

Duke of Edinburgh's Award



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BRONZE

Expedition Training

Information Booklet

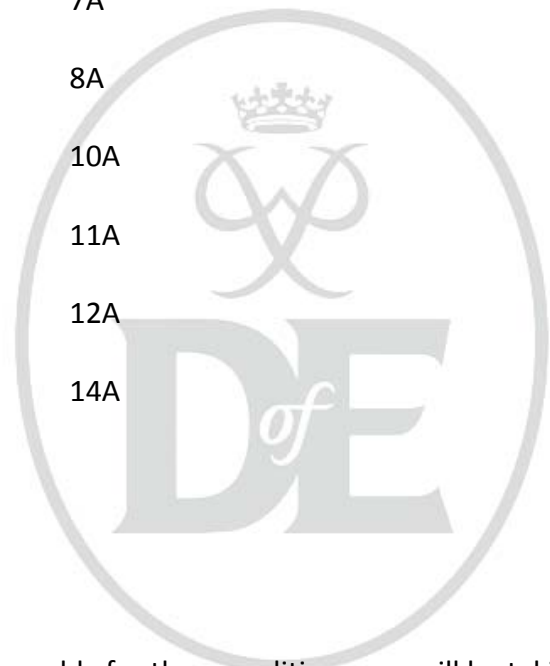


Name: _____



Section A

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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 looking at Section B of this Information Booklet 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 N. Ireland. A summary equipment list is provided (page 3A or 4B) 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. 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 should have their own rucksack for the training days. This should be about 35l in size. A larger rucksack will be provided, by the school, for the practice and qualifying expeditions.

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.



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 N. Ireland. 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.

5. 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.

6. 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.

7. 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 shower proof. 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.

8. 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 N. Ireland can be cold and wearing a hat can help you feel warmer at night.

9. Navigation

- Each person will be supplied with a **map / appropriate map section** for their training expedition.
- **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.

10. 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. 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 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.

11. Emergency Food Rations

These should be kept for use in emergency situations and should have a high calorie content and be light weight, e.g. Mars bar etc.

12. 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 Mourne 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 teacher 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.

13. 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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The rucksack

Some important features to look for when choosing 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.

The rucksack we will be using look similar to that shown below.



For a day walk a smaller rucksack (day sack) can be used. It should be about 35l in size.

