



BRONZE

Duke of Edinburgh's Award

Expedition Training

Information Booklet 1



Name:

Form Class:

Contents

	Page
Introduction	2
Equipment advice	3
Equipment list	9
How to pack a rucksack	10
Buying a rucksack	12
Food	13
Camp craft	14

Introduction

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.

You will be provided with Information Booklet 2 when preparing for your assessment expedition later this year. This will give information on First Aid, dealing with emergency situations and route planning.

Equipment advice



The following is intended as advice on suitable equipment for doing a Duke of Edinburgh's Award expedition in Scotland. A summary equipment list is provided (page 8) and this should be used as a checklist when packing your rucksack for an expedition. You can hire or borrow some of these items from the school expedition stores. Items available for hire or to borrow are indicated on the summary equipment list. You are not expected to buy lots of expensive kit, but please remember you are expected to have your own walking boots and sleeping bag. Candidates are also encouraged to purchase their own rucksack.

1. Boots

Boots are one of the most important pieces of kit. Unsuitable or poorly fitting boots can ruin your expedition so it is important that proper, comfortable boots are used.

Trainers or walking shoes without ankle support MUST NOT be worn. Ankle support is required as expeditions cross some very rugged terrain.



✓ This



✗ Not this

Walking boots should have a stiff leather, fabric or Goretex upper. Leather boots can be further waterproofed using a wax such as Sno-seal or Nickwax.

The sole on walking boots should be reasonably rigid and cleated (Vibram soles are among the best).

New boots may cause blisters and so it is advisable to wear new boots on several smaller walks before tackling the expedition.

2. Socks

For a two day expedition it is advisable to have at least three pairs of socks. There are different opinions on how many pairs of socks should be worn when walking. Some people prefer to wear one thin pair and one thick pair together - others wear only one thick pair.

Thick loop stitched socks provide extra cushioning and added comfort. Socks can be wool although the new socks available now (such as Thorlos) are a mixture of man-made fibres and can be more comfortable and cooler than wool. Nylon should be avoided.

3. 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 walking in Scotland. 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.

4. 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. Sweatshirts 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

Waterproof jacket (with hood) and trousers are essential. They keep out the rain but are also useful in windy conditions. Please ensure that your waterproofs are fully waterproof and not just showerproof.

There are many suitable waterproof materials available - Goretex is good as it is waterproof and breathable and so allows sweat to evaporate from your body. There are suitable waterproofs available made from other breathable materials. Some fabrics are waterproof and not breathable - these are suitable when it is raining but can generate much condensation on the inside so are not usually comfortable to wear when the weather is dry.

5. Other Essential Clothing

Hat - wool or fleece (not baseball cap). A sun hat also may be required in hot, sunny weather.

Gloves or mitts - wool or fleece or ski gloves. Mitts are warmer than gloves.

Both of these are essential even in summer. In bad weather, lots of heat can be lost from your head causing severe chilling of the body. A hat is also useful in your sleeping bag; summer nights in Scotland can be cold and wearing a hat can help you feel warmer at night.

6. Navigation

- Each person will be supplied with a **map** for their training expedition. Please provide a sealable clear polybag to keep it waterproof.
- **Compass** - this is an important navigational aid to be used in conjunction with your map. It is especially useful in misty weather. Each tent group should carry at least one compass.

7. 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** (no pencil torches). 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. Survival bags are available from the school expedition stores. 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. Basic First Aid kits are available from the school expedition stores but you can take your own. 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.

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

9. Other kit

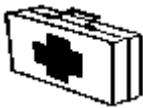
There are other pieces of equipment or clothing that you may need to take but remember you are going to have to carry everything for two days! Even the lightest extras add to the total weight of your rucksack.

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.

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 from the stream to your tent. Remember water from streams in the Ochils should be boiled before drinking.

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 (makeup and nail polish are **NOT** essential!!).

Your staff instructor will show you how to use the school Trangia stoves and how to set up the school tents. These items can be divided amongst tent group members to share the load.



10. Top Tips

- Do not wear all your clothes as soon as you set out on a walk - after five minutes of walking you will start to overheat.
- If it is raining you may not need to wear middle layers and waterproofs - if you wear too much you will get wetter from condensation and sweat than from the rain!! Try wearing just a long sleeve thermal top and waterproofs if it is not too cold.

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Expedition Equipment List

Clothing

Boots **with ankle support**

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 50p

Waterproof overjacket 50p

Waterproof overtrousers 50p

Those items underlined can be collected from the school equipment store. If a hire fee is required it is listed in **bold**.

