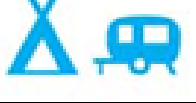


1. List the extra medications, creams and lotions you need to add to your first aid kit?
2. One of your team feels like they are getting a 'hot spot' in their boots. What do you do?
3. If you ignored it, what will happen?
4. It's a hot and sunny day on your expedition, dehydration and sunburn are two of the problems you might face. What simple things can you do to avoid anyone in your team getting these.
 - a.
 - b.
 - c.

Emergency Procedures

5. One of your team has Asthma, they start to feel wheezy walking up a hill. What do you do?
6. If you do not have a mobile signal what do you do to get a mobile signal?
7. When leaving a voicemail or texting a leader, why do you need to add the time you sent it?
8. Why should you not ring your parents if you are lost or having an emergency?
9. Find the name of the village or town near the start of your expedition, then log onto the Met Office website and search for the weather forecast for that place tomorrow.
 - a. What is the lowest temperature tomorrow night?
 - b. What is the highest wind speed tomorrow and what is the highest Gust speed?
 - c. What is the lowest 'Feels like Temperature' tomorrow?

Navigation

These are symbols used on our maps – what does each one mean?

Symbol	Name
	
	
	
	
	
	
	
	
	
	
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Using maps to measure distance and estimate how long you will walk for

1. The maps you use for your expedition are 1:25000.
This means that 4cm on the map is 1km in real life. Complete this table.

Length on Map	Distance on the ground
4cm	
2cm	
1cm	
0.5cm	

2. If it takes you 1 hour to walk 3km, how long does it take to walk 1km?
3. You have been walking and chatting for 30mins without really concentrating.
 - a. How far have you walked?
 - b. The turn you wanted was supposed to be a 15 minute walk, what should you do now?
4. Your path junction is 500m away. How long will it take you to walk there?
5. Which end of the needle on this compass points South?
6. Which way is North on the map?



Countryside Code

1. What is the countryside code?
2. When was it written?
3. What are the 5 most important points in the Code for you on a DofE expedition?
4. Why do we need a countryside code?
5. Why are you not allowed to play music whilst out walking?
6. Why must you shut all gates after you?
7. Why must you not drop litter or leave rubbish when out walking?

Mobile Phone Policy

Bringing a mobile phone on Expedition can create many problems – explain 3 of them.

A mobile phone can have benefits for you on Expedition – explain 3 of them.