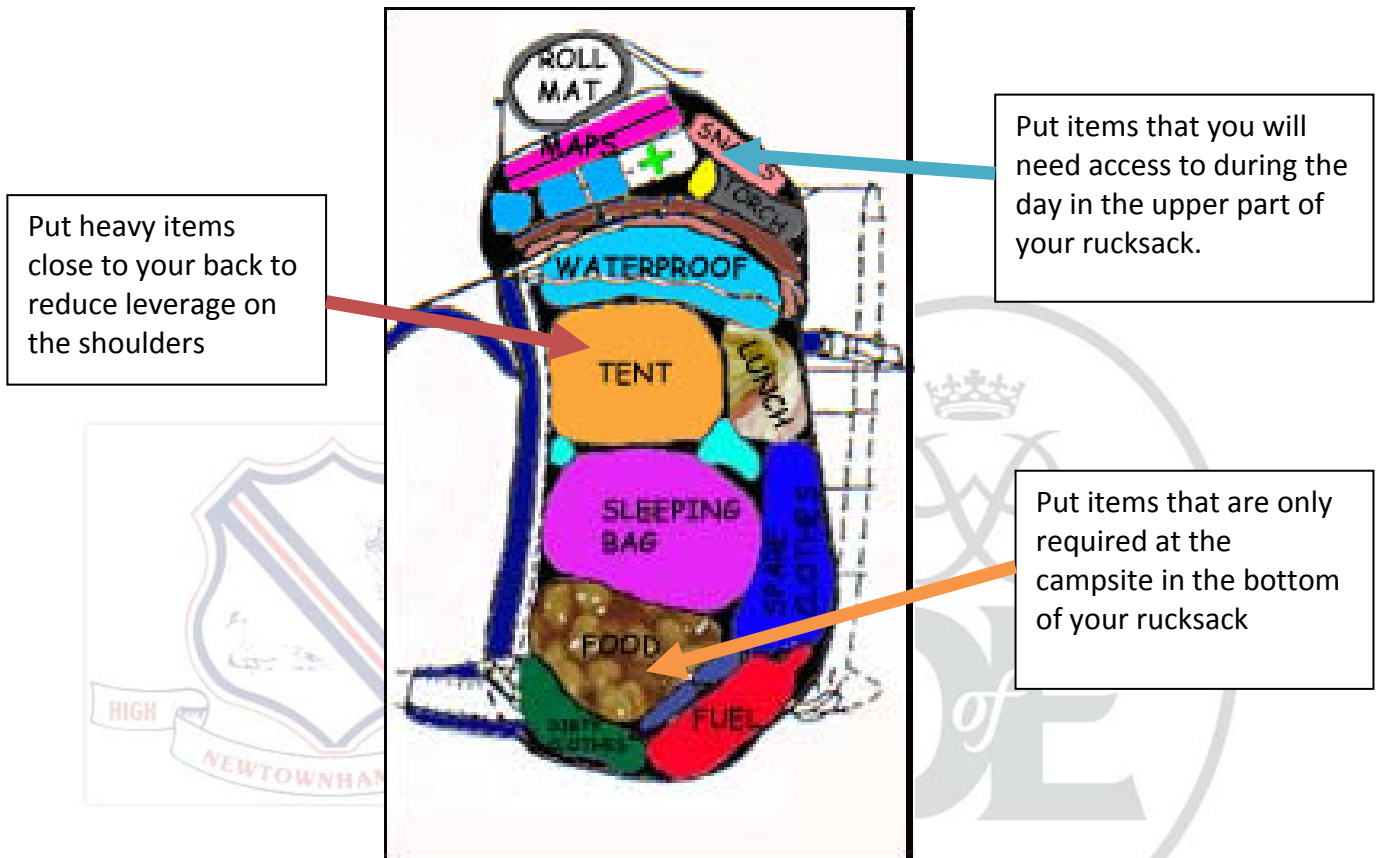
Packing Your Rucksack

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. Put 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.



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

Carrying your rucksack

Your teacher 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.

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 high energy content
- Be light and easy to carry (e.g. 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 e.g. 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.

It is also possible to cook your meal, or part of it, at home and bring along with you. It will only now need reheated – choose sensible food for this purpose!

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.

Using the Trangia cooker

Steps

- **1. Unpack the stove.** 
- **2. Prepare the wind shield.**
- **3. Assemble the burner.** 
- 4. Light a match and drop it into the burner.**
- **5. Add the pan.** 
Frying pan
- 6. Create a frying pan.**
- 7. Cook.** 
- **8. Adjust the flame while cooking.**
- 9. Finish cooking.** 

How To Use A Trangia Camping Stove

Love the great outdoors? Then learn how to cook on this traditional stove. Use a Trangia camping stove for all camping food needs!



Step 1: You will need.

- Your Trangia stoves which come in 8 pieces:
- a frying pan
- a handle
- a kettle
- a burner
- a couple of pans
- and the windshield that comes in two parts - the base and the top half.
- The stove can be unpacked and repacked with ease - a bit like a Russian doll.
- It uses Methylated Spirits as fuel. This can be carried around in a bottle, and is less bulky than a gas canister.

You'll also need some matches to light the meths inside the stove.

Step 2: Safety precautions

Do not use stoves inside tents or confined spaces. The carbon monoxide fumes produced by camping stoves are harmful and tents are highly flammable.

Step 3: Unpack the stove

Take the compacted stove apart piece by piece and lay it out on the grass. Remember how each piece fits together to make it easier when you pack it up again.

Step 4: Wind Shield

The Trangia is fully storm proof - meaning that it won't go out in windy conditions.

The wind shield comes in two pieces. Firstly place the bottom part of the wind shield on the ground somewhere firm and flat. It has ventilation holes in the sides and a middle hole where the burner sits. Now put the top half of the windshield on. Inside there are metal supports. Pull these out as they support the pan when you start cooking.

Step 5: The Burner

The burner unit holds the methylated spirits as they burn.

This one has an adjustable lid so you can tailor the heat level.

Take the lid off the brass burner unit and pour in some methylated spirits. Put the lid back on the methylated spirits immediately, and put out of harms way.

Now carefully place the burner in the centre of the wind shield. Put the second windshield in place.

Step 6: Light

Light a match, and drop it into the burner. As it is methylated sprits, you won't be able to see the flames. When you can feel heat, you'll know that it's lit.

Never touch the hot metal of the burner while cooking.

Step 7: Pan

Use the handle to place the pan on the metal supports inside the wind shield.

Step 8: Frying Pan

If you want to use the frying pan, use the detachable handle to lift the hooks, then sit the frying pan over the heat. Use this detachable handle to lift the pan off the wind shield.

Step 9: Cook

You can now use the stove to boil water, or heat food in the pan or frying pan.

Step 10: Flame adjuster

If you think the flame is burning too high use the adjustable burner top to control it. Always use the handle attachment when putting this in place.