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 £1.00

Sleeping bag (inner sheet lining optional)

Sleeping mat 50p

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 £1.00 per tent group member

Trangia meths stove (gas stoves are not permitted on school expeditions) **50p per tent group member**

Fuel (meths) 50p per tent group member

Cleaning materials (scouring pad, detergent)

Matches (in a waterproof container)

Tin opener (if required)

First Aid kit

Trowel

A **£20.00 cash** deposit is also payable when any equipment is collected or hired from the school store. This deposit is returned when the equipment is handed back **in good order** and **on time**. Fines will be imposed for the late return of equipment or for the return of dirty stoves or wet tents.

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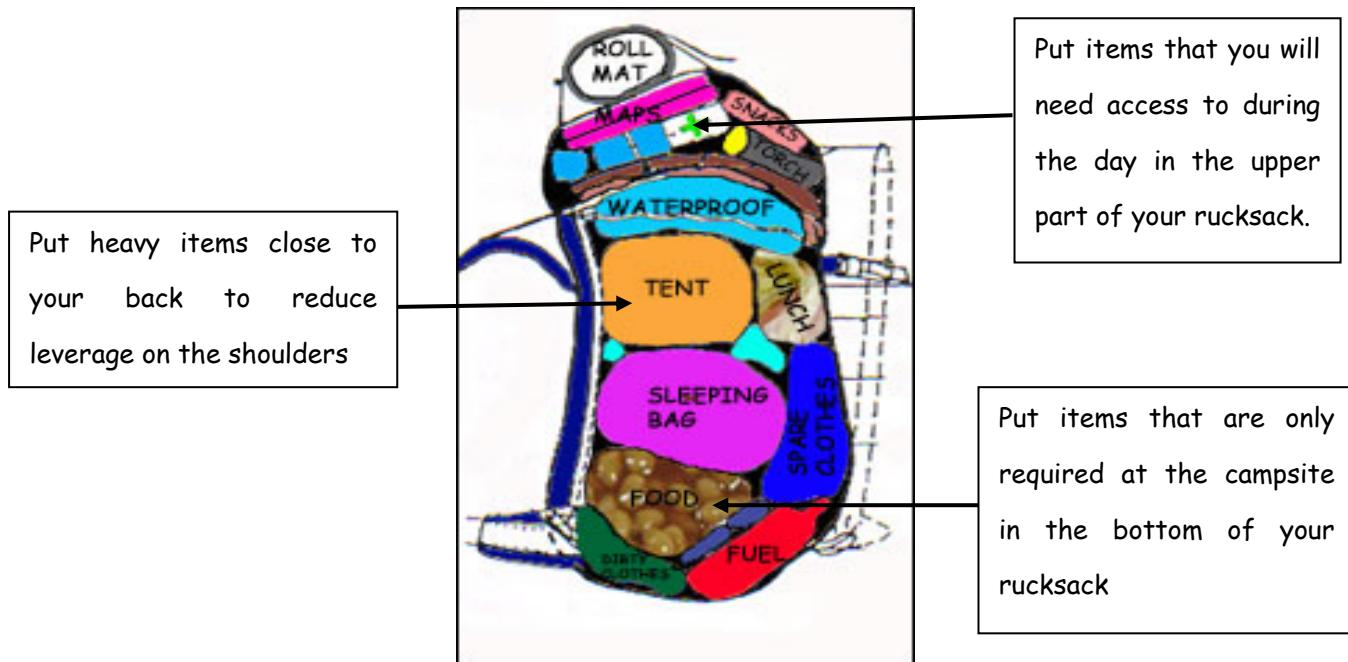
Packing Your Rucksack

Here are some tips to help you pack your rucksack (see diagram on next page):

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. Puts items that you are unlikely to require when walking during the day, such as your sleeping bag, stove, fuel and camp food, at the bottom of your rucksack.
4. You will probably need your waterproof jacket and trousers during the expedition so keep them handy near the top of your rucksack.
5. 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.
6. Keep your food and liquid for the day in a side pocket of your rucksack or near the top.
7. Map, compass and route card will be used frequently and so must be easily accessible.
8. 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.
9. Avoid hanging items, particularly heavy ones, from the outside of your rucksack. The swinging motion will interfere with your walking rhythm and will make you tire more quickly.

Packing your rucksack

Use the diagram below as a guide to help you pack your rucksack sensibly for your expedition. The total load should not exceed **one third** of your body weight and for young people about **15 kg** should be the maximum.



Remember to line your rucksack with a polythene bag and to put your sleeping bag in a polythene bag.

Carrying your rucksack

Your staff instructor will give you advice on how to wear your rucksack in the most comfortable way for carrying heavy loads. Make use of the padded hip belt to take some of the weight off your shoulders.

Some important features to look for when buying an expedition rucksack

An expedition rucksack should be large enough to carry equipment for multi day treks. A 60 litre capacity is the minimum size advised for such trips.



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: You will hopefully be well rested, warm and dry at breakfast time so 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.