

Bronze D of E – Expedition Reminders

Please read through these points to remind yourselves before the expedition:

Emergency Procedures:

In the case of a severe accident where a member of your group simply cannot be moved and you need to get some help –

- Make sure the casualty is comfortable, dry and warm – if this means putting a tent up then do it.
- You can use a mobile phone to ring me or your supervisor – however, you might not be able to get a signal...therefore....
- Fill in the accident card to the best of your ability
- 2 people go to the 'escape to...' section on your route card and find help, give the accident services the accident card you filled in.
- The rest of the group stays with the casualty.

Rucksacks:

It is important that your rucksack is packed correctly to ensure it is comfortable to carry and neither it nor its contents get damaged.

1.

Pack the sleeping bag sideways across the bottom of the pack - this forms a solid base on which to pack and avoids having to remove the sleeping bag every time something is required during the day. It may be a tight fit and require some effort, but it's well worthwhile in terms of comfort and convenience.

2.

Heavy items are best packed high and close to the back except in rough terrain where heavy items should be kept lower to make the pack more stable.

3.

Balance the weight evenly so one shoulder is not strained more than the other - if your pack has side pockets, be careful not to load them unevenly by, for instance, putting your water bottles in one pocket.

4.

Sharp objects pressing through the back of the pack will be very uncomfortable very quickly.

5.

Fleece, rain jacket, lunch items, first aid kit should be packed near the top so that they can be got at without unpacking everything else.

The packed rucksack should weigh approximately a quarter of your body weight – It should have nothing hanging off it and nothing swinging about! Your roll mat should be strapped to the top (in a plastic covering!)

It is **ESSENTIAL** that you have the following:

Boots, walking clothing, Rucksack, Sleeping Bag, Roll Mat to sleep on, Waterproof jacket, Waterproof trousers, appropriate Food, Gas for the Trangia, Money for campsite (approx £5), any medical stuff you may need, sun cream? A hat, dry clothes to leave on the bus.

I do not want **ANYBODY** to turn up for an expedition wearing new boots that they **have not worn in!** Huge blisters are very painful and not much fun at all!

ALSO...

Spalding High School has a very good and deserved reputation with campsite owners. It is very important that the good reputation is maintained by our DofE groups displaying mature and sensible behavior on campsites. More and more campsites in this country stop allowing DofE groups each year due to incidents of bad behaviour.