Step 11: More Safety Tips

Never leave the stove unattended while it is burning. Do not leave it on for longer than necessary and under no circumstances should you use a stove to provide heat. The gas will eventually burn away and, although there may not be enough to ignite a flame, it will produce dangerous fumes that can fill a tent.

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To turn the stove off once you have finished cooking, put the closed burner top in place. The lack of oxygen will cause the methylated sprits to stop burning after just a few seconds. Remove the burner top to make sure the fire has extinguished. Leave the trangia to cool before packing it away.

Campcraft

Living in a Tent

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

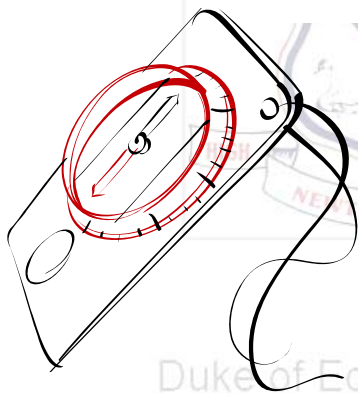
- Get your tent up as soon as possible on arrival at the campsite.
- Make sure that lightweight items such as pole and peg bags do not get blown away – store these items in the pouch provided inside the tent.
- Before entering the tent take off your waterproofs, boots and wet clothes
- Keep anything 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.

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Section B

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Introduction

This section of the booklet is to help you plan and prepare thoroughly for your assessment expedition that you will be taking part in for the Bronze section of the Duke of Edinburgh's Award. Although this section does not include all the information you will need (hence the need for preparation sessions within school) it should act as a summary of many aspects of your training. You should also refer back to **Section A** of this information booklet which you were issued with before your training expedition. It contains important information and advice on equipment and camp craft which will be useful in preparing for your assessment expedition.

Good luck.

Assessment expeditions -requirements for success

It is important to realise that candidates who become involved in assessment expeditions must plan, prepare and carry out the expedition with minimal help from staff. Candidates will therefore be put in the position of making crucial and important decisions in a remote outdoor environment without the help of staff. You will be assessed on how well you perform and you will have to satisfy the following conditions if you are to pass the assessment:

- Play a full part in the planning of an expedition route and the preparation of a route card that describes the route.
- Be properly equipped and carry all the necessary and relevant equipment required for the safe participation in a two day walking expedition in a mountain environment. Candidates should refer to the equipment list on page 3A or 4B for guidance.
- Have a sufficient level of physical fitness to complete the planned route with your group in a safe and reasonable length of time.
- Follow the planned route when on expedition. Short cuts or unplanned diversions must not be taken unless in an emergency or with prior permission from staff.
- Be able to work as part of a team, offering support to other group members. Your group should walk together at all times; consideration must be shown to slower or less fit individuals who must not be left behind.
- To show consideration for the environment and in particular to leave your campsite clean and litter free.

You should not put yourself forward for assessment unless you feel that you can meet all of the above requirements.

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Expedition Kit List

These are the items you will need when undertaking a DofE Expedition for any Level of Award. Some are optional, but most are **essential**.

PERSONAL KIT

- 1 x pair walking boots - (broken in)
- 2 x pair walking socks
- 2 x Pair sock liners
- 2 x t-shirts
- 1 x thermal top or t-shirt
- 2 x sweater - (woollen or fleece)
- 2 x walking trousers - (warm, **NOT jeans**)
- 3 x pairs underwear
- 1 x pair of trainers - (optional)
- 1 x warm hat - (if appropriate)
- 1 x sunhat - (if appropriate)
- 1 x pair gloves - (woollen, if appropriate)
- 1 x pair shorts - (if appropriate)
- Suncream - (if appropriate)
- 1 x waterproof over-trousers
- 1 x large rucksack - (approximately 55-65 litre capacity)**
- 1 x rucksack liner - (or 2 x plastic bags)
- 1 x sleeping mat
- 1 x sleeping bag
- 1 x waterproof bag - for storing your Sleeping Bag
- 1 x sleeping bag liner - (optional)
- 1 x survival bag - Emergency Bivvy**
- Small quantity of money - (optional)
- 1 x notebook & pen/pencil --
- 1 x torch or a Head Torch if preferred
- 1 x personal first aid kit
- 1 x watch
- 1 x whistle
- Maps
- Spare batteries for torch
- 1 x emergency food rations – **(For emergencies ONLY)**
- 1 x water bottle - (1 - 2 Litres)
- 1 x knife, fork, spoon
- 1 x small pocket knife
- 1 x plate/bowl
- 1 x mug
- 1 x box of matches - (sealed in a dry)
- 1 x small wash kit
- 1 x small towel
- 1 x cagoule/coat - (must be waterproof and windproof)



GROUP KIT (to carry between the team)

- 1-2 x tents**
- 2-3 x camping stoves --e.g. Trangia**
- camping stove fuel in an appropriate & safe container**
- 2-3 x cooking pots
- 2 x scourers
- Map**
- 1 x compass**
- Map cases**
- 1 x camera - (optional)
- 2 x tea towels
- Food - (small and lightweight)
- 5 x plastic bags - (for rubbish etc.)

ADDITIONAL OPTIONAL KIT (for you to consider)

- Storm shelter / Bothy**
- Waterproofing for kit
- Rucksack protector
- Secure money pouch
- Survival pack - e.g. Adventure Medical Kits - Pocket Survival Pack or similar item.
- Stuff sack
- Food box - e.g. Sigg - Aluminium Food Box or similar item.

N.B. Underlined items will be available from school



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 teacher and your assessor will have to be provided with a copy of your completed route card. Your teacher will provide you with details of your route in the Mourne and will show you how to complete a route card. An example of a partially completed route card is shown on the next page.



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EXPEDITION ROUTE CARD

Aim of expedition: Bronze practice										Name of DofE Group:	
Day of the week:		Date:		Day of venture:		Names of team members:				Newtownhamilton High School	
Wednesday		17/06/2009		(1 st , 2 nd etc.) 1 st						Address:	
Leg	PLACE WITH GRID REF		General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:	
	START 373305 - Donard Park, Newcastle									Brief details of route to be followed or planned activity.	
										(Enter full details of activity on reverse)	
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	
1	TO 358307 - River Fork		WWN	2	100	40	0	40		FOLLOW PATH AROUND DONARD, MEETING UP WITH TULLYBRANNIGAN RIVER FORK	
2	TO 337312 – White plains bend in Ulster Wev		WWN	2.8	100	42	10	52		TAKE BEARING FROM FORK OF 324° AND WALK 500M TO MEET TOLLYMORE FOREST PARK TO	
3	TO 312314 – Picnic Site		W	3.7	80	50	40	90		FOLLOW ULSTER WAY OUT OF TOLLYMORE FPREST PARK TO PICNIC AREA	
4	TO 312302 – Ford on Trassey River		S	1.4	0	21	0	21		FOLLOW ULSTER WAY TO TRASSEY RIVER	
5	TO 295294 – 2 nd Path over Ulster Wav		SW	2	70	37	10	47		FOLLOW ULSTER WAY UNTIL 2 ND PATH CROSSING ULSTER WAY WITH RIVER BETWEEN 2 PATHS	
6	TO										
7	TO										
8	TO										
Totals:										Supervisor's name, location and Tel No: Mr A Chambers, Donard Park, 07712345678	

Dealing with emergencies

On an assessment expedition your group will have to deal with any difficulties or emergencies without the assistance of staff.

In the event of a serious accident or illness:

1. Look after the casualty (see separate first Aid notes):

Ensure that the casualty is kept warm and in shelter. If at all possible you should put up a tent. The casualty should be put in a sleeping bag inside the tent, possibly with someone else to share body heat. If a tent cannot be put up use any available shelter e.g. rocks or natural hollows. The casualty should be put in a sleeping bag inside a survival bag (plastic orange bivvi bag), together with another member of the party. An unconscious casualty should be placed in the recovery position. Your staff instructor will show you how to do this.

Remember that giving the casualty anything to eat or drink may delay medical treatment once they reach hospital.

2. Look after the rest of the party:

It is vital that the wellbeing of the rest of the party is not overlooked. They should get into shelter (ideally tents) and prepare hot drinks. Look after each other!

3. Get help:

If mobile phone reception is available then you can phone your teacher for advice. In a **medical emergency** phone 999 and ask for the police who will organise a mountain rescue. Be ready to provide the police with the necessary information (see below), then contact your teacher to inform him/her of what has happened.

At this stage it is not helpful to phone your parents; doing this can cause unnecessary worry to your family.

If mobile phone reception is not available (a common situation in remote areas) then a minimum of 2 people should set out to obtain help by going to the nearest telephone landline. They should be fit and competent navigators. They should discuss their intended route with the rest of the group. On reaching the nearest telephone landline they should phone the teacher or police if it is a medical emergency.

4. Information required by the police/organiser:

It is best to write these details down before leaving the group to get help.

- Name of the casualty
- Description of the suspected injury or illness
- Location of the casualty – six-figure grid reference and verbal description
- Is the party in a tent(s)? If so what colour?
- Size of rest of party and names of individuals

The main thing to remember in an emergency is to try to remain calm and to use common sense. Whether it is a medical emergency or another incident perhaps involving the weather or equipment, you have the basic survival skills and equipment required to deal with the situation.

First Aid for dealing with medical emergencies

Do not try advanced or complicated First Aid on a casualty. Keep it simple and follow a few basic rules as outlined below.

Unconsciousness

- Assess the casualty first. Look for signs of consciousness.
- Assess the condition of the casualty. Is he/she breathing?
- Check the airway and if required tilt the head back and give two breaths
- Check for circulation. Has he/she got a pulse?

Only if there are no signs of the above should CPR be given. Remember 15 chest compressions to 2 breaths. Once completed successfully put casualty into the recovery position.

Treatment of Bleeding

- Apply pressure to the wound.
- Raise and support the injured part and if possible keep the wound above heart level. This may involve sitting or lying the casualty down.
- Bandage the wound

Treatment of Shock

There are some classic signs that a person may be in shock. These characteristics may change.

- rapid pulse
- grey-blue skin
- sweaty feeling
- cold
- clammy skin

The following should be done:-

- Lay the casualty down.
- Loosen any tight clothing.

Blisters – the most likely medical problem to occur on a D of E expedition

- ‘Hotspots’ are an early sign that blisters are forming so stop and cover with an adhesive dressing
- Use ‘Compeed’ or any suitable adhesive dressing to protect the affected area from further abrasion
- Adjust boots, lacing and socks to suit
- If full blister forms then burst it with a sterile needle to drain then fluid but always keep it clean

Burns

- Bathe in cold water for at least ten minutes or if possible immerse injured part in a stream
- Cover with a sterile dressing
- Simple painkillers such as aspirin or paracetamol may be taken if patient consents.
- In the event of a serious burn then external medical help should be sought.

Treatment of suspected broken bones or damaged joints

- The injured bone or joint should be steadied and supported.
- The injury should be protected with padding (soft items of clothing e.g. a fleece would do).
- Seek external medical help.

DO NOT ATTEMPT TO BANDAGE IF ASSISTANCE IS COMING SOON.

DO NOT ATTEMPT TO MOVE THE INJURED LIMB UNNECESSARILY.

DO NOT ALLOW CASUALTY TO EAT OR DRINK ANYTHING.

Hypothermia

When the vital organs i.e. brain, lungs, heart etc. are cooled as a result of exposure. Causes include windchill, wet weather or low temperatures. Insufficient or inadequate clothing, exhaustion, lack of training and conditioning and illness or injury can all lead to the onset of hypothermia.

Recognition:

- body feels cold
- unreasonable, unexpected behaviour
- physical & mental lethargy
- slurring of speech
- violent outbursts of energy
- lack of muscular co-ordination.

Action

- seek shelter
- put dry clothing on
- sleeping bag and bivvy bag
- hot drink and food
- huddle around and give support (never carry on)!!!

Emergency Contact Information Sheet

The following information should be provided to the emergency services in the event of a request for assistance:

<p>Name of casualty:</p>	
<p>Suspected injury:</p>	
<p>Description of the injury:</p>	
<p>Time of the incident:</p>	
<p>Location of the casualty (6 figure grid reference)</p>	
<p>Prominent landmarks in the surrounding area eg. bridge, track, burn:</p>	
<p>Is the party in a tent? If yes, what colour?</p>	
<p>Names of other members of the party remaining with the casualty:</p>	

Diary page

You can use this page to remind you of important details of your assessment expedition.

Dates:	
Meeting time for expedition:	
Other people in my group:	
Tent partner(s):	
Date and time for collecting equipment from school	
Items to buy:	
Food to buy:	
Date and time for returning equipment to school stores:	

EXPEDITION ROUTE CARD



Aim of expedition:										Name of DofE Group:		
Day of the week:		Date: / /		Day of venture: (1 st , 2 nd etc.)		Names of team members:				Newtownhamilton High School		
										Address:		
										9 Armagh Road, Newtownhamilton, Newry, Co. Down, BT35 0G		
Leg	PLACE WITH GRID REF		General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:		
	START									Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)		
(a)	(b)		(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)		(k)
1	TO											
2	TO											
3	TO											
4	TO											
5	TO											
6	TO											
7	TO											
8	TO											
			Totals:							Supervisor's name, location and Tel No:		

EXPEDITION ROUTE CARD

Aim of expedition:										Name of DofE Group:	
Day of the week:		Date: / /		Day of venture: (1 st , 2 nd etc.)		Names of team members:					